

## **TECHNOLOGY APPOINTMENTS AVAILABLE THROUGHOUT THE MONTH**

GO members who may need help signing onto the GO Cloud, registering for MyOchsner, sending emails, or any other basic technology questions can schedule an appointment with me by calling 504-371-6541 or email [sabrina.champagne@ochsner.org](mailto:sabrina.champagne@ochsner.org).

## **UPCOMING EVENTS:**

### **\*\*\*FEBRUARY 15, 2024: DAY TRIP – “GO” DAY AT THE NEW ORLEANS FAIRGROUND**

Join us at the New Orleans Fairgrounds for fun, excitement, thrills, intrigue, and adventure. And best of all, a chance to win a lot of money! It's the third oldest thoroughbred race meet in the U.S., with over six hundred of the newest slots. It's famously known as “the home of big thrills” in New Orleans. Cost will include lunch, admission, racing program, and non-alcoholic beverages. The races will start at 12:45pm, with the dining room opening at 12pm for seating.

Bus departs WB 9:00am / SS 9:30am      Limit of 50 Attendees

\$75pp

Bus returns WB 4:30pm / SS 4:00pm

### **\*\*\*MARCH 14, 2024: DAY TRIP - OAK ALLEY PLANTATION TOUR**

Oak Alley Plantation an historic experience has over 200 years of history on 63 acres of land. Upon arrival we will be given a guided tour and have leisure time to explore the People of Oak Alley exhibit, Blacksmith Shop,

Sugarcane Theatre, the Allée, East & West Gardens and Alley of Oaks. At 12:15 we will enjoy a Cajun lunch buffet in the West Pavilion. Menu includes, Chicken & Smoked Sausage Gumbo, Soup du Jour, Crawfish Etouffee with Steamed Rice, Chicken & Smoked Sausage Jambalaya, Red Beans and Rice with Cajun Smoked Sausage Links, Two Vegetables du Jour, Assorted Desserts, Dinner rolls, and Salad bar with assorted dressings.

Bus departs WB 8:00am / SS 8:30am      Limit of 50 Attendees

\$85pp

Bus returns WB 4:00pm / SS 3:30pm

## **UPCOMING TRIPS:**

**MARCH 31-APRIL 7 (SUNDAY-SUNDAY): EXTENDED TRIP – NCL CRUISE “SLICE OF PARADISE”**

**APRIL 2024: ROAD TRIP - LAS VEGAS, NEVADA (DATE AND DETAILS TBA)**

**JUNE 2-10, 2024 (SUNDAY- MONDAY): EXTENDED TRIP - NIAGARA FALLS, CANADA.**

**All WB Bus trips depart Ochsner WB 2500 Belle Chasse Hwy. Gretna. Please Park in the 3<sup>rd</sup> parking lot.**

**All SS Bus trips depart Ochsner MC River Road and Collins C Diboll Dr.**

**A dedicated telephone line** has been set up with Ochsner Scheduling Department for GO members to schedule medical appointments without any delays. **West Bank: 504-371-9333 South Shore: 504-842-6538**

### **For Additional Information Contact:**

Sabrina Champagne, Program Coordinator

[sabrina.champagne@ochsner.org](mailto:sabrina.champagne@ochsner.org)

504-371-6541 office

[ochsner.org/go](http://ochsner.org/go)

Golden Opportunity

4225 Lapalco Blvd. 2<sup>nd</sup> Floor

Marrero, LA 70072

## PROMOTIONS & PROGRAMS:

### **YEAR-ROUND FOOD DRIVE: LET'S GIVE TO OUR LOCAL PANTRY**

Bring a can good whenever you can. Food boxes will be in the lobby of Ochsner 65Plus. Let's help our neighbors in need.

**THE ROYAL REFERRAL PROGRAM:** Refer friends and family and we will contact them to explain our program and its benefits. For every friend that becomes a member you'll receive an entry into our **Grand Prize Drawing for Autographed Saints Memorabilia**. When four friends become members, **you earn free membership for the upcoming year**. The more friends you refer that become members, the more opportunities you get to win!

## *Retirement Wishes & Bucket List Suggestions*

**Create a healthier mind, body, and spirit.**

**Attend monthly meetings, luncheons, and day trips in and around the community.**

**Learn about physical and emotional wellness at educational and wellness seminars.**

**Meet people in the same stage of life who want to be active and healthy.**

**Explore & travel to exotic places - overnight trips and extended travel opportunities.**

## *Give the Gift of Friendship for Any Occasion*



All your friends should be living their best life! Introduce them to Golden Opportunity and we'll help them achieve their retirement wishes. While you're gifting them, we'll gift you with an entry into the Royal Referral Grand Prize Drawing.

To purchase gift certificates or for more information contact,  
Sabrina Champagne at 504-371-6541 or email [sabrina.champagne@ochsner.org](mailto:sabrina.champagne@ochsner.org)

**Ochsner On Call:** This 24/7 service is a free nurse care line for non-life-threatening issues, call 1-800-231-5257.



Having difficulty with MyOchsner? Contact MyOchsner support 1-877-339-2637.