Important Notes:
1. Be sure to have your emergency and health info with you for all events.
2. If an event requires payment by check please submit separate checks for events unless otherwise stated.
3. Ochsner GO has the right to limit all program activity participation to members only.
4. All GO events are subject to change and GO has the right to adjust events without formal notice.

***EVERY TUESDAY: CHAIR YOGA***
JULY 2: □ attend       JULY 9: □ attend       JULY 16: □ attend       JULY 23: □ attend       JULY 30: □ attend

***EVERY THURSDAY: CHAIR YOGA***
JULY 11: □ attend      JULY 18: □ attend      JULY 25: □ attend

***JULY 2 (TUESDAY): COVINGTON MONTHLY MEETING - THE TRUTH ABOUT SENIOR LIVING SEMINAR SERIES “HOMEOWNER HUSTLES& HOW TO OUTWIT SCAMMERS”***
□ attend

***JULY 9 (TUESDAY): SLIDELL MONTHLY MEETING - THE TRUTH ABOUT SENIOR LIVING SEMINAR SERIES “STAYING PUT/AGING IN PLACE”***
□ attend

***JULY 10 (WEDNESDAY): ENRICHMENT SESSION – PLANT SWAP PALOOZA***
□ attend

***JULY 12 (FRIDAY): SLIDELL ENRICHMENT SESSION - OLDE TOWNE CAFÉ LA TEA DA***
□ attend

***JULY 12 (FRIDAY): SLIDELL LUNCH AND LEARN - UROLOGY ADVANCEMENTS IN CARE***
□ attend

***JULY 16 (TUESDAY): DINE AROUND AT THE TOASTED YOLK***
□ attend

***JULY 19 (FRIDAY): DAY TRIP – THE WWII MUSEUM NEW ORLEANS***
□ attend            □ pay by check #___________            □ pay by credit card $60pp

***JULY 25 (THURSDAY): ENRICHMENT SESSION - “ORAGAMI AND OREOS”***
□ attend

***JULY 26 (FRIDAY): ENRICHMENT SESSION - “GAME DAY POKENO 2.0”***
□ attend

***JULY 26 (TUESDAY): ENRICHMENT SESSION – THE “BE WELL BUS” VISITS 65 PLUS***
□ attend

***JULY 30 (TUESDAY): ENRICHMENT SESSION - GO BOOK CLUB & MOVIE WATCH PARTY”***
□ attend

ANNOUNCEMENTS:
Fees must be received within 7 days of making the reservation to confirm your seat. If not received, your seat will be filled by another member. All trips are non-refundable. Every attempt will be made to sell your seat to someone on the waiting list if you need to cancel. RSVP IS REQUIRED FOR ALL EVENTS. YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.

Please mail North Shore Registrations to:
Ochsner 65Plus Clinic – Golden Opportunity – 1581 N. Highway 190 – Covington, LA 70433