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.

UPCOMING EVENTS:
JANUARY 11, 2024: GO ANNUAL HOLIDAY CELEBRATION
Baton Rouge Marriott 5500 Hilton Ave, Baton Rouge, LA 70808
Keynote Speaker: Retired Lt. General Russel Honoré is a decorated 37-year army veteran, a global authority on leadership, disaster management, and climate preparedness. As the commander of Joint Task Force Katrina, he became known as the “Category 5 General” for his leadership in coordinating military relief efforts in post-hurricane New Orleans. General Honoré knows that the future of our national security depends on protecting our environment, and he’s fighting for a brighter future for us all. A Louisiana native, he founded the Green Army, a coalition of environmental experts and advocates, to protect against pollution while fighting climate change and the natural disasters it causes. Menu Includes House Salad, Chicken Piccata, Mash Potatoes, Seasonal Vegetables, and Cheesecake for dessert.
10:30 am – 2:30 pm  Limit of 110 Attendees  $40pp

UPCOMING TRIPS:
DECEMBER 4 – 9 (MONDAY – SATURDAY): EXTENDED TRIP - ST.AUGUSTINE, FL

PROMOTIONS & PROGRAMS:
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 will 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!

Regional Attendance Award Program (RAAP). The person from each region who attends the most GO events will be awarded a FREE GO membership in 2024.

For Additional Information Contact:
Gwendolyn Clement, Program Coordinator
Ochsner 65 Plus
Ochsner 65 Plus
Golden Opportunity
1581 N. Highway 190
Covington, LA  70433

Do you have any artwork you are willing to donate to Ochsner? Please let me know.
Give the Gift of Friendship for Any Occasion

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.

Friendship Is Vital To Healthy Aging!
As people age, the relationships they forge and maintain with friends become more important than ever. Having people to connect with socially and personally is fun and promotes a healthy lifestyle throughout the aging process.

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, Gwendolyn Clement at 985-875-2799 or email gwendolyn.clement@ochsner.org