RSVP REQUIRED FOR ALL EVENTS
Registration for new events (indicated with ***) available Monday, June 19th at 8:00am on the CLOUD. All West Bank & South Shore Registrations should be mailed to:
Golden Opportunity - Attn: Sabrina Champagne - 4225 Lapalco Blvd. 2nd Floor - Marrero, LA 70072

JULY 4 (TUESDAY): OFFICE CLOSED - HAPPY 4TH OF JULY

*** JULY 5 (WEDNESDAY): WB MONTHLY MEETING
1771 Stumpf Blvd. in Terrytown
Theme: Happy 4th of July - Summer Picnic
Speaker: Kayla Jones with Digital Medicine. Kayla will discuss the benefits of digital medicine. With digital medicine you can track progress, stay motivated, and feel better. Come out to play and wear your red, white, and blue! Menu: Hamburger, jambalaya, salad, and dessert.
Doors open at 10:15am/Starts at 10:45am Limit of 150 Attendees $18pp

JULY 9 - 15 (SUNDAY-SATURDAY): EXTENDED TRIP - ADVENTURES ACROSS THE MIDWEST
Bus departs WB 6:00am / SS 6:45am Limit of 50 Attendees

*** JULY 18 (TUESDAY): SS MORNING FUEL AT CAFÉ LATTE DA
5860 Citrus Blvd Ste. A, Harahan
Personal Transportation
The term “breakfast” means breaking the fast. And at some point in our day, all of us do that, whether it’s at 7 a.m. or noon. Ideally, the recommendation is to put some food in your belly within two hours of getting up for the day.
10:00am Limit of 30 Attendees Own Your Own

*** JULY 18 (TUESDAY): SS MOVIE REVIEW - TBD
Check the cloud for updated information, theater and movie will post a week before the event.

*** JULY 20 (THURSDAY): SS “GO” SWAP MEET
Camellia Room, Building B, 1401 Jefferson Highway, New Orleans
Personal Transportation
Let’s have a Lil fun! Bring slightly used, undamaged items you want to give away and swap for someone’s item they would like to give away. No money exchange, swap only. All items will be displayed for anyone to claim, you must bring an item or items to participate. Example of items: handbags, travel accessories, art, collectables, etc. (NO LARGE ITEMS PLEASE) **Show your attendance by registering.
11:00am Limit of 45 Attendees Free

*** JULY 24 (MONDAY): WB ENRICHMENT SESSION: BOOSTING MOOD WITH FOOD AND FITNESS
2500 Belle Chasse Hwy., Gretna (River Room)
Personal Transportation
Speaker: Stefanie Lynch with Tivity Health. Empowering every age and stage of life to enjoy greater physical activity, connectivity, and productivity. Strength and stability exercise demonstration. **Show your attendance by registering.
2:00pm Limit of 35 Attendees Free

*** JULY 25 (TUESDAY): SS ENRICHMENT SESSION - BOOSTING MOOD WITH FOOD AND FITNESS
1200 S. Clearview Parkway at Ochsner Fitness Ctr. Auditorium
Personal Transportation
Speaker: Stefanie Lynch with Tivity Health. Empowering every age and stage of life to enjoy greater physical activity, connectivity, and productivity. Strength and stability exercise demonstration. **Show tour attendance by registering.
10:00am Limit of 35 Attendees Free
**JULY 26 (WEDNESDAY): WB DINE AROUND - SEGNETTE LANDING**

450 Laroussini St. Westwego, LA

Join "GO" for authentic Cajun cuisine and southern hospitality with harbor front dining. I will need to pre-order your menu selection. (Menus will be distributed at the July meeting, or you can look it up online at segnettelanding.com.) Upon registering, please forward your menu selection to me. Each table will sit ten people and one check per table. I advise bringing cash to pay your portion, tax, and gratuity. **Show your attendance by registering.**

12:00pm Limit of 30 Attendees

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**AUGUST 10 (THURSDAY): DAY TRIP - TOUR OF THE BONNET CARRÈ SPILLWAY**

The US Army Corps of Engineers will enlighten us with an educational tour of the Bonnet Carrè Spillway. Serving the engineering needs of south Louisiana is a task so monumental that it can only be performed by the U.S. Army. Lunch On Your Own with a Beautiful View of Lake Pontchartrain at Frenier Landing.

Bus departs WB 8:00am/ SS 8:45am Limit of 50 Attendees $30pp

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**SEPTEMBER 1-2 (FRIDAY-SATURDAY): ROAD TRIP - ZYDECO FESTIVAL**


Bus depart WB 6:00am/ SS 6:45am Limit of 50 Attendees

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**OCTOBER 11-12 (WEDNESDAY-THURSDAY): ROAD TRIP - CANTON CRAFT FAIR**

We begin with a relaxing ride north through Louisiana & into Mississippi where we spend the night at the Pearl River Resort Complex in Choctaw, MS, the Golden Moon Hotel and Casino. The next morning be rested for an early departure as we will spend the day at one of the top twenty events in the Southeast, the Canton Craft Fair. On our way home we will enjoy a meal at Cracker Barrel. **Price Per Person Single: $339 / Double: $289 / Triple: $269 - $100 Deposit due with reservation - Full payment due August 28, 2023.** To register contact Golden Opportunity - Sabrina-504-371-6541. Payments made to Tours by Aurora 504-914-7209.

Bus depart WB 6:00am/ SS 6:45am Limit of 50 Attendees

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**TECHNOLOGY APPOINTMENTS AVAILABLE THROUGHOUT THE MONTH**

I am available to assist GO members who may need help signing onto the GO Cloud, registering for MyOchsner, sending emails, or any other basic technology questions. To schedule an appointment contact me at sabrina.champagne@ochsner.org or 504-371-6541.

**ANNOUNCEMENTS**

November 9-10 (THURSDAY-FRIDAY): ROAD TRIP – GNO FIRST ANNUAL HOLIDAY SHOPPING TRIP

Every year we will plan a holiday shopping only trip.

**Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. Please check availability with the GO office before mailing a check and send separate checks for events. RSVP IS REQUIRED FOR ALL EVENTS.**

**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. **YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED."