Please go to the Cloud at Ochsner.force.com/goldenopportunity to register.

Do you need help registering for the cloud? □ Yes □ No

Important Notes: If you wish to register for an event requiring a fee, please check availability before submitting a check. Please note all fees are nonrefundable.

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.

IN PERSON ACTIVITY:

JULY 20 (TUESDAY): CULINARY RUN
Roux 61  8322 Bluebonnet Blvd  Baton Rouge, LA 70810
We will meet at the restaurant to simply enjoy a great lunch and great company.  11:00 am
Lunch on your own  Limit of 30 Attendees  Personal Transportation

□ attend □ will not □ add to wait list

JULY 1 (THURSDAY): MOVIE
AMC Theater  16040 Hatteras Ave, Baton Rouge, LA 70816
Movie to be determined. Call the office or go to the Cloud for the movie listing.
Personal Transportation Unlimited Attendees  $6.50 PP - Admission  $5.00 PP - Snack Pack
Pay at the Theater  10:00 am

□ attend □ will not □ add to wait list
UPCOMING ZOOM EVENTS:

JULY 8 (THURSDAY): ANTIBIOTIC RESISTANCE - HOW IT HAPPENS
Cindy Barnes, Infectious Disease RN, will discuss how antibiotic resistance happens when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them. That means the germs are not killed and continue to grow. Infections caused by antibiotic-resistant germs are difficult, and sometimes impossible, to treat.  

11:00 am

☐ attend  ☐ will not  ☐ add to wait list

JULY 13 (TUESDAY): STAYING VIGILANT IN OUR SOCIETY
Sgt. Belford Johnson is with the Baton Rouge City Police and is a member of the Community Services Division. He has over 20+ years dedicated to protecting and serving. Crime is Everywhere. We can all benefit from his expertise on staying Vigilant in today’s society. 

1:00 pm

☐ attend  ☐ will not  ☐ add to wait list

JULY 15 (THURSDAY): EAT FIT WORKSHOP: RESTAURANT/EATING OUT TIPS
Alexis Weilbaecher, Registered Dietician, will discuss eating out tips to help us maintain healthy eating habits while dining out

2:00 pm

☐ attend  ☐ will not  ☐ add to wait list

JULY 26 (MONDAY): EFFECTIVE COMMUNICATION STRATEGIES FOR ALZHEIMER’S
Dana Terito, Louisiana Alzheimer’s Association Educator, will discuss - Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage.

2:00 pm

☐ attend  ☐ will not  ☐ add to wait list

JULY 30 (FRIDAY): MUSIC THERAPY WITH CHIMES
Wind chimes are authentic musical instruments used for music therapy and relaxation. Presented by Peoples Health

10:00 am

☐ attend  ☐ will not  ☐ add to wait list

If you want to schedule time to sign up on the Cloud or to install MyOchsner, please contact me.

NOTE: When a fee is involved, it must be received within 5 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. YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.