EVENT REGISTRATION for new events*** BEGINS September 16 register on the CLOUD!

***October 2 (Wednesday): COVINGTON GO MEETING “COFFEE WITH CHRISTIE”
“2020 CHANGES FOR PEOPLES HEALTH NETWORK”. Courtyard by Marriott in the Cypress Room, 101 Northpark Boulevard, Covington. (From Hwy 190, turn at the light on Park Place across the highway from the Goodwill Store. Marriott is down the street on the right side).
10:30am to 11:30am.
**FREE**
Limit of 50 attendees
RSVP REQUIRED

***October 3 (Thursday): SLIDELL GO MEETING “COFFEE WITH CHRISTIE”
“2020 CHANGES FOR PEOPLES HEALTH NETWORK”. Ochsner Medical Center-North Shore, 100 Medical Center Drive, Camellia Room, Slidell.
10:30am to 11:30am.
**FREE**
Limit of 45 attendees
RSVP REQUIRED

October 11 (Friday): REGIONAL FALL FEST AT BAYOU HAVEN
$26pp
Gather with friends from other GO regions to celebrate some outdoor fun. Enjoy a buffet lunch of hamburgers, hot dogs, and all the fixings. A vegetarian alternative will be offered. Candy Lowe will delight us with her music, and you can be adventurous with karaoke singing and line dancing. There will be lots to keep you entertained such as bingo, shuffleboard, Russian bowling, ping pong, badminton, corn hole, horseshoes, and even some checkers and card games. Or wander the property and enjoy quiet time on the swing and walking the beautiful property that overlooks Bayou Liberty. Located at 34205 Highway 433 in Slidell, 985-707-4884. Price includes meal and activities.
Personal Transportation.
10:00am to 1:00pm.
Limit of 50 attendees
RSVP REQUIRED

October 25 (Friday): SLIDELL HOSPITAL/OCHSNER GOLDEN OPPORTUNITY
FREE
LUNCH AND LEARN SERIES. “Breast Cancer” presented by Dr. Heather Bronaugh, Department of Surgery. SMH Founders Building Conference Room 1st Floor (1150 Robert Blvd, Slidell).
Lunch at 11:30am, talk begins at noon.
RSVP to 985-280-8585 (directly to SMH)

***October 29 (Tuesday): WELLNESS EDUCATIONAL SESSION
“What’s New in the Ochsner Therapy/Wellness Department?” presented by Ochsner Health Center-Covington, 1000 Ochsner Boulevard, Covington, 2nd floor Training Room (located above the physical therapy room).
9:30am – 10:30am
**FREE**
Limit of 35 attendees
RSVP REQUIRED

October 30 (Wednesday): MITCHELL FARMS & ANTIQUE CABINS TOUR
$55pp
Discover the story of Mitchell Farms on a guided tour of their farm and historic log cabins, antique tractors, and hop on for a trailer ride to meet some furry farm friends. It’s a working farm and they’ll have peanuts, pumpkins, and sweet potatoes. After our farm tour, we’ll stop at Main Street Café where we’ll enjoy a buffet lunch of taco soup, spring mix salad, dumplings, hot wings, ham, spaghetti, baked or fried chicken, rice & gravy, variety of vegetables, carrot salad, tropical fruit, and assorted desserts. Price includes transportation, tours, and meals.
Depart Winn Dixie (70431 Hwy. 21) Covington at 8:00am, pickup in Slidell at 8:30am with approximate return to Slidell at 4:30pm and Covington at 5:00pm.
8:00am – 5:00pm
Limit of 50 attendees
RSVP REQUIRED

***November 22 (Friday) – CAPITOL TOUR WITH STATE REPRESENTATIVE STEVE PUGH
$25pp
Have you ever wondered what goes on behind closed doors at the State Capitol? Well now’s your chance to find out. Louisiana State Representative Steve Pugh will take us on a behind the scenes tour of the State Capitol in Baton Rouge. We’ll learn fun facts of Louisiana politics and enjoy lunch (on your own) in a private dining room at the Capitol.
Depart Winn Dixie (70431 Hwy. 21) Covington at 8:30am, pickup in Hammond at 9:00am with approximate return to Slidell at 2:30pm and Covington at 3:00pm.
8:30am to 3:00pm
Limit of 50 attendees
RSVP REQUIRED
Upcoming Events: Registration for new events*** available September 16

December 1 through December 7: **CHRISTMAS IN CHARLESTON & SAVANNAH:** Wait List Only!
Join us for a magical tour of two grand southern cities. In Charleston, we’ll tour and taste our way through the Charleston Tea Plantation, enjoy the Charleston Harbor on a Dinner Cruise, shop at the Charleston Market, and enjoy an interactive show at the Black Fedora Comedy Mystery Theatre. While in Savannah we’ll tour the Visitor’s Center and Savannah’s History Museum, take a horse-drawn carriage tour of the city, and delight in delicious southern dishes at Mrs. Wilks Dining Room. Contact Aurora at Trips Unlimited (504-340-8747) for more information. Single/$1,565, Double/$1,225, Triple/$1,125, Quad/$1,045. Departure from Covington.

**December 2 – 6, 2019: CHRISTMAS IN SAVANNAH with BATON ROUGE REGION**

January 18 to 25, 2020: **PERFECT DAY BAHAMAS CRUISE**
**New Price! $645pp Inside Cabin**
Need to relax on a short getaway? Want to experience cruising for the first time? Just want to enjoy travel on a cruise ship? Join North Shore and Baton Rouge Golden Opportunity aboard Royal Caribbean’s Majesty of the Seas – for a 7-day roundtrip cruise from New Orleans. Ports include Key West, Nassau Bahamas and Coco Cay – RCL’s private island! Prices start at $645 pp Inside & includes cruise, tax, fees, gratuities and insurance. Contact Paula, Expedia Cruise Ship Centers, (985-231-0177) for more information and to register now.

***July 25 to August 2, 2020: **CANADIAN ROCKIES AND GLACIER NATIONAL PARK**
Experience this tour, which delivers the pristine wilderness of several national parks and the soaring beauty of the Rockies on both sides of the Canada/US border. Includes roundtrip airfare, lodging, bus transportation, tours and some meals. Per person all-inclusive price based on double occupancy $3450. Travel insurance extra. Contact Leslie Patterson, Bayouland Tours, 972-948-6555, bayoulandtours@gmail.com.

September 26 to October 3, 2020: **NEW ENGLAND FALL FOLIAGE** (Bayouland Tours)
We will fly and drive our way through Vermont, New Hampshire, Maine and Boston. From country stores to covered bridges and rugged coastlines to remarkable mountains, welcome to New England’s back roads, all aglow in autumn splendor. Includes roundtrip airfare, lodging, bus transportation, tours and some meals. Rates and itinerary to be announced.

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

****Need help with the Cloud? Contact our office to make an appointment!****

**MEDICARE ADVANTAGE ANNUAL ENROLLMENT PERIOD - OCTOBER 15 THROUGH DECEMBER 7, 2019**

Meetings scheduled on the North Shore:

10/2/19 (Wednesday): “Coffee with Christie” Peoples Health Network (Covington-10:30)
10/3/19 (Thursday): “Coffee with Christie” Peoples Health Network (Slidell-10:30)
10/23/19 (Wednesday): “Public” Peoples Health Network (Slidell-10:30)
10/29/19 (Tuesday): “Public” Humana (Slidell-10:00)
11/13/19 (Wednesday): “Coffee with Christie” Humana (Covington-10:30)
11/14/19 (Thursday): “Coffee with Christie” Humana (Slidell-10:30)
12/2/19 (Monday): “Public” Humana (Slidell-10:00)

Covington=Courtyard by Marriott, 101 Northpark Boulevard, Cypress Room
Slidell=Ochsner Medical Center, 105 Medical Center Drive, Camellia Room