

****Effective November, we can start offering face-to-face events and we can offer bus trips again! While on board the motor coach, a mask is required, and current local restrictions will be observed. A mask will need to be worn when entering any Ochsner Health facility but can be removed once inside the meeting space.**

Please note that we have been instructed to require proof of complete vaccination so that you can attend GO functions and you will be required to wear your mask. Please provide the GO office a copy of your Covid Vaccination Card. You can bring your card to the office to be copied, mail a copy of the card or you can email a copy of the card. If the card is not on file in the GO office, you will not be allowed to attend any functions until the information is received.

Please check your email often. There may be instances when unexpected and exciting activities or information is added after the Calendar of Events have been distributed.

Zoom invitations will be sent via email to all members who are interested in the event. You can register for the event on the Cloud or contact me via email or by phone. Be sure to keep the Invitation in your inbox so you have the link to click on readily available. Contact the GO office (via phone or email) to request handouts, if available or to schedule a Zoom "practice" tutorial.

RSVP Required for All Events!

NOVEMBER 1 (MONDAY): ALLERGIC RHINITIS

Jo Reed, MD, Ochsner Section Head of Allergy Department
rhinitis, commonly known as hay fever, is a group of symptoms affecting the nose. Allergic Rhinitis develops when the body's immune system recognizes and overreacts to something in the environment that typically causes no problems in most people. Dr Reed will discuss symptoms, triggers, diagnosing, management and treatment of hay fever.

12:00 pm **Zoom – No Limit** FREE

NOVEMBER 1 (MONDAY): COOKING WITH CHEF MONTELEONE

Join us for this free class. Good nutrition is an essential part of staying healthy. This class will teach cooking skills needed to prepare easy recipes that not only taste good but will also help develop healthy eating habits. Brett Monteleone is a chef from South Louisiana and will serve as the instructor of this class.

2:00 pm **Zoom – No Limit** FREE

NOVEMBER 3 (WEDNESDAY): PEOPLE'S HEALTH INSURANCE 2022 UPDATES

Nancy Agnelly, People's Health Representative, will discuss the changes and updates for the PHN insurance for the upcoming year.

10:00 am **Zoom – No Limit** FREE

****NOVEMBER 4 (THURSDAY): DINNER BELL / THE GREAT MISSISSIPPI TEA COMPANY**

Our first stop is lunch at the famous Dinner Bell Restaurant located in McComb MS. After lunch, we will tour The Greater Mississippi Tea Company located in Brookhaven MS.

Depart from Cancer Center 9:00 am **Approximate return time: 5:00 pm**
Based on 45 passengers **Limited to 56 passengers** **\$60.00 pp**

*Let's
Celebrate*

*Golden Opportunity
Annual Holiday Celebration
January 6, 2022
Stage 1
Baton Rouge LA
\$30.00 per Person*

*Make it one
of your
New Year's
Resolution
to attend!*

March 24, 2022 – Michelangelo Exhibit – Raising Cane's River Center Baton Rouge LA



Give the Gift That Keeps People Going! Golden Opportunity Gift Certificates Now Available.

Your family and friends will thank you for giving them the gift of health, friendship, and activity.

Purchase a one-year new membership at \$25 (\$40 for a couple) or gift someone with their 2022 renewal membership at \$15 per person.

Whether it be for a Birthday, Christmas, or Just Because - share Golden Opportunity with those you care about. Call today to purchase one or more.

Two design options available, choose from a Sunflower or Christmas theme gift certificate.



Dear Golden Opportunity Members,

What contributions have you made over the years in your community? We want to celebrate the strength of our members, recognize you and your talents, and share the difference you are making now or have made in the past. Your stories and contributions will help to support and inspire others.

This month we are excited about sharing stories about members who have contributed to the success of Golden Opportunity and to the community. These stories will be distributed on a quarterly basis and have included our first issue with the September calendar. We hope you will enjoy reading about these members.

We invite you to share your story about making a difference. Submit your information to your GO Program Coordinator, along with a photograph. With your permission this may be included in future announcements. If you have any questions, please contact the GO office.