

## North Shore Calendar of Events

Ann Meyers Golden Opportunity Program Coordinator  
Ochsner 65Plus – Attn: Golden Opportunity  
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### **REGISTRATION REQUIRED FOR ALL EVENTS**

Registration for new events (indicated with \*\*\*) available Monday, March 16 at 8:00am on the CLOUD. Scan the QR code at the right to access the cloud, our online registration system, or type the following into your search engine: [www.ochsner.org/gologin](http://www.ochsner.org/gologin)



All North Shore Registrations should be mailed to:

Ochsner 65 Plus – Attn: Golden Opportunity – 1581 N. Highway 190 – Covington, LA 70433

Covington Pickup/Drop Off: 325 N. Hwy 190 (Behind I-HOP)

Slidell Pickup/Drop Off: Slidell Memorial East, 100 Medical Center Drive

### **\*\*\*EVERY TUESDAY: CHAIR YOGA / EVERY THURSDAY: CHAIR BODY PUMP**

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Instructor: Katherine Belou, Ochsner Health Coach. Chair yoga involves sitting in the chair while stretching and holding poses or standing and using the chair for balance. Chair Body Pump uses light weights and minimal impact cardio to improve your strength and balance and increase flexibility.

11:00am – 11:30am

Limitation of Each Event Varies

FREE

### **\*\*\*APRIL 2 (THURSDAY): FRAUD AWARENESS - SLIDELL**

SMH/Ochsner Health Founders Building-1150 Robert Blvd-Slidell

Personal Transportation

Speaker: Patrick Penton, Detective Sheriff's Dept. St Tammany Parish. Scams are on the rise in our area, and they can be very convincing. Learn how to spot phone scams, fake emails, identity theft and learn what to do if you have already been targeted. Bring your questions and get answers. Refreshments will be provided.

1:30pm - 2:30pm

Limit of 48 Attendees

FREE

### **\*\*\*APRIL 8 (WEDNESDAY): LUNCH - IMPASTATO'S RESTAURANT**

240 LA 22, Mandeville, La. 70471

Personal Transportation

Enjoy a Taste of Italy with pasta, laughter, and friendship at a longstanding, family-owned establishment serving authentic Sicilian, Italian, and Creole Italian cuisine. We will enjoy a four-course lunch with the first being Fettuccine Alfredo, the second consisting of a House Salad with Homemade Creamy Italian Dressing, then on to the main course with your options being Chicken or Eggplant Parmesan, Capellini w/ Meatball or Italian Sausage, Shrimp Au Gratin, Redfish Marinara, or Shrimp Scampi. Finishing with course four as you choose between Blueberry Banana Pie or Homemade Cheesecake. All menu selections will be made when you order at the restaurant. Join us for this lovely meal of Friendship, Laughter, and Good Food!

1:30pm - 3:30pm

Limit of 36 Attendees

\$47pp

### **\*\*\*APRIL 9 (THURSDAY): FRAUD AWARENESS - COVINGTON**

Ochsner 65 Plus Community Room, 1851 N Highway 190-Covington

Personal Transportation

Speaker: Patrick Penton, Detective Sheriff's Dept. St Tammany Parish. With scams on the rise, learn to recognize and stop fraudsters in their tracks. We will learn how to protect yourself from fake calls, emails, and identity theft. Come with questions and they will provide the answers. Let's keep our community safe! Refreshments will be provided.

1:30pm - 2:30pm

Limit of 34 Attendees

FREE

### **\*\*\*APRIL 15 (WEDNESDAY): BUNKO, BITES, AND BELLY LAUGHS**

Ochsner 65 Plus Community Room, 1851 N. Highway 190-Covington

Personal Transportation

Get ready to roll the dice and let the good times begin! Our Bunko Day is full of smiles, silly moments, and lots of cheering. The game is simple, the company is wonderful, and the laughter is guaranteed. Come ready to relax, connect, and enjoy a carefree afternoon with friends. Bring a sweet creation you're proud of and let the fun begin. There will be snacks and prizes galore!

1:00pm – 2:30pm

Limit of 34 Attendees

FREE

**\*\*\*APRIL 18 (SATURDAY): DAY TRIP - LA TERRE FARMS FLOWER FESTIVAL**

A Day of Celebrating Spring, Flowers, Creativity, and Wellness surrounded by flowers, art, nature, and the clear stream waters of Bayou La Terre! Experience the colors of the season in full bloom as we visit a charming flower farm for a day of beauty and inspiration. Enjoy picking flowers in the beautiful gardens, walking the fabulous nature trails, listening to wellness talks, and learning about the beauty of bird watching. Join optional classes on floral design and making wreaths for a modest fee. Spring is a time of growth - Come Grow with Us. Flower picking is included in the cost. There will be various tasty food trucks available to purchase lunch on your own. Please bring your folding chairs as seating is limited and don't forget a blanket if you want to picnic under the oak trees.

Covington Pickup 8:30am / Approximate Return 4:30pm (325 N. Hwy 190 behind I-HOP)

Slidell Pickup 9:15am / Approximate Return: 3:45pm (Slidell Memorial East, 100 Medical Center Dr)

**\*\*\*APRIL 21 (TUESDAY): APRIL BIRTHDAY CELEBRATION**

Ochsner 65 Plus Community Room, 1851 N. Highway 190-Covington

Personal Transportation

Are you celebrating a birthday in April? Let's eat cake and toast to good health and happiness. Join us for laughter and friendship. Whether you have 15 minutes or an hour, pop in so we can wish you a Happy Birthday.

1:00pm - 3:00pm

Registration is Required

FREE

**\*\*\*APRIL 22 (WEDNESDAY): BIG SCREEN BONANAZA – YOU, ME, AND TUSCANY**

The Grand Slidell at 1950 Gause Blvd. W – Slidell

Personal Transportation

A romantic comedy starring Anna Bailey and Rege'- Jean Page about a struggling young chef, who abandons her life to house-sit in Italy by lying and claiming to be engaged to a man named Mateo to stay at his villa. But when the villa owner's mother arrives, she lies about being engaged to Mateo. The situation is complicated when she falls for his cousin, Michael, in the Italian countryside.

Time TBD

No Limit of Attendees

\$12pp

**\*\*\*APRIL 28 (TUESDAY): BUILD BETTER BALANCE**

Ochsner 65 Plus Community Room, 1851 N. Highway 190-Covington

Personal Transportation

Speaker: Beth Albritton, Ochsner Physical Therapist. This presentation was so popular in March, Beth is duplicating the same presentation in April for those that could not attend. Balance helps you stand, walk, run, ride a bicycle, and go up or down stairs without falling over. Balance is one of the things you can improve at any age. We'll discuss why we lose our balance, fall prevention tips, and ways to improve our balance.

12:00pm - 1:00pm

Limit of 34 Attendees

FREE

**\*\*\*APRIL 30 (THURSDAY): SUMMER BBQ KICKOFF**

The Rivers Retreat Center 14253 US-190, Covington, LA 70433

Personal Transportation

We are uniting all four regions for a gathering focused on fellowship and friendly rivalry. Delight in great food, games, and the chance to win fun prizes. Enjoy activities like cornhole, horseshoes, tennis, swimming, and more. Bring your own paddles if you're interested in playing Pickleball and sunscreen with a towel if you're swimming. **If you are able, please bring your favorite lawn chair for maximum comfort.** Enjoy a traditional American barbecue feast for lunch. This will include barbeque chicken, sausage, baked beans, salad, dessert, tea, and water.

10:00am – 2:00pm

Limit of 65 Attendees

\$25pp

**UPCOMING TRIPS:**

**SEPTEMBER 22 - 25, 2026: CALLAWAY RESORT AND GARDENS**

**DECEMBER 5 - 12, 2026: SLEIGING IN THE SEAS CRUISE - MEXICO TO JAMAICA**

**Schedule Medical Appointments** without delays using the GO dedicated phone line with the Ochsner Scheduling Department. North Shore: 985-871-2546

**Ochsner On Call:** A 24/7 free nurse care line for non-life-threatening issues, the number is 1-800-231-5257.

**\*\*Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. We accept cash, check, or credit card payments. 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 wait list if you need to cancel. **YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.** Members must use transportation services provided by GO for day trips, road trips, and extended trips. GO is unable to accommodate trip modification requests by GO members.



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