

North Shore Calendar of Events

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, JULY 14th at 8:00am on the CLOUD. Mail in registrations will be opened on Monday, JULY 14th at 8:00am. There is no pre-registration. 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



***EVERY TUESDAY CHAIR YOGA AND THURSDAY CHAIR BODY PUMP

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

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

Limit of 8 Attendees

FREE

***AUGUST 1 (FRIDAY): LUNCHBOX SERIES - CURRENT MEDICARE SCAMS

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

Speaker: Sunny Lawless. Current Medicare scams often involve impersonating Medicare, Social Security, or a related organization to gain personal information or financial details. Scammers may also offer free or discounted services, medical equipment, or insurance, but ultimately require personal or financial information to be shared. It's crucial to be wary of unsolicited contacts, especially those requesting your Medicare number or other personal information. Bring your lunch and join us in person to learn more on this important topic or join the meeting via zoom. Email or call the office and I will send you the link to join us from home.

12:00pm

Limit of 36 Attendees

FREE

***AUGUST 6 (WEDNESDAY): GOLDEN GENTLEMEN'S BREAKFAST AT THE CRAZY PIG

500 River Highland Blvd STE 100 in Covington

Personal Transportation

Would you like to get together with the gentlemen of Golden Opportunity to enjoy a good breakfast? Come and meet new friends and talk about guy stuff.

9:30am

Limit of 10 Attendees

OWN YOUR OWN

***AUGUST 6 (WEDNESDAY): BETTER YOUR TECH SKILLS

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

As technology gets more advanced, we need to sharpen our skills. Join us for basic skill lessons. We will do our best to answer any questions that you may have about your phone or laptop. We will also offer help on learning to register for events on the Cloud.

1:00pm

Limit of 25 Attendees

FREE

***AUGUST 8 (FRIDAY): BOOK CLUB / WATCH PARTY COVINGTON

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

Book: P.T.Barnum: America's Greatest Showman by Philip Kunhardt III. Movie "The Greatest Showman" Join us for a brief discussion and watch the movie with friends, popcorn, snacks, and other goodies. If you have not read the book, no problem, please come and enjoy the movie with us. You will love it.

1:00pm

Limit of 30 Attendees

FREE

***AUGUST 12 (TUESDAY): BUNKO AND BAGELS

Ochsner 65, Plus Clinic 1581 N. Highway 190 in Covington

Personal Transportation

Bunko and Bagels will celebrate all kinds of fun toppings for bagels. If you would like to bring toppings to share with others, that would be wonderful. As always, there will be our famous "NSGO" prizes.

1:00pm

Limit of 36 Attendees

FREE

*****AUGUST 13 (WEDNESDAY): HUMANA'S MATTER OF BALANCE CLASS SERIES - PART 3**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington Personal Transportation
Speaker: Candice Carr, Humana Health Educator. If you are interested in enhancing your overall balance, this three-part series class will help you learn about your core balance and teach you how to fall safely.
1:00pm Limit of 36 Attendees FREE

*****AUGUST 15 (FRIDAY): DAY TRIP - SILVER SLIPPER CASINO, AND VISIT TO BUC-EE'S**

Are you feeling lucky? Come and spend the day at the beautiful Silver Slipper Casino in Bay St. Louis. After a relaxing bus ride to the coast, you will receive \$20 free play, your cost for the buffet is \$14.95 plus tax/tip (ON YOUR OWN.) You can try your luck in the casino, and then we will make a stop at Buc-ee's on our way home. You can see what all the excitement is about, or just pick up a famous brisket sandwich to go!
8:30am Covington Pickup - 325 N. Hwy 190 (Behind I Hop)/ Approximate Return 5:30pm
9:00am Slidell Pickup- Slidell Memorial East, 100 Medical Center Dr. / Approximate Return 5:00pm
Limit of 110 Attendees \$36pp

*****AUGUST 21 (THURSDAY): LUNCH AT RIPS ON THE LAKE**

1917 Lakeshore Dr. in Mandeville Personal Transportation
Savor fresh seafood and captivating lake views. Delight in quality dishes and enjoy the last days of summer.
11:00am Limit of 40 Attendees ON YOUR OWN

*****AUGUST 22 (FRIDAY): BOOK CLUB / WATCH PARTY SLIDELL**

SMH Community Outreach Center Conf. Room 501 Robert Blvd. Slidell Personal Transportation
Book: P.T.Barnum: America's Greatest Showman by Philip Kunhardt III. Movie "The Greatest Showman" Join us for a brief discussion and watch the movie with friends, popcorn, snacks, and other goodies. If you have not read the book, no problem, please come and enjoy the movie with us. You will love it.
1:00pm Limit of 30 Attendees FREE

*****AUGUST 27 (WEDNESDAY): END OF SUMMER COOK OUT - IN**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington Personal Transportation
Come and celebrate the "End of Summer" with your friends! Hot Dogs, hamburgers, chips, potato salad, desserts, and all the fixings. Music, games, and we will eat inside! Come and join the party!!
12:30pm Limit of 50 Attendees \$10pp

*****AUGUST 29 (FRIDAY): CREATIVE ROCK PAINTING CLASS**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington Personal Transportation
Come and create your own painted rocks. These rocks can be used for various purposes, including garden decorations, gifts, or acts of kindness by leaving them for others to find. No art skills needed.
1:00pm Limit of 25 Attendees FREE

If you have changed your email address recently please email or call the office so we can update your information in our computer system.

****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.

For Additional Information Contact:

Gwendolyn Clement, Program Coordinator Ochsner 65 Plus Clinic
gwendolyn.clement@ochsner.org Golden Opportunity
office: 985-875-2799 cell: 985-707-4133 1581 N. Hwy 190
ochsner.org/go Covington, LA 70433



**Scan QR Code
for the GO**