

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) is available Tuesday, July 14th at 8:00am on the CLOUD. Scan the QR code on the right to access the cloud, our online registration system, or type the following into your search engine: 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 - 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

Limitation of Each Event Varies

FREE

*****AUGUST 4 (TUESDAY): LA SUPER PLANTS PROGRAM WITH LSU AG CENTER - COVINGTON**

Ochsner 65 Plus Community Room – 1581 N. Hwy 190 in Covington

Personal Transportation

Speaker: Will Tafton, LSU AG Center. Join us for an informative presentation on the LSU Super Plant Program, which highlights outstanding plants that thrive in Louisiana's climate while requiring less maintenance and fewer resources. Learn how these carefully selected plants can add beauty, color, and interest to your landscape while being easier to grow and care for. Whether you are an experienced gardener or simply enjoy learning about plants, this program will provide helpful tips and inspiration for creating a vibrant, successful garden in Louisiana.

10:00am - 11:00am

Limit of 34 Attendees

FREE

*****AUGUST 6 (THURSDAY): BUTTON CANVAS ART - SLIDELL**

SMH/Ochsner Health Founders Building – 1150 Robert Blvd in Slidell

Personal Transportation

Speaker: Nancy Agnelly, People's Health. Join us for a fun afternoon making one-of-a-kind pieces of artwork using colorful buttons with simple craft materials. We'll enjoy good company and engaging conversation with old and new friends. No experience needed, just bring your creativity and enthusiasm. This relaxing activity is a wonderful way to express yourself, socialize, and take home a beautiful handmade keepsake. Snacks will be provided.

10:00am - 11:00am

Limit of 43 Attendees

FREE

*****AUGUST 6 (THURSDAY): BUTTON CANVAS ART - COVINGTON**

Ochsner 65 Plus Community Room - 1581 N. Hwy 190 in Covington

Personal Transportation

Speaker: Nancy Agnelly, People's Health. Let's get crafty! Join us for a fun, relaxing afternoon of Button Art. We'll be using colorful buttons and simple supplies to create a beautiful handmade keepsake. Whether you're a seasoned crafter or a total beginner, come enjoy great company, good laughs, and make some new friends. Snacks provided.

1:00pm – 2:00pm

Limit of 34 Attendees

FREE

*****AUGUST 12 (WEDNESDAY): LIZ'S WHERE Y'AT DINER FOR BREAKFAST - MANDEVILLE**

Liz's Where Y'at Diner - 2500 Florida St. in Mandeville

Personal Transportation

Start your day with good food and great company! Known for its welcoming atmosphere and delicious Southern – style breakfast favorites, this local restaurant offers the perfect place to relax, visit with friends, and enjoy a leisurely morning together. Whether you are craving a hearty breakfast or a lighter fare, there's something for everyone to enjoy while sharing great conversation and making memories with your fellow GO members.

9:00am – 10:30am

Limit of 35 Attendees

LUNCH ON YOUR OWN

*****AUGUST 13 (THURSDAY): BUNCO, BITES, AND BELLY LAUGHS - COVINGTON**

Ochsner 65 Plus Community Room – 1581 N. Hwy 190 in 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. Snacks will be provided.

1:00pm - 3:00pm

Limit of 33 Attendees

FREE

*****AUGUST 19 (WEDNESDAY): BOOT SCOOTIN FUN LINE DANCING AT PARADISE ALLEY - MANDEVILLE**

Paradise Alley - 4400 LA-22 in Mandeville

Personal Transportation

Put on your dancing shoes and join us for a lively dancing class. Line dancing is a great way to stay active, improve balance and coordination, and enjoy music in a fun, social setting. Learn steps that will impress friends and family! No previous experience needed. Just bring your willingness to have fun!

6:30pm – 8:30pm

Limit of 34 Attendees

\$10pp

*****AUGUST 20 (THURSDAY): GOLDEN SOCIETY BOOKMARK CLUB**

Ochsner 65 Plus Community Room – 1581 N. Hwy 190 in Covington

Personal Transportation

Join us for another Book Club gathering as we share thoughts, insights, and favorite moments from last month's selection. Whether you finish every page or are still making your way through the book, all are welcome to join the conversation. Enjoy a relaxed afternoon of discussion, fellowship, and refreshments while connecting with fellow readers. We'll also take time to explore ideas for future reads and continue building our community of book lovers.

1:00pm – 3:00pm

Limit of 34 Attendees

FREE

*****AUGUST 25 (TUESDAY): DAY TRIP - A DAY OF HISTORY, CULTURE, AND CUISINE**

Step back in time and experience the rich history and culture of New Orleans on this special outing. Our day begins with a visit to the colorful Mardi Gras Costume Museum to admire the elaborate costumes, craftsmanship, and traditions that make Mardi Gras so special. We then make our way to the fascinating Storyville Museum where we will learn about America's most famous legal red-light district operating in New Orleans from 1897-1917. Following our tours we will enjoy a delicious Coolinary lunch experience at Brennan's famous restaurant known for its classic New Orleans cuisine and charming atmosphere. Enjoy history, culture, food, and wonderful fellowship with friends.

Covington Pickup: 8:30am/Approximate Return: 4:00pm

Slidell Pickup: 9:00am/Approximate Return: 4:30pm

Limit of 56 Attendees

\$145pp

*****AUGUST 27 (THURSDAY): ROLLIN' WITH FRIENDS POKENO DAY - SLIDELL**

SMH/Ochsner Health Founders Building – 1150 Robert Blvd in Slidell

Personal Transportation

Join us for a lively afternoon of Pokeno, laughter, and friendship! Whether you are a seasoned player or new to the game, you'll enjoy friendly competition, sharpen your mind, and connect with friends. We'll play a variety of exciting game patterns, share plenty of laughs, and celebrate the joy of spending time together. Come ready for an afternoon filled with fun, fellowship, and chances to win prizes while making memories. Snacks will be provided.

1:00pm – 3:00pm

Limit of 43 Attendees

FREE

*****AUGUST 28 (FRIDAY): A SOUTHERN LUNCH ON THE BAYOU – SLIDELL**

Palmetto's on the Bayou - 1901 Bayou Lane in Slidell

Personal Transportation

Join us for a delightful afternoon at Palmetto's on the Bayou, where great food and scenery come together. Enjoy a delicious buffet lunch featuring a variety of Southern favorites while taking in the peaceful bayou views. This is the perfect opportunity to relax, enjoy good company, and savor a wonderful meal in a charming Louisiana setting.

11:30am – 1:30pm

Limit of 30 Attendees

LUNCH ON YOUR OWN

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.

Virtual Suggestion Box: To access, copy this link and place it in the browser address bar to access.

<https://forms.cloud.microsoft/r/97SKr7GCr7?origin=lpLink>

****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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