December 2026
North Shore Calendar of Events

Ochsner Golden Opportunity

Ochsner 65Plus – Attn: Golden Opportunity
1581 N. Highway 190 – Covington, LA 70433
ann.meyers@ochsner.org office: 985-875-2799

Members: Bring a Friend!
Prospective members are warmly welcome.

Golden Opportunity has partnered with the Northshore Food Bank to support local families in need. An orange collection bin has been placed in the lobby at Ochsner 65 Plus. You can drop off nonperishable goods on-site or hand them to Ann at your next event. A detailed list of high-priority items can be found on the attached flyer.

REGISTRATION REQUIRED FOR ALL EVENTS
Registration for new events (indicated with ***) available **November 17th** at 8:00am on the CLOUD. To register with ease, 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**

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 features seated stretches and poses, complemented by standing movements that use a chair for balance. Chair Body Pump combines light weights with low-impact cardio to help improve strength, balance, and flexibility.
11:00am – 11:30am Limitation of Each Event Varies FREE

***DECEMBER 5 (SATURDAY): CHRISTMAS MAGIC IN COVINGTON - CHRISTMAS EXTRAVANGANZA**
The Christmas Extravaganza 315 N. US 190 Covington, LA Personal Transportation
Celebrate the season at the Christmas Extravaganza in Covington. Enjoy festive sights and sounds, holiday decorations, and entertainment. Browse offerings from 400–500 vendors, including last-minute gifts, food, decorations, and more. Join fellow members for a memorable day of shopping and seasonal celebration.
10:30am – 12:30 pm Limit of 30 Attendees FREE

***DECEMBER 8 (TUESDAY): PEOPLES HEALTH PLAN UPDATES 2027 – SLIDELL**
SMH/Founders Building – 1150 Robert Blvd. Slidell, LA Personal Transportation
Speaker: Sandy Johnson, Peoples Health. Learn about Peoples Health plan changes and updates for 2027.
10:00am – 11:30am Limit of 40 Attendees FREE

***DECEMBER 8 (TUESDAY): PEOPLES HEALTH UPDATES 2027 - COVINGTON**
Ochsner 65 Plus Community Room, 1581 N. Hwy 190 Covington, LA Personal Transportation
Speaker: Sandy Johnson, Peoples Health. Learn about Peoples Health plan changes and updates for 2027.
1:00pm-2:30pm Limit of 34 Attendees FREE

***DECEMBER 9 (WEDNESDAY): WINTERTIME SAFETY – SLIDELL**
SMH/Founders Building – 1150 Robert Blvd. Slidell, LA Personal Transportation
Speaker: Catherine Timmerman, St. Anthony's Gardens. We'll learn practical safety tips for the winter season. This informative session will offer easy tips for staying warm, avoiding falls, getting your home and car ready for cold weather, and steering clear of seasonal hazards.
10:00am -11:00am Limit of 40 Attendees FREE



*****DECEMBER 9 (WEDNESDAY): WINTERTIME SAFETY – COVINGTON**

Ochsner 65 Plus Community Room -1581 N. Hwy 190 Covington, LA Personal Transportation

Speaker: Catherine Timmerman, St. Anthony's Gardens. Prepare for the season with an informative presentation on wintertime safety for seniors. Learn practical tips for staying warm, preventing falls, preparing for winter weather, and avoiding seasonal hazards at home and on the road.

1:00pm - 2:00pm Limit of 34 Attendees FREE

*****DECEMBER 12 (SATURDAY): OLD CHRISTMAS PAST WITH A DAY TO REMEMBER - MANDEVILLE**

Girod St. Old Mandeville-Meet at the Trail Head 675 Lafitte St. Mandeville, LA Personal Transportation

Celebrate the charm of the season as we gather in Mandeville for Old Christmas Past. Experience the sights, sounds, and traditions of Christmases gone by. Enjoy festive decorations and holiday activities, visit with Santa, and shop for unique Christmas gifts. Share a memorable day with longtime friends and new acquaintances while celebrating the spirit of the season.

10:00am – 12:00 pm Limit of 30 Attendees FREE

*****DECEMBER 14 (MONDAY): BACON, BISCUITS, & BROTHERHOOD - MEN'S BREAKFAST**

500 River Highland Blvd. Suite 100 in Covington, LA 70433 Personal Transportation

Join us for a relaxing morning of delicious food, lively conversation, and good company at the Crazy Pig Restaurant in Covington. Enjoy a hearty breakfast, share stories, and spend quality time connecting with fellow members, all without cooking or cleanup. Please complete the food selection flyer for this event and promptly return it to the GO office.

9:00am – 11:00am Limit of 30 Attendees $32pp

*****DECEMBER 16 (WEDNESDAY): DAY TRIP – SPARKLING LIGHTS & SOUTHERN BITES**

Celebrate the season with a festive outing to New Orleans as we take in the Christmas decorations at the historic Roosevelt Hotel and the elegant Ritz-Carlton. Admire sparkling seasonal displays and enjoy the holiday atmosphere at both hotels. Between visits, gather for lunch at Mandina's Restaurant, where delicious food complements a day of sightseeing. Enjoy a memorable outing filled with festive lights, good company, and Christmas cheer. Please complete the food selection flyer for this event and promptly return to the GO office.

Covington Pickup: 9:00am/Approximate Return: 4:00pm & Slidell Pickup: 9:30am/Approximate Return: 3:10pm

Limit of 55 Attendees $95pp

*****DECEMBER 17 (THURSDAY): INHOUSE MOVIE DAY - *THE BEST CHRISTMAS PAGEANT EVER***

Ochsner 65 Plus Community Room 1581 N Hwy 190 Covington, LA Personal Transportation

Celebrate the season with a relaxing holiday movie day. Join us for a heartwarming story about unexpected characters who discover the meaning of Christmas in a surprising way. Settle in with popcorn and enjoy an afternoon of laughter, friendship, and holiday cheer. Share the warmth of the season and a memorable movie experience with fellow members.

1:00pm – 3:00pm Limit of 34 Attendees FREE

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=lprLink

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.

Scan QR Code for the GO website.