

North Shore Calendar of Events

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

2026 Renewal Fees are due before 02/28/26 for your membership to remain active. To participate in 2026 activities, you must be an active member. You can renew online via the Cloud: www.ochsner.org/gologin You can also mail (\$20 per person) to the GO office. Thank You to those who have submitted payment already.



REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, January 12 at 8:00am on the CLOUD. Scan the QR code above 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, 1851 N. Highway 190 - 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

*****FEBRUARY 3 (TUESDAY): CHEF FOR A DAY AT CULINARY KIDS**

915 Marigny Ave in Mandeville, LA

Personal Transportation

Get ready to put the aprons on and play chef for a day! This interactive experience will have you cooking and baking, then enjoying the fruits of your labor. You will create a delicacy of Chicken Creole with White Rice, a flavorful Louisiana dish of seasoned chicken simmered in tomato-based sauce with onion, bell pepper, celery, and garlic. The recipe reflects French, Spanish, African, and Caribbean influences through its spices and preparation. Dessert will be a Traditional French King Cake known as Galette des Rois. This puff pastry filled with almond cream is enjoyed across France. Once the final touches have been completed, we will enjoy the lunch we've just prepared. Bon Appetit!

(Please call the office to let us know of any dietary restrictions upon registering for this event.)

10:30am – 12:30pm

Limit of 35 Attendees

\$40pp

*****FEBRUARY 6 (FRIDAY): BIG SCREEN BONANZA IN SLIDELL**

The Grand Slidell at 1950 Gause Blvd. W in Slidell, LA

Personal Transportation

When's the last time you went to a movie theater? Join us for movie and a popcorn at the Grand Movie Theater. Angel Studios presents the new movie "Solo Mio" a romantic comedy. Matt (played by Kevin James) plans a picturesque Italian wedding and flies his whole family to Rome for the event. When his fiancée stands him up, he is heartbroken but chooses not to waste the trip. Instead of returning home, he embarks on the solo honeymoon across Italy, immersing himself in the vibrant local culture, food, and beauty. The unexpected journey becomes an adventure of self-discovery where he rediscovers his passion for life and eventually meets Gia (Nicole Grimaudo), a determined local who helps him find love again. Time will be announced when it gets closer to the date.

Time TBD When Theater Posts Schedule Limit of 20 Attendees

\$10.50pp

***** FEBRUARY 10 (TUESDAY): MONTHLY MEETING AT THE RIVERS RETREAT CENTER**

14253 US190 in Covington, LA Personal Transportation
Speaker Mary H. Manhein. She is one of the most interesting people you will ever meet. Known as "The Bone Lady," Mary is an internationally acclaimed forensic anthropologist who, for more than 30 years, has helped law enforcement solve their toughest cases. Her witty humor and great story telling will make for such an interesting afternoon. An advocate for victims, Manhein has always worked to tell the stories of who the victims are and what happened to them, as she helps bring about justice. She served as an Instructor of Anthropology and the Director of the Forensic Anthropology and Computer Enhancement Services Laboratory (FACES) at Louisiana State University before retiring in 2015. She is the author of three nonfiction books: *The Bone Lady*, *Trail of Bones*, and *Bone Remains*, as well as one fiction novel, *Floating Souls: The Canal Murders*. She will discuss where she is in life and much more. **A drawing will be held for one of Mary's autographed books.** Buffet Menu: Ceasar Salad, Chicken Alfredo, Garlic Bread, Homemade Bread Pudding with Whiskey Caramel Sauce, Tea, Water, and Coffee.
11:00am – 2:00pm Limit of 125 Attendees \$35pp

***** FEBRUARY 11 (WEDNESDAY): DAY TRIP – DOLPHINS AND DINING**

We will "Dive In" with an aquatic adventure at the Mississippi Aquarium. This state-of-the-art aquarium includes indoor and outdoor habitats and animals including dolphins, otters, beavers, and more. Inside Aquatic Wonders we'll get up close and personal with some of the friendliest rays and sharks before venturing into the 360-degree tunnel. The Changing Tides exhibit is where you'll meet the eels, seahorses, giant pacific octopus, and even a two-toed sloth. Lunch will be at Patio 44, known for its polished, casual atmosphere that blends Southern charm with upscale comfort. Lunch options are listed on the flyer, and a GO team member will call registered members to get your choice of entrée. Covington Pickup 8:00am / Approximate Return 4:00pm (325 N. Hwy 190 behind I-HOP)
Slidell Pickup 8:45am / Approximate Return: 3:00pm (Slidell Memorial East, 100 Medical Center Dr)
Limit of 55 Attendees \$93pp

***** FEBRUARY 19 (THURSDAY): FEBRUARY BIRTHDAY CELEBRATION**

Ochsner 65 Plus Community Room, 1851 N. Highway 190 - Covington Personal Transportation
Are you celebrating a Birthday in February? Let's eat cake and toast to good health and happiness. Whether you have fifteen minutes or an hour, pop in so we can wish you a Happy Birthday.
1:00pm – 3:00pm Registration is Required FREE

***** FEBRUARY 20 (FRIDAY): COOKIE DECORATING WITH CULINARY KIDS - SLIDELL**

Ochsner Health Center Founders Building - 1150 Robert Blvd. – Slidell Personal Transportation
Fun Fact: Stressed spelled backwards is Desserts! They say happiness is homemade, so come destress with us and find your happiness as you do some cookie decorating. Learn and practice techniques like cookie painting, lacing, flooding, shading, piping detail, and much more. Equipment is provided but if you have supplies, you'd like to bring, please do! Each member will take home 6 decorated cookies to enjoy.
1:30pm – 3:00pm Limit of 48 Attendees \$35pp

***** FEBRUARY 24 (TUESDAY): HEALTHY BACK SERIES – GET BETTER SLEEP**

Ochsner 65 Plus Community Room, 1851 N. Highway 190 - Covington Personal Transportation
Speaker: Beth Allbritton, Ochsner Physical Therapist. If you've stayed awake all night - by choice, out of necessity, or in spite of your efforts to sleep, you know just how critical sleep is to your wellbeing. Everyone needs sleep, but about one in three American adults don't get enough of it. The consequences of sleep deprivation are serious, so it's worth learning why sleep matters, how it works, and how to give yourself the best chances of getting a good night's sleep.
12:00pm – 1:00pm Limit of 34 Attendees FREE

*****FEBRUARY 26 (THURSDAY): EAT FIT VIRTUAL GROCERY TOUR – SLIDELL**

Ochsner Health Center Founders Building - 1150 Robert Blvd. – Slidell Personal Transportation
Speaker: Ryan Woods, MS, RD, LDN, CHES – Eat Fit Northshore Dietitian. Grocery shopping doesn't have to be overwhelming. Let us show you a better way! Join our virtual grocery store tour to navigate the aisles with confidence and learn what a healthy shopping trip looks like, aisle by aisle. We'll share information to help you make healthier choices in every department.

10:00am – 11:00am

Limit of 48 Attendees

FREE

*****FEBRUARY 26 (THURSDAY): EAT FIT VIRTUAL GROCERY TOUR – COVINGTON**

Ochsner 65 Plus Community Room, 1851 N. Highway 190 - Covington Personal Transportation
Speaker: Ryan Woods, MS, RD, LDN, CHES – Eat Fit Northshore Dietitian. Say goodbye to grocery store stress! Join us for a virtual, aisle-by-aisle tour designed to transform your shopping experience. Learn practical tips for making healthier decisions in every department and discover what a truly healthy shopping trip looks like.

1:30pm – 2:30pm

Limit of 34 Attendees

FREE

UPCOMING EVENTS: THIS IS A SNEAK PEEK OF UPCOMING DAY TRIPS!

Additional details and pricing will be included on future Calendar of Events.

MARCH 5 (THURSDAY): THE PHANTOM OF THE OPERA AT THE SAENGER THEATRE

Cameron Mackintosh presents a revitalized new production of Andrew Lloyd Webber's legendary musical. Known as one of the most beautiful and spectacular productions in history, playing to over 160 million people in 195 cities, 47 territories, and 21 languages. Phantom is a global phenomenon!

APRIL 30 (THURSDAY): SUMMER BBQ KICKOFF

Winter is over, and the beautiful weather is here. It's the perfect time to get outside and enjoy the sunshine with all your Golden Opportunity friends. Join us as all four regions unite for a gathering of fellowship and fun! We'll enjoy great food and activities including cornhole, bingo, pickleball, and more.

UPCOMING TRIPS:

SEPTEMBER 22 – 25, 2026: CALLAWAY GARDENS

Known as Mother Nature's breathtaking landscape. It's filled with history, flowers, plants, and wildlife. Explore, learn, and take in both a rich past and the wonders of nature.

DECEMBER 5 – 12, 2026: ROYAL CARIBBEAN – MARINER OF THE SEAS

Relax and make memories in the Western Caribbean during 7 nights of cruising fun. Set sail from New Orleans and enjoy Cozumel, Grand Cayman, Falmouth, Jamaica, plus 3 relaxing days at sea.

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.



Scan QR Code for
the GO website.