

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



Renewal Season is Upon Us!

We invite you to renew your
GO membership for 2026.

Renew online via the Cloud at www.ochsner.org/gologin.

Or mail a check (\$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, December 8th 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



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 (Behind Building)

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

*****JANUARY 7 (WEDNESDAY): LOPA ORGAN DONATION EDUCATION - COVINGTON**

Ochsner 65 Plus Community Room, 1851 N. Highway 190 - Covington Personal Transportation
Speaker: Lana Stevens, LOPA Community Educator – Are you a registered donor? What exactly does that mean? Learn more about the Louisiana Organ Procurement Agency and get the facts about organ, tissue, and eye donation and the work that LOPA does in our community. With nearly 100,000 patients on the national waiting list for an organ transplant, let's talk about how you or your loved ones can leave a legacy and give the gift of life through donation.

10:30am – 11:30am

Limit of 34 Attendees

FREE

*****JANUARY 8 (THURSDAY): PAINTING WITH A TWIST**

1852 N Causeway Blvd, Suite 10 - Mandeville, LA Personal Transportation
Kick off the New Year with a fun-filled afternoon of painting. Whether you're new to painting or have been painting for years, the instructor will guide us step by step as we complete a work of art that you can gift to someone or hang in your home. We'll be painting the image at the right. Located in Mandeville's Northlake Shopping Center by Office Depot and Total Wine.

1:00pm – 3:00pm

Limit of 30 Attendees

\$40pp



*****JANUARY 9 (FRIDAY): AARP SMART DRIVER COURSE – SLIDELL**

Ochsner Health Center - Founders Building, 1150 Robert Blvd. – Slidell Personal Transportation
Cars have changed, and so have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills. You may be eligible to receive a multi-year auto insurance discount upon completing the course. AARP membership is not required and there is no test to pass. If you park in the back of the building, enter through the back door, meeting room is first door on the left. Light lunch will be served.

Meeting Room: SMH – CR Founders Room

Pay AARP Representative at the Meeting

10:00am – 3:00pm

Limit of 48 Attendees

\$20 AARP Member/\$25 Non-AARP Member

*****JANUARY 13 (TUESDAY): MONTHLY BIRTHDAY CELEBRATION**

Ochsner 65 Plus Community Room, 1851 N. Highway 190 - Covington Personal Transportation
Are you celebrating a Birthday in January? 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

*****JANUARY 14 (WEDNESDAY): AARP SMART DRIVER COURSE – COVINGTON**

Ochsner 65 Plus Community Room, 1851 N. Highway 190 - Covington Personal Transportation
This course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Designed especially for drivers aged 50 and older to learn tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. You may be eligible to receive a multi-year auto insurance discount upon completing the course. AARP membership is not required and there is no test to pass. Light lunch will be served.

Pay AARP Representative at the Meeting

10:00am – 3:00pm

Limit of 24 Attendees

\$20 AARP Member/\$25 Non-AARP Member

*****JANUARY 16 (FRIDAY): BINGO AND BROWNIES**

Ochsner 65 Plus Community Room, 1851 N. Highway 190 - Covington Personal Transportation
Sponsor: Mattie Craig, Peoples Health – Feeling ready for the weekend? End your week with a bang! Join us for Friday Afternoon Fun and turn that pre-weekend slump into a lively afternoon of winning.

1:00pm – 3:00pm

Limit of 30 Attendees

FREE

*****JANUARY 20 (TUESDAY): LUNCH AT WALK-ON'S SPORTS BISTREAUX**

69796 Stirling Blvd – Covington Personal Transportation
Join your fellow GO members for a midday break with lunch. This casual dining experience offers culinary excellence blended with service that pulls from our Louisiana roots. They pride themselves on scratch-made dishes like fresh, never frozen seafood, burgers, salads, and Cajun/Creole specialties. The extensive menu options offer something for everyone.

11:30am – 1:30pm

Limit of 36 Attendees

ON YOUR OWN

*****JANUARY 22 (THURSDAY): LOPA ORGAN DONATION EDUCATION - SLIDELL**

Ochsner Health Center Founders Building - 1150 Robert Blvd. – Slidell Personal Transportation
Speaker: Lana Stevens, LOPA Community Educator – Did you know one organ donor can save eight lives? Learn more about the Louisiana Organ Procurement Agency and how they help save lives, restore health, and enhance medical care through organ and tissue donation. With nearly 100,000 patients on the national waiting list for an organ transplant, let's talk about how you or your loved ones can leave a legacy and give the gift of life through donation.

Meeting Room: SMH – CR Founders Room

10:30am – 11:30am

Limit of 48 Attendees

FREE

***** JANUARY 27 (TUESDAY): HEALTHY BACK SERIES – KEEP YOUR SPINE FEELING FINE**

Ochsner 65 Plus Community Room, 1581 N. Highway 190 - Covington Personal Transportation
Speaker: Beth Allbritton, Ochsner Physical Therapist – Learn tips to keep your spine healthy.
Understand why your back hurts, better lifting and bending strategies, and the importance of posture,
exercise, and rest. We'll discuss how to exercise safely and what to do if you have a flare-up of pain.
This is the first in a three-month series of education classes.
12:00pm – 1:00pm Limit of 34 Attendees FREE

***** JANUARY 29 (THURSDAY): DAY TRIP - MARDI GRAS WORLD, MASKS, AND THE MALL**

Kickoff Carnival Season with a trip to Mardi Gras World! Explore the massive 300,000-square-foot
working warehouse where the spectacular floats for New Orleans Mardi Gras parades are brought to
life. During the tour, you'll learn about the rich history and vibrant traditions of Mardi Gras and observe
skilled artists and craftspeople meticulously creating floats and props. The experience continues as
we learn the history and artistry of masking, followed by a private workshop where you can unleash
your creativity and craft your own unique, one-of-a-kind mask to take home. Following our
unforgettable time at Mardi Gras World, the bus will take us to the New Orleans Riverwalk Outlet.
Enjoy a leisurely lunch on your own and indulge in a shopping excursion at over 75 exciting retailers.
Covington Pickup 8:00am / Approximate Return 5:00pm Location: 325 N. Hwy 190 (Behind I-HOP)
Slidell Pickup 8:45am / Approximate Return 4:00pm Location: Slidell Memorial East 100 Medical Center Dr
Limit of 55 Attendees \$110pp

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

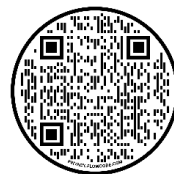
Relax and make memories in the Western Caribbean during 7 nights of cruising fun. Set sail from
New Orleans and enjoy Cozumel, Grand Cayman, Falmouth, Jamaica, plus 3 relaxing days at sea.

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.