



Independence Day honors the birth of American freedom, commemorating the adoption of the Declaration of Independence. As we celebrate with parades, barbecues, and dazzling fireworks, it is a time to reflect on the values of liberty and unity. Golden Opportunity would like to wish everyone a safe, joyful, and memorable Fourth of July!

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Tuesday, June 16th 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

Hammond Pickup: Hammond Square Mall at 1990 Hammond Square Drive (by Dillard's)

*****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

*****JULY 1 (WEDNESDAY): LIGHTS, CAMERA, ACTION – SURPRISE MOVIE DAY - COVINGTON**

Ochsner 65 Plus Community Room 1581 N. Hwy 190 - Covington Personal Transportation
Join us for an afternoon of classic films, popcorn, and good company. Relax, reminisce, and enjoy a little silver screen magic. You will not want to miss it!
1:00pm – 3:00pm Limit of 34 Attendees FREE

*****JULY 8 (WEDNESDAY): THE GOLDEN BOOKMARK SOCIETY BOOK CLUB - COVINGTON**

Ochsner 65 Plus Community Room 1581 N. Hwy 190 - Covington Personal Transportation
Join us for our second book club gathering as we dive deeper into great conversation, shared perspectives, and the joy of reading together. This is a wonderful way to connect with fellow readers. Bring your ideas as we begin choosing our next book club book. Snacks will be provided.
1:00pm - 3:00pm Limit of 34 Attendees FREE

*****JULY 10 (FRIDAY): ADVOCATING FOR SENIORS IN HEALTHCARE - SLIDELL**

SMH/Ochsner Health Founders Building – 1150 Robert Blvd. - Slidell Personal Transportation
Speaker: Tina Lipps, Community Engagement Director at Pheonix Senior Living. Join us for an informative talk focused on advocating for seniors in today's health care system. Referencing chronic conditions in older adults and the potential for miscommunication leading to serious health consequences. Learn what questions to ask, how to coordinate care, while empowering seniors, and providing a real-life example of advocating for residents in a senior home. She will tell us how communities can support senior health literacy and policy changes. She tells us common barriers to advocacy, such as seniors feeling like a burden or lacking knowledge.
10:30am – 11:30am Limit of 48 Attendees FREE

*****JULY 10 (FRIDAY): ADVOCATING FOR SENIORS IN HEALTHCARE - COVINGTON**

Ochsner 65 Plus Community Room 1581 N. Hwy 190 - Covington Personal Transportation
Speaker: Tina Lipps, Community Engagement Director at Pheonix Senior Living. You are invited to an informative session focused on senior hethcare advocacy. This talk covers effective care coordination, key questions to ask providers, and proven strategies to overcome barriers like lack of knowledge or seniors feeling like a burden. Includes a real-life example of advocating for residents in a senior home.
1:30pm – 2:30pm Limit of 34 Attendees FREE

*****JULY 15 (WEDNESDAY): DAY TRIP - NETS, NIBBLES, AND NOSTALGIA - BILOXI**

Spend the day discovering Mississippi’s rich coastal culture with a fascinating shrimping tour adventure. Enjoy a guided look at the life of a local shrimper. Take a peek into how the journey begins for a shrimp and have them end up on your plate. See the spectacular world of sea life that is caught on a shrimping expedition. Enjoy a fabulous meal at one of the south’s most unique restaurants in one of the oldest homes in America. After lunch we make our way to the Maritime and Seafood Museum, where the rich history of Mississippi’s Gulf Coast comes to life. We will explore the engaging exhibits showcasing shrimping, oystering, fishing, boating, hurricanes, and hard-working families who built the seafood industry.
Covington Pickup: 7:30am/Approximate Return: 5:00pm **Slidell Pickup:** 8:30am/Approximate Return: 4:30pm
Limit of 49 Attendees \$125pp

*****JULY 21 (TUESDAY): BIG SCREEN BONANZA – “MOANA” IN HAMMOND**

AMC Hammond Palace 10 located at 801 C M Fagan Dr. - Hammond Personal Transportation
TBA Limit of 34 Attendees \$13pp

*****JULY 23 (THURSDAY): JACKPOT JOY - POKENO DAY FUN - COVINGTON**

Ochsner 65 Plus Community Room 1581 N. Hwy 190 - Covington Personal Transportation
Get ready for a laid-back afternoon full of laughter, lucky breaks, and great company. Come join us for an afternoon of laughter, lucky numbers, and great company. Sweet treats, fun prizes, and bragging rights included. Easy to play, hard not to love!
1:00pm – 3:00pm Limit of 33 Attendees FREE

*****JULY 28 (TUESDAY): STRIKES, SPARES, AND SMILES – PARADISE BOWLING ALLEY**

4400 LA-22, Mandeville, LA 70471 Personal Transportation
Let the good times roll! Join us for a day of strikes, smiles, and social time. Whether you are a pro on the lanes or just coming for the laughter, this event is all about enjoying great company and making wonderful memories. Cost includes 2 hours of bowling plus bowling shoes. Lunch will be provided.
11:00am - 1:00pm Limit of 30 Attendees \$15pp

*****JULY 29 (WEDNESDAY): LIFE IN THE A-ZONE – PEGGYSWEENEY- MCDONALD**

Ochsner 65 Plus Community Room 1581 N. Hwy 190 - Covington Personal Transportation
Speaker: Peggy Sweeney – McDonald, Author/Actress. Peggy will discuss her memoir – *Life in the A-Zone*. She will share excerpts, behind the scenes stories, and reflect on caregiving, creativity, and unexpected moments of hope. The book shares her personal story of returning to Baton Rouge 36 years later and walking through her mother’s journey with Alzheimer’s. It was written to encourage care givers and families to remind people they are not alone. This dreadful diagnosis has touched many of our lives. Lunch will be provided.
11:00am – 1:00pm Limit of 30 Attendees FREE

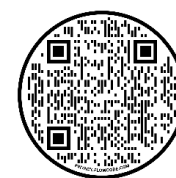
Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner Scheduling Department. North Shore: 985-871-2546

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=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.