

**REGISTRATION REQUIRED FOR ALL EVENTS**

Registration for new events (indicated with \*\*\*) available Monday, May 11th 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](http://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/Drop Off: Hammond Square Mall at 1900 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

**\*\*\* JUNE 3 (WEDNESDAY): FIBER AND FLUIDS - SLIDELL**

SMH/Ochsner Health Founders Building-1150 Robert Blvd.-Slidell

Personal Transportation

Speaker: Sheraden Galiano, Dietician. Join us for an engaging and informative talk on the importance of fluids and fiber for overall health and well-being. This session will explore how proper hydration and a fiber-rich diet support digestion, boost energy, and help maintain a healthy lifestyle, especially as we age. They benefit not only digestive health but overall health and both work together to do this. You will learn simple, practical tips for increasing your daily water intake and incorporating more fiber into your meals in ways that are both easy and enjoyable. Refreshments will be provided.

10:00am – 11:00am

Limit of 48 Attendees

FREE

**\*\*\* JUNE 3 (WEDNESDAY): FIBER AND FLUIDS – COVINGTON**

1581 N. Hwy 190 Covington, LA 70433

Personal Transportation

Speaker: Sheraden Galiano, Dietician. Would you like to feel better, boost your energy, and take care of your gut? Come chat with us about the power of fiber and fluids! We'll explore how they work together to keep you healthy, and we'll share easy, practical tips to sneak more of both into your daily meals without making it a chore. Refreshments will be provided.

1:00pm - 2:00pm

Limit of 34 Attendees

FREE

**\*\*\* JUNE 5 (FRIDAY): LIGHTS, CAMERA, RELAX - SURPRISE MOVIE DAY - SLIDELL**

SMH/Ochsner Health Founders Building-1150 Robert Blvd.-Slidell

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 48 Attendees

FREE

**\*\*\* JUNE 9 (TUESDAY): CULINARY CAROUSEL- LA PINES RESTAURANT**

Who's ready to eat, laugh, and support one of our own? Join us for a fun group lunch at a restaurant owned by a familiar face from our very own crew! Diane Murray and her husband Mike own LA Pines Restaurant. So come enjoy delicious food and friendly service. It is the perfect excuse to get out, enjoy great company, and cheer on one of our own in the tastiest way possible.

12:00pm-1:30pm

Limit of 35 Attendees

LUNCH ON YOUR OWN

**\*\*\*JUNE 11 (THURSDAY): A LITTLE BIT OF SASS AND STAINING - HAMMER AND STAIN – COVINGTON**

1027 Village Walk, Covington, LA. 70433

Personal Transportation

Get ready to tap into your creative side-no experience needed. Join us for a fun day at Hammer and Stain, turning simple pieces of wood into something truly special. This workshop is all about creativity, connection, and maybe a little sawdust along the way. You'll have 16 different options to choose from, and a registration form will be sent once you register so you can make your selection. All registration forms will be due to the GO office by June 2nd.

10:00am – 12:00pm

Limit of 40 Attendees

\$48pp

**\*\*\*JUNE 15 (MONDAY): CHEF NINO COOKING DEMONSTRATION**

Ochsner 65 Plus Community Room, 1581 N. Highway 190 – Covington

Personal Transportation

Comedy cooking with healthy options! Chef Nino says it best, "If you want to feel better tomorrow you've got to start eating better today."

10:30am – 11:30am

Limit of 34 Attendees

FREE

**\*\*\*JUNE 17 (WEDNESDAY): DAY TRIP – THE LOUISIANA LEGACY TOUR**

The Louisiana Purchase is widely considered to be one of the greatest real estate deals in history. This is a rare opportunity to see the actual Louisiana Purchase agreement for only the second time it has ever been on display in our state. We will also watch a short film on "Sarah, the Capitals Resident Ghost." After that we will go to lunch at Hot Stuff Restaurant where the dishes are served with a side of hospitality. Finally, we will end our day at the Old Governor's Mansion where nine previous governors have lived. The most memorable being Huey P Long, who dispatched prisoners in the middle of the night to raise the existing house on the site to be worthy of a presidential bid he planned to make. Lunch on your own.

Slidell Pickup 7:00am / Approximate Return: 5:30pm (Slidell Memorial East, 100 Medical Center Dr)

Covington Pickup 7:45am / Approximate Return: 5:00pm (325 N. Hwy 190 behind I-HOP)

Hammond Pickup 8:20am / Approximate Return: 4:15pm (Hammond Square Mall by Dillard's)

Limit of 56 Attendees

\$55pp

**\*\*\*JUNE 23 (TUESDAY): LIGHTS, CAMERA, RELAX - SURPRISE MOVIE DAY - COVINGTON**

Ochsner 65 Plus community Room 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

**\*\*\*JUNE 30 (TUESDAY): BUNCO. BITES, AND BELLY LAUGHS - COVINGTON**

Ochsner 65 Plus Community Room, 1851 N. Highway 190-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. Bring a sweet creation you are proud of and let the fun begin. There will be snacks and prizes galore!

1:00pm – 3:00pm

Limit of 32 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.



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the GO website.