

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

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, February 9th 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

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

*****MARCH 2 (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

*****MARCH 4 (WEDNESDAY): BLANKET MAKING WITH THE LOPA ORGANIZATION**

Ochsner 65 Plus Community Room, 1581 N. Highway 190 - Covington Personal Transportation
Host: Lana Stevens, LOPA Community Educator. Are you longing to make a difference in someone’s life? Do you enjoy learning a new hobby or craft? If you answered yes to these questions, please join us as we make comfort blankets for future donor families. No experience necessary, if you can use scissors, you can make these comfort blankets.
10:30am – 12:00pm Limit of 36 Attendees FREE

*****MARCH 5 (THURSDAY): DAY TRIP – PHANTOM OF THE OPERA AT THE SAENGER THEATRE**

Kickoff the day with breakfast at St. Mary’s Restaurant where they serve great food and give back to organizations that champion people with disabilities. Choose from Eggs Benedict, Grits and Grillades, or Waffle with Fruit. Our next stop will be the Saenger Theatre to delight in one of the longest-running and most celebrated musicals in history, *The Phantom of the Opera*. This mysterious, romantic, and thrilling tale is set in the opulent backdrop of the Paris Opera House. It is centered around a disfigured musical genius, known as the Phantom, who dwells in the shadows of the opera house and becomes infatuated with the talented and beautiful soprano, Christine Daaé. As the Phantom mentors and grooms Christine for stardom, his obsession turns dangerous, leading to dramatic and suspense-filled confrontations. The atmosphere is rich with gothic allure, music that enchants, and a love triangle that captivates.
Covington Pickup 8:45am / Approximate Return 5:30pm (325 N. Hwy 190 behind I-HOP)
Slidell Pickup 9:30am / Approximate Return: 4:45pm (Slidell Memorial East, 100 Medical Center Dr)
Limit of 55 Attendees \$150pp

*****MARCH 10 (TUESDAY): ESCAPOLOGY IN COVINGTON**

Escapology - 3025 Pinnacle Parkway – Covington

Personal Transportation

If you like solving puzzles, suspenseful movies, and adventures this activity is for you! The 60-minute countdown initiates a high-stakes race where participants search for hidden keys, decipher codes, and connect clues scattered throughout the room. Puzzles often range from logic-based riddles to hands-on manipulation of objects, using varied skills from team members. The lighting, music, and authentic props create a sense of urgency to master the game. Room themes include solving a murder on the Orient Express, Escape the Titanic, Save Passengers on Air Force One, and so much more. It blends suspense, teamwork, and adrenaline-fueled problem-solving, with game masters providing hints, culminating in an exhilarating escape. All this adrenaline works up an appetite! Immediately following we will enjoy some comfort food at the nearby Cracker Barrel. (Lunch on Your Own)

10:30am – 12:00pm/Lunch to Follow

Limit of 48 Attendees

\$40pp

*****MARCH 11 (WEDNESDAY): MARCH BIRTHDAY CELEBRATION**

Ochsner 65 Plus Community Room, 1851 N. Highway 190 - Covington

Personal Transportation

Are you celebrating a Birthday in March? Let's eat cake and toast to good health and happiness. Whether you have fifteen minutes or an hour, pop in and enjoy some cake. All members are welcome!

1:00pm – 3:00pm

Limit of 50 Attendees

FREE

*****MARCH 12 (THURSDAY): UNDERSTANDING YOUR HEARING HEALTH**

Ochsner 65 Plus Community Room, 1851 N. Highway 190 - Covington

Personal Transportation

Speaker: Mary Foreman, Ochsner Audiologist. Understanding your hearing loss goes far beyond simply turning up the television volume. It's a critical component of your overall physical, emotional, and cognitive well-being. Hearing loss can occur at any age and is linked to serious conditions like dementia, depression, and anxiety. When your ears cannot clearly pass sounds to the brain, your brain must work harder to fill in the gaps, leading to fatigue, and reduced cognitive function. Proactive management of your hearing ensures better social connection and safer navigation of your environment.

1:00pm – 2:00pm

Limit of 34 Attendees

FREE

*****MARCH 18 (WEDNESDAY): BIG SCREEN BONANZA IN SLIDELL – “THE BREADWINNER”**

The Grand Slidell at 1950 Gause Blvd. W - Slidell

Personal Transportation

This family comedy follows the misadventures of Nate Wilcox, whose wife Katie (Mandy Moore) lands a once-in-a-lifetime deal on Shark Tank that takes her on a prolonged business trip. Now the lifelong breadwinner has to fend for his family as a first-time stay-at-home dad. With three young daughters and little experience handling their day-to-day needs, Nate finds out quickly that running the household is the toughest gig he's ever had.

Time TBD

Limit of 30 Attendees

\$12pp

*****MARCH 19 (THURSDAY): HOMEOWNERS 101 - SLIDELL**

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

Personal Transportation

Speaker: Colby Billiot, Insurance Specialist with the Louisiana Department of Insurance. Learn how to protect yourself while saving money! This discussion will focus on how to read your homeowners policy, ways to reduce insurance premiums, and what preparations to make before and after a disaster. Attendees will be given valuable information concerning the Fortified Roof program, receive auto insurance informational handouts, and have all your insurance questions answered.

10:30AM – 11:30AM

Limit of 48 Attendees

FREE

*****MARCH 19 (THURSDAY): HOMEOWNERS 101 - COVINGTON**

Ochsner 65 Plus Community Room, 1851 N. Highway 190 - Covington

Personal Transportation

Speaker: Colby Billiot, Insurance Specialist with the Louisiana Department of Insurance. Come explore the essentials of homeowners insurance, from understanding your policy to lowering costs and preparing for disasters. We'll introduce the Fortified Roof program, share auto insurance tips, and answer all your questions about insurance. Discover how to protect your assets while saving money.

2:00pm – 3:00pm

Limit of 34 Attendees

FREE

*****MARCH 24 (TUESDAY): HEALTH EDUCATION SERIES – BUILD BETTER BALANCE**

Ochsner 65 Plus Community Room, 1851 N. Highway 190 - Covington Personal Transportation
Speaker: Beth Allbritton, Ochsner Physical Therapist. Balance helps you stand, walk, run, ride a bicycle, and go up or down stairs without falling over. Balance is one of those things you can improve at any age. Join us as we discuss why we lose our balance, fall prevention tips, and ways to improve our balance.
12:00pm – 1:00pm Limit of 34 Attendees FREE

*****MARCH 25 (WEDNESDAY): BIG SCREEN BONANZA IN MANDEVILLE – “PROJECT HAIL MARY”**

Movie Tavern at 201N. Highway 190 - Covington Personal Transportation
Science teacher Ryland Grace (Ryan Gosling) wakes up on a spaceship, light years from home with no recollection of who he is or how he got there. As his memory returns, he begins to uncover his mission: solve the riddle of the mysterious substance causing the sun to die out. He must call on his scientific knowledge and unorthodox ideas to save everything on Earth from extinction...but an unexpected friendship means he may not have to do it alone. Movie time to be announced when theater releases it.
Time TBD Limit of 20 Attendees \$10pp

*****MARCH 27 (FRIDAY): STRIKE UP SOME FUN AT BOWLING USA - SLIDELL**

Bowling USA at 685 Brownsitch Road - Slidell Personal Transportation
Bowl your heart out and make memories with every roll. From novice to pro, everyone can be a bowling champion. We'll step up to the line and let the good times roll. Cost includes 2 hours of bowling plus bowling shoes.
2:00pm – 4:00pm Limit of 50 Attendees \$17pp

*****MARCH 31 (TUESDAY): BINGO AND BROWNIES - SLIDELL**

SMH/Ochsner Health Founders Building - 1150 Robert Blvd. – Slidell Personal Transportation
Sponsor: Mattie Craig, Peoples Health – Let’s fill the room and win some prizes. Join us for the game where luck and chance meet laughter and fun.
10:30am – 11:30am Limit of 30 Attendees FREE

UPCOMING EVENTS:

APRIL 30 (THURSDAY): SUMMER BBQ KICKOFF

Get ready for a massive regional bash! All four areas unite for a day of food, games, and tons of fun! Some activities include 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.

Virtual Suggestion Box: To access, copy this link and place 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.