

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday April 13th 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 N. Hwy 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

*****MAY 1 (FRIDAY): BIG SCREEN BONANZA - THE DEVIL WEARS PRADA 2 - SLIDELL**

The Grand Slidell at 1950 Gause Blvd W-Slidell Personal Transportation
The Devil wears Prada 2 follows a nearing retirement Miranda Priestly battling to keep Runway magazine relevant amid the decline of traditional print media. She must navigate this new landscape by securing advertising from a luxury group run by her former assistant and now rival, Emily. A contemporary and political view of the fashion industry focusing on the high stakes, ruthless world of modern fashion.
Time TBD Limit of 30 Attendees \$13pp

*****MAY 5 (TUESDAY): FIESTA, FLAVOR, AND FRIENDS - LUNCH AT PEDROS**

69368 LA-21, Covington, LA 70433 Personal Transportation
Happy Cinco De Mayo! Join us for a festive and flavorful lunch as we come together to enjoy great food, good company, and a little fiesta fun. Treat yourself to delicious Mexican favorites, lively conversation, and a joyful atmosphere that is sure to brighten your day. Whether you are coming for the tacos, the laughter, or just a change of pace-this is a celebration you do not want to miss.
11:30am – 1:00pm Limit of 25 Attendees LUNCH ON YOUR OWN

*****MAY 7 (THURSDAY): THE GOLDEN BOOKMARK SOCIETY BOOK CLUB**

Ochsner 65 Plus Community Room N. Hwy 190-Covington Personal Transportation
We are excited to introduce a warm and welcoming book club designed especially for those who love good stories, great conversation, and meaningful connection. This is not just about reading -it is about sharing memories, laughter, and perspectives, in a relaxed, friendly setting. Whether you are an avid reader or simply enjoy listening, and discussing, you will feel right at home. Snacks will be provided.
1:00pm - 3:00pm Limit of 24 Attendees FREE

*****MAY 11 (MONDAY): SACRED SELF CARE - COVINGTON**

Ochsner 65 Plus Community Room, 1851 N. Highway 190-Covington Personal Transportation
Speaker: Thryn Young, Founder and Peace Practitioner. What if peace was not something you had to work hard for but something already waiting for you in the world around you? Join Certified End of Life Specialist and holistic wellness guide Thryn Young for a gentle, accessible exploration of Sacred Self-Care, simple, nature-based practices that calm the nervous system and restore a sense of inner peace and ease. Whether you are 65 or 95, this talk will leave you with simple practices you can use anytime and anywhere! Snacks will be provided.

1:00pm – 2:00pm

Limit of 35 Attendees

FREE

*****MAY 12 (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

\$10pp

*****MAY 14 -15 (THURSDAY - FRIDAY): ROAD TRIP - BELLINGRATH GARDENS CHINESE LANTERN FESTIVAL**

12401 Bellingrath Gardens Rd. Theodore, AL36582

Enjoy a relaxing outing with friends as we explore the beautifully lit grounds of Bellingrath Gardens and home, where stunning, larger-than-life lantern displays glow against the night sky. This unique cultural experience features vibrant colors, intricate designs, and peaceful garden pathways that create a magical atmosphere. Pick up location at Northshore Rehabilitation Hospital, 64030 LA-434 in Lacombe. Double Occupancy: \$275 per person / Single Occupancy: \$335 per person

Depart Lacombe 10:30am

Limit of 56 Attendees

*****MAY 20 (WEDNESDAY): GNARLY BARLEY BREWING COMPANY/LUNCH AT SALTY JOES BBQ**

Gnarly Barley - 1709 Corbin Rd. Hammond, LA 70403

Salty Joe's BBQ - 43344 Range Rd. Hammond LA 70403

Personal Transportation

Start your journey touring one of Louisiana's fastest growing craft breweries. Originally born in a garage, this 14,000 square-foot facility now produces some of the most celebrated beers in the state. After the tour, take a 7-minute drive to Salty Joe's for a meal in their "Electric" atmosphere. Expect an upbeat, casual vibe with a unique bar built into an old school bus.

10:45am-12:00pm (Gnarly Barley)

\$11pp

12:15pm-2:00pm (Salty Joe's BBQ)

Limit of 35 Attendees

LUNCH ON YOUR OWN

*****MAY 21 (THURSDAY): BLANKET MAKING WITH LOPA ORGANIZATION - SLIDELL**

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

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? Do you enjoy socializing? If you answered yes to any of 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 – 12:30pm

Limit of 24 Attendees

FREE

*****MAY 21 (THURSDAY): SACRED SELF CARE - SLIDELL**

SMH/Ochsner Health Founders Building-1150 Robert Blvd.-Slidell Personal Transportation
Instructor: Thryn Young, Founder and Peace Practitioner. Learn techniques to calm the nervous system and restore a sense of inner peace and ease to your daily life. Whether you are 65 or 95, you will walk away with practical tools you can use anytime, to reconnect with your inner peace. Snacks will be provided.

1:30pm – 2:30pm

Limit of 48 Attendees

FREE

*****MAY 28 (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

UPCOMING TRIPS:

SEPTEMBER 22 - 25,2026: Callaway Gardens

DECEMBER 5 - 12,2026: Sleighing The Seas Cruise - Mexico To Jamaica

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.



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