

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, October 13th at 8:00am on the CLOUD. Mail in registrations will be opened on Monday, October 13th at 8:00am. There is no pre-registration. 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



*****EVERY TUESDAY CHAIR YOGA AND THURSDAY CHAIR BODY PUMP**

Ochsner 65 Plus Clinic, 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

Limit of 8 Attendees

FREE

*****NOVEMBER 4 (TUESDAY): PONCHATOU LA BREAKFAST AT PAUL'S CAFÉ AND A STROLL**

100 East Pine Street in Ponchatoula

Personal Transportation

Enjoy this locally owned cozy eatery in downtown Ponchatoula for delicious menu offerings and fantastic service. Over 47 years in business. Stroll through downtown and enjoy this gem of a town after you eat.

9:30am

Limit 25 Attendees

ON YOUR OWN

*****NOVEMBER 7 (FRIDAY): SLIDELL COFFEE AND A STROLL**

Roots and Plants and Coffee 124 Erlanger in Olde Towne Slidell

Personal Transportation

Meet for coffee and then we will take a walk through Olde Towne during this beautiful time of year.

9:30am

Limit of 18 Attendees

ON YOUR OWN

*****NOVEMBER 8 (SATURDAY): DAY TRIP - DESTREHAN PLANTATION FALL FESTIVAL**

It is festival season in Louisiana. We are setting out on a Saturday to enjoy a beautiful experience at the 53rd annual Fall Festival at the Destrehan Plantation. Savor a variety of southern-style meals at the food court pavilion. Beverage options include sodas, water, and adult beverages. Relax in the picnic area and enjoy live music performance by Ryan Foret and Foret Tradition.

10:00am Slidell Pickup- Slidell Memorial East 100 Medical Center Dr./ 4:30pm Approximate Return to Slidell

10:30am Covington Pickup - 325 N. Hwy 190 (Behind I Hop) / 4:00pm Approximate Return to Covington.

Limit of 55 Attendees

\$46pp

*****NOVEMBER 11 (TUESDAY): FRIENDS OF THE HARBOR CENTER SENIOR LUCHEON**

The Harbor Center 100 Harbor Center Blvd in Slidell

Personal Transportation

Enjoy a wonderful lunch with your friends provided by the Friends of the Harbor Center, Slidell Police Dept, and Fire District 1. Live entertainment provided by DJ Rockin Ron.

11:00am

Limit of 35 Attendees

FREE

*****NOVEMBER 12 (WEDNESDAY): POKENO AND PILGRAMS**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

It is time to be thankful for our blessings. We will have fun snacks. If you would like to bring something to share like the Pilgrams did, that would be wonderful. As always there will be our famous NSGO prizes.

1:00pm

Limit of 35 Attendees

FREE

*****NOVEMBER 13 (THURSDAY): DAY TRIP - AN EVENING OF DINNER AND A BROADWAY SHOW-
A BEAUTIFUL NOISE THE NEIL DIAMOND MUSICAL**

Get ready for a wonderful evening on the town! We will begin with dinner at the charming Bistro 55 in Olde Towne Slidell. A Deluxe Broadway fixed menu will be available, and you will receive your meal options after your confirmed registration. After dinner, NS Golden Opportunity has reserved excellent seats for an unforgettable Broadway Across America performance of *A Beautiful Noise: The Neil Diamond Musical*, beginning at 7:30 PM.

4:00pm Covington Pickup - 325 N. Hwy 190 (Behind I Hop) / 11:15pm Approximate Return to Covington.

4:30Pm Slidell Pickup- Slidell Memorial East 100 Medical Center Dr. / 10:45pm Approximate Return to Slidell
Limit of 55 Attendees \$190pp

*****NOVEMBER 20 (THURSDAY): GOLDEN GENTLEMEN'S BREAKFAST AT THE TOASTED YOLK**

206 Lake Drive Suite 15 in Covington

Personal Transportation

Would you like to get together with the gentlemen of Golden Opportunity to enjoy a good breakfast? Come and meet new friends and talk about the things that gentlemen like to discuss: Regular "Guy stuff."

9:30am

Limit of 20 Attendees

OWN YOUR OWN

*****(MONDAY AND WEDNESDAY): CLOUD REGISTRATION ASSISTANCE APPOINTMENTS**

Ochsner 65Plus Clinic, 1581 N. Highway 190, Covington

Personal Transportation

If you are interested in one-on-one assistance, the office is available to assist GO members who may need help signing onto the GO Cloud to register for events. I will be available on all Mondays and Wednesdays in November 10:00am – 12:00pm. By appointment only. Please call Gwendolyn to schedule an appointment. Please have access to your email account prior to your arrival. I am here to help you.

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.

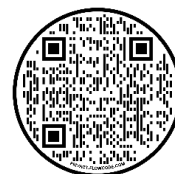
****Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. We accept cash, check, or credit card payments. Please check availability with the GO office before mailing a check and send separate checks for events. **RSVP 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.

For Additional Information Contact:

Gwendolyn Clement, Program Coordinator
gwendolyn.clement@ochsner.org
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ochsner.org/go

Ochsner 65 Plus Clinic
Golden Opportunity
1581 N. Hwy 190
Covington, LA 70433



Scan QR code for
the GO website.