

**REGISTRATION REQUIRED FOR ALL EVENTS**

Registration for new events (indicated with \*\*\*) available Tuesday October 13 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



**EVERY TUESDAY: CHAIR YOGA / EVERY THURSDAY: CHAIR BODY PUMP**

Ochsner 65 Plus Community Room, 1581 N. Hwy 190 Covington Personal Transportation  
Instructor: Katherine Belou, Ochsner Health Coach. Chair Yoga offers gentle stretching and poses while seated or while standing with the support of a chair for balance. Chair Body Pump uses light weights and low-impact cardio to help improve strength, balance, and flexibility in a supportive and welcoming setting.  
11:00am – 11:30am Limitation of Each Event Varies FREE

**\*\*\*NOVEMBER 3 (TUESDAY): SHIIP MEDICARE UPDATES 2027 - SLIDELL**

SMH/Ochsner Health Founders Building - 1150 Robert Blvd. Slidell, LA Personal Transportation  
Speaker: Barbara Gooden, Louisiana Department of Insurance. SHIIP, the Senior Health Insurance Information Program, is housed within the Louisiana Department of Insurance and serves as the state health insurance assistance program for seniors and Medicare beneficiaries in Louisiana. SHIIP provides objective counseling on all areas of the senior insurance market, helping beneficiaries better understand their Medicare coverage, options, and benefits. Barbara will share updates on major insurance plans using a non-biased approach. Snacks will be provided.  
10:00am – 11:30am Limit of 40 Attendees FREE

**\*\*\*NOVEMBER 3 (TUESDAY): SHIIP MEDICARE UPDATES 2027 - COVINGTON**

Ochsner 65 Plus Community Room, 1581 N. Hwy 190 Covington, LA Personal Transportation  
Speaker: Barbara Gooden, Louisiana Department of Insurance. SHIIP, the Senior Health Insurance Information Program, is a division of the Louisiana Department of Insurance that serves as the state's official Medicare assistance resource. Through objective and unbiased counseling, SHIIP helps older adults and Medicare beneficiaries navigate their coverage choices, plan options, and overall benefits. During this session, Barbara will provide updates on major insurance plans using a non-biased approach. Snacks will be provided.  
1:00pm - 2:00pm Limit of 34 Attendees FREE

**\*\*\*NOVEMBER 6 (FRIDAY): GLOW INTO CHRISTMAS – HOLIDAY CANDLE MAKING CLASS**

Sea of Love, 1928 1st St., Slidell, LA 70458 Personal Transportation  
Get into the holiday spirit with a festive candle-making experience. This is a hands-on, creative event where you will make your very own holiday candle while enjoying good company, laughter, and Christmas cheer. Take home your special candle to enjoy or share it as a thoughtful gift. Come make memories, celebrate the start of the holiday season, and let your creativity shine. Fa-la-la!  
10:00am – 12:00pm Limit of 30 Attendees \$58pp

**\*\*\*NOVEMBER 8 (SUNDAY): SUGARPLUM SHOPPING AND CHIMES**

19130 West Front St., Covington, LA 70433 - Chimes

75082 LA-25, Covington, LA 70435 - Sugar Plum Christmas Market

Personal Transportation

Join us for a wonderful day filled with Christmas cheer, delicious food, shopping, and friendship. We will begin with lunch at Chimes Restaurant, where we can relax, visit, and enjoy a great meal together. After lunch, we will head to the Sugar Plum Christmas Market to browse festive booths, discover unique gifts, and soak up the magic of the holiday season. Come enjoy a fun-filled day, make wonderful memories, and continue celebrating the Christmas season with friends.

11:00am – 12:25pm – Chimes

Limit of 30 Attendees

Lunch on Your Own

1:15pm – 3:00pm – Sugar Plum Christmas Market

**\*\*\*NOVEMBER 10 (TUESDAY): GOLDEN BOOKMARK SOCIETY BOOK CLUB**

Ochsner 65 Plus Community Room, 1581 N. Hwy. 190 Covington

Personal Transportation

Join us for another welcoming book club gathering as we enjoy great conversation, shared perspectives, and the joy of reading together. This is a wonderful opportunity to connect with fellow readers as we revisit our third book selection and prepare for another engaging discussion.

1:00pm – 3:00pm

Limit of 34 Attendees

FREE

**\*\*\*NOVEMBER 11 (WEDNESDAY): TAKE CHARGE OF YOUR HEALTH – DIGITALLY - SLIDELL**

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

Personal Transportation

Speaker: Jamie Girod, Physician Liaison – Ochsner Digital Medicine. Join us for an informative and easy-to-understand presentation on how technology can help you take charge of your health. Learn about helpful tools such as patient portals, health apps, telehealth visits, wearable devices, and other digital resources that can make managing appointments, medications, and health information easier. This presentation will help you feel more comfortable using technology to stay connected, informed, and healthy. Snacks will be provided.

10:30am – 11:30am

Limit of 40 Attendees

FREE

**\*\*\*NOVEMBER 11 (WEDNESDAY): TAKE CHARGE OF YOUR HEALTH - DIGITALLY – COVINGTON**

Ochsner 65 Plus Community Room, 1581 N. Hwy. 190 Covington, LA

Personal Transportation

Speaker: Jamie Girod, Physician Liaison – Ochsner Digital Medicine. Join us for an informative, straightforward presentation using technology to take control of your health. Discover how digital tools like patient portals, health apps, telehealth appointments, and wearable devices can simplify managing your medications, schedules, and medical records. This session is designed to help you feel confident using technology to stay organized, informed, and healthy. Snacks will be provided.

1:00pm - 2:00pm

Limit of 34 Attendees

FREE

**\*\*\*NOVEMBER 12 (THURSDAY): HUMANA HEALTH PLAN UPDATE - SLIDELL**

SMH/Ochsner Health Founders Building, 1150 Robert Blvd., Slidell, LA

Personal Transportation

Speaker: Ken Coole, Humana Health Representative. Ken will review Humana health plan changes and updates for 2026 and provide helpful information to support your understanding of available plan options.

10:00am – 11:00am

Limit of 40 Attendees

FREE

**\*\*\*NOVEMBER 12 (THURSDAY): HUMANA HEALTH PLAN UPDATE - COVINGTON**

Ochsner 65 Plus Community Room, 1581 N. Hwy. 190 Covington

Personal Transportation

Speaker: Ken Coole, Humana Health Representative. Ken will go over Humana health plan changes and updates for 2026, offering helpful insights to clarify your available coverage options.

1:00pm – 2:00pm

Limit of 34 Attendees

FREE

**\*\*\*NOVEMBER 13 (FRIDAY): FRIENDSGIVING: FOOD, FUN AND FRIENDSHIP**

Pat's Rest Awhile – 2129 Lakeshore Dr., Mandeville, LA 70448

Personal Transportation

Gather with us for a special Friendsgiving lunch at Pat's Rest Awhile Restaurant on the Mandeville lakefront. Let's celebrate the season with gratitude, delicious food, good friends, laughter, and wonderful conversation. Enjoy a relaxing afternoon together while taking in the beautiful lakefront surroundings. Come celebrate friendship and create special holiday memories around the table.

11:00am – 1:00pm

Limit of 50 Attendees

Lunch on Your Own

**\*\*\*NOVEMBER 15 (SUNDAY): DAY TRIP - PUMPKINS, PLANTATIONS & FALL FUN – DESTREHAN FALL FESTIVAL**

Destrehan Plantation – 13034 River Rd., Destrehan, LA 70047

Join us for a delightful day of autumn fun as we travel to the beautiful and historic Destrehan Plantation Fall Festival. Enjoy the sights and sounds of the season, browse festival activities and attractions, and soak in the festive fall atmosphere with friends. Make wonderful memories while enjoying a fun-filled day celebrating everything we love about fall. For those who would like to experience even more history, an optional tour of the historic plantation is available for \$15.00 per person.

Slidell Pickup: 9:30am/Approximate Return: 4:30pm

Covington Pickup: 10:00am/Approximate Return: 4:00pm

Limit of 55 Attendees

\$42pp

**\*\*\*NOVEMBER 18 (WEDNESDAY): A DICKENS OF A DAY MOVIE – EBENEZER SCROOGE**

Movie Tavern – 201 N. Highway 190, Covington, LA 70433

Personal Transportation

Join us for a festive outing to see the classic tale of Ebenezer Scrooge on the big screen. Enjoy an afternoon filled with Christmas magic, laughter, and a heartwarming story that reminds us of the true spirit of the season. Gather your friends, sit back, relax, and enjoy this beloved holiday classic.

TBA

Limit of 55 Attendees

\$13pp

**UPCOMING EXTENDED TRIPS:**

**APRIL 28 - MAY 4, 2027 (WEDNESDAY – TUESDAY): THE CROOKED ROAD MUSIC TRAIL JOURNEY – MOUNTAINS, MUSIC, AND MANSIONS**

**OCTOBER 1 - 5, 2027 (FRIDAY – TUESDAY): ALBUQUERQUE BALLOON FIESTA**

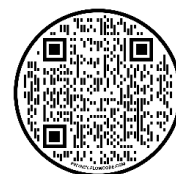
**Schedule Medical Appointments** without delays using the GO dedicated phone line with the Ochsner Scheduling Department. North Shore: 985-871-2546

**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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the GO website.