

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, SEPTEMBER 15th at 8:00am on the CLOUD. Mail in registrations will be opened on Monday, SEPTEMBER 15th 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

*****OCTOBER 2 (THURSDAY): LUNCHBOX SERIES: SHIIP 2026 DISCUSSION AND Q&A FOR 2026 INSURANCE PLANS**

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

Personal Transportation

Speaker Vicki Dufrene, SHIIP Director The Senior Health Insurance Information Program (SHIIP), housed within the Louisiana Department of Insurance, is the state health insurance assistance program for seniors and Medicare beneficiaries in Louisiana. SHIIP provides objective counseling in all areas of the senior insurance market so that beneficiaries can better understand their Medicare coverage options and benefits. Vicki will cover the changes in the major insurance plans with a non-biased approach. Bring your lunch and join us in person at the clinic or if you prefer to join via zoom, email or call the office and I will send you the link to join us from home.

12:00pm

Limit 36 Attendees

FREE

*****OCTOBER 3 (FRIDAY): VISIT TO BIG BRANCH MARSH NATIONAL WILDLIFE REFUGE**

61389 Hwy. 434 in Lacombe

Personal Transportation

Join us for a relaxing morning by exploring the beautiful wildlife refuge here in our own backyard. We will have a brief guided tour, then visit the Bayou Lacombe Visitor Center featuring interactive exhibits. Then feel free to enjoy the grounds, trails, and the historic garden. Please bring a bag lunch for a picnic together.

10:00am

Limit of 30 Attendees

FREE

*****OCTOBER 15 (WEDNESDAY): LUNCH AT COPELANDS**

680 N. Hwy 190 in Covington

Personal Transportation

Enjoy lunch in the newly renovated location. Copeland's prides itself on made from scratch recipes with fresh local ingredients. Try the new lunch menu!

1:00pm

Limit of 40 Attendees

ON YOUR OWN

*****OCTOBER 17 (FRIDAY): DAY TRIP - RIVERBOAT STEAMER CRUISE & LUNCH ON THE NATCHEZ**

600 Decatur Street New Orleans

This two-hour Mississippi River cruise from the heart of the French Quarter shows you why the city was founded on the beautiful crescent of the lower Mississippi River. We will see New Orleans from the river. Entree options are: Southern Fried Fish, zesty cornmeal-crusted and fried to a golden perfection, Red Beans and Rice, New Orleans classic red beans atop a bed of rice with optional andouille sausage, Jambalaya, the traditional Louisiana dish with chicken, sausage, and Creole Seasoning. Also, Salad Du Jour and White Chocolate Bread Pudding, a soufflé of local Leidenheimer French bread in a rich custard with a decadent white chocolate sauce. Community Coffee and iced tea included.

9:30am Covington Pickup - 325 N. Hwy 190 (Behind I Hop) / 3:30pm Approximate Return to Covington.

10:00am Slidell Pickup- Slidell Memorial East 100 Medical Center Dr. / 3:00pm Approximate Return to Slidell.

Limit of 90 Attendees

\$95pp

*****OCTOBER 20 (MONDAY): BOOK CLUB / WATCH PARTY COVINGTON**

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

Personal Transportation

Book: Wicked by Gregory Maguire / Movie "Wicked the Musical." Join us for a brief discussion and watch the movie with friends, popcorn, snacks, and other goodies. If you have not read the book, no problem, please enjoy the movie with us. You will love it. Feel free to wear your "Green."

1:00pm

Limit of 25 Attendees

FREE

*****OCTOBER 22 (WEDNESDAY): HUMANA HEALTH PLAN UPDATES FOR 2026**

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

Personal Transportation

Speaker: Ken Coole, Humana Health Rep. Ken will discuss plan changes and updates for 2026.

10:30am

Limit of 36 Attendees

FREE

*****OCTOBER 22 (WEDNESDAY): BUNKO AND "BATS"**

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

Personal Transportation

Time for some spooky Bunko fun. Wear your costume if you feel festive.

1:00pm

Limit of 36 Attendees

FREE

*****OCTOBER 24 (FRIDAY): BOOK CLUB / WATCH PARTY SLIDELL**

SMH Community Outreach Center Conf. Room 501 Robert Blvd. In Slidell

Personal Transportation

Book: Wicked by Gregory Maguire / Movie "Wicked the Musical." Join us for a brief discussion and watch the movie with friends, popcorn, snacks, and other goodies. If you have not read the book, no problem, please enjoy the movie with us. You will love it. Feel free to wear your "Green."

1:00pm

Limit of 25 Attendees

FREE

*****OCTOBER 28 (TUESDAY): PEOPLES HEALTH PLAN UPDATES FOR 2026**

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

Personal Transportation

Speaker: Nancy Agnelly, Peoples Health Rep. Nancy will discuss plan changes and updates for 2026.

10:30am

Limit of 36 Attendees

FREE

*****OCTOBER 31 (FRIDAY): GOLDEN GENTLEMEN'S BREAKFAST AT ABITA ROASTING**

1101 Village Walk in Downtown 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 guy stuff.

9:30am

Limit of 12 Attendees

OWN YOUR OWN

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.

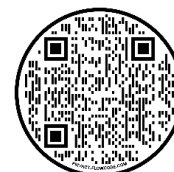
Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. We accept cash, check, or credit card payments. Please check availability with the GO office before mailing a check and send separate checks for events. **RSVP IS REQUIRED 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
office: 985-875-2799
ochsner.org/go

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



Scan QR code for
the GO website.