

REGISTRATION IS REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) will be available Tuesday, September 15 at 8:00 a.m. 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

Hammond Pickup/Drop Off: Hammond Square Mall at 411 Palace Dr. (Dillard's Parking Lot)



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

Ochsner 65 Plus Community Room, 1581 N. Highway 190 - Covington

Personal Transportation

Instructor: Katherine Belou, Ochsner Health Coach. Chair Yoga offers gentle seated and standing stretches using a chair for support, helping participants improve flexibility, balance, and relaxation. Chair Body Pump incorporates light weights and low-impact cardio movements designed to build strength, enhance balance, and support overall mobility.

11:00am – 11:30am

Limitation of Each Event Varies

FREE

*****OCTOBER 6 (TUESDAY): THE FUTURE IS HERE - UNDERSTANDING AI - COVINGTON**

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

Personal Transportation

Speaker: Keelea Lejune, Humana Field Marketing Executive, Gulf South Team. Join us for an engaging and easy-to-understand presentation on Artificial Intelligence. Participants will learn what AI is, how it appears in everyday life, and practical ways it can help simplify tasks, answer questions, encourage creativity, and support informed decision-making. The session will also include helpful tips for using AI safely and confidently. Enjoy coffee and donuts while we learn.

9:30am – 10:30am

Limit of 34 Attendees

FREE

*****OCTOBER 8 (THURSDAY): A WINNING AFTERNOON OF FRIENDSHIP AND BINGO – SLIDELL**

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

Personal Transportation

Join us for an enjoyable Bingo Day filled with friendly competition, conversation, and community. Participants can look forward to lively rounds of bingo, a welcoming atmosphere, and plenty of opportunities to have fun together. No experience is needed. Snacks will be provided.

10:00am – 11:30am

Limit of 40 Attendees

FREE

*****OCTOBER 10 (SATURDAY): DAY TRIP - FESTIVAL ACADIENS ET CRÉOLES FUN**

Join us for a day trip to Festival Acadiens et Créoles in Lafayette, Louisiana, where Cajun history and Acadian heritage are celebrated through music, dance, food, art, and cultural demonstrations. Guests may explore the festival at their own pace while enjoying live Cajun and zydeco performances, local cuisine, handcrafted items, and the warm hospitality that makes this annual event memorable. Whether attending for the first time or returning to a favorite tradition, this trip offers a meaningful opportunity to experience the culture of Acadiana.

Slidell Pickup: 7:30am/Approximate Return: 6:30pm - Covington Pickup: 8:00am/Approximate Return: 6:00pm

Hammond Pickup: 8:30am / Approximate Return: 5:30pm (Hammond Square Mall by Dillard's)

Limit of 55 Attendees

\$53pp

*****OCTOBER 12 (MONDAY): CHEF NINO COOKING DEMONSTRATION**

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

Personal Transportation

Enjoy an entertaining cooking demonstration featuring healthy options and practical inspiration for better eating. Chef Nino reminds us, "If you want to feel better tomorrow, you've got to start eating better today."

10:30am – 11:30am

Limit of 33 Attendees

FREE

*****OCTOBER 14 (WEDNESDAY): THE GOLDEN BOOKMARK SOCIETY BOOK CLUB – COVINGTON**

Ochsner 65 Plus Community Room 1581 N. Hwy 190 - Covington Personal Transportation
Join us for another Golden Bookmark Society gathering featuring thoughtful conversation, shared perspectives, and the joy of reading together. This meeting offers a welcoming opportunity to connect with fellow readers and revisit the group's selected third book.
1:00pm – 3:00pm Limit of 34 Attendees FREE

*****OCTOBER 17 (SATURDAY): DAY TRIP - OLD FARMER'S DAY, WHERE HISTORY MEETS HOSPITALITY**

Step back in time at Old Farmer's Day at Brunett Farms, a celebration of Louisiana's agricultural heritage and traditional rural life. Guests will experience demonstrations featuring horse-drawn farm equipment, early cooking methods, historic tools, handmade crafts, and local vendors. This day trip offers a meaningful look at life before modern technology, along with opportunities to enjoy food, fellowship, and a welcoming farm atmosphere. Lunch is on your own.
Slidell Pickup: 9:00am/Approximate Return: 5:00pm - Covington Pickup: 9:30am/Approximate Return: 4:30pm
Hammond Pickup: 10:00am / Approximate Return: 3:55pm
Limit of 55 Attendees \$55pp

*****OCTOBER 20 (TUESDAY): JACKPOT JOY - POKENO DAY FUN - COVINGTON**

Ochsner 65 Plus Community Room 1581 N. Hwy 190 - Covington LA Personal Transportation
Join us for a relaxed afternoon of Pokeno, sweet treats, prizes, and friendly conversation. This easy-to-learn game offers a fun way to spend time with friends, enjoy lighthearted competition, and celebrate a few lucky wins. Snacks will be provided.
1:00pm – 3:00pm Limit of 33 Attendees FREE

*****OCTOBER 22 (THURSDAY): DAY TRIP – THE LION KING – SAENGER THEATRE**

Enjoy a special day featuring breakfast at Drago's followed by Disney's *The Lion King* at the historic Saenger Theatre. Guests will select from breakfast options including a Shrimp Creole Omelet, Smoked Salmon Everything Toast, Granola, Fruit, Yogurt and Biscuit, or Firecracker Chicken and Waffles. After breakfast, experience the magic of Broadway through breathtaking costumes, unforgettable music, stunning choreography, and a heartwarming story that has captivated audiences around the world.
Slidell Pickup: 8:45am/Approximate Return: 5:45pm - Covington Pickup: 9:30am/Approximate Return: 5:15pm
Limit of 55 Attendees \$180pp

*****OCTOBER 27 (TUESDAY): IN-HOUSE MOVIE DAY – THE BOYS IN THE BOAT**

Ochsner 65 Plus Community Room 1581 N. Hwy 190 - Covington LA Personal Transportation
Join us for an inspiring movie day featuring *The Boys in the Boat*, a true story about teamwork, perseverance, and friendship. Sit back, relax, and enjoy an uplifting afternoon with friends and good company. Popcorn provided.
1:00 pm – 3:45pm Limit of 33 Attendees FREE

*****OCTOBER 29 (THURSDAY) – HEALTHY HOLIDAYS – EAT FIT**

Ochsner 65 Plus Community Room 1581 N. Hwy 190 - Covington LA Personal Transportation
Speaker: Amy McKensie, Ochsner Eat Fit Dietitian. Amy will share practical nutrition tips and realistic strategies for maintaining healthy habits while enjoying the holiday season. Participants will learn simple approaches to balanced eating and overall wellness during a busy time of year. Healthy snacks will be provided.
1:00pm – 2:00pm Limit of 33 Attendees FREE

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

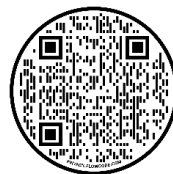
Ochsner On Call: A 24/7 free nurse care line for non-life-threatening issues, the number is 1-800-231-5257.

Virtual Suggestion Box: To access it, copy this link and paste it into the browser address bar.

<https://forms.cloud.microsoft/r/97SKr7GCr7?origin=IprLink>

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.