

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, August 11th at 8:00am on the CLOUD. Mail in registrations will be opened on Monday, August 11th 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

*****SEPTEMBER 5 (FRIDAY): SLIDELL COFFEE AND CRAFTS**

SMH Community Outreach Center Conf. Room 501 Robert Blvd.in Slidell Personal Transportation
Instructor: Nancy Agnelly, Peoples Health Community Outreach. Meet for coffee and be crafty with us. You will decorate your own Birdhouse for the fall. All necessary supplies provided. No skills needed.
9:30am Limit of 25 Attendees FREE

*****SEPTEMBER 8 (MONDAY): CHEF NINO FALL COOKING DEMONSTRATION**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington Personal Transportation
Chef Nino will captivate you with his humor and cooking demonstration. His renowned dishes will impress all.
10:30am Limit of 36 Attendees FREE

*****SEPTEMBER 10 (WEDNESDAY): SLIDELL SUNSET DINNER AT THE BLUE CRAB**

118 Harbor View Ct., in Slidell Personal Transportation
Experience fresh, traditional, and locally sourced seafood at the Blue Crab in Slidell the place where fresh seafood meets stunning waterfront views, with great friends. The perfect place for sunsets and good times.
5:30pm Limit of 30 Attendees ON YOUR OWN

*****SEPTEMBER 11 (THURSDAY): STAA ART GALLERY VISIT & LUNCH AT CURED ON COLUMBIA**

320 N. Columbia Street in Covington Personal Transportation
Enjoy the 55th Annual Juried Exhibition at the Miriam Barranger Gallery. Featuring artists from across the globe, and local artists. After viewing the beautiful works, we will walk to the fun and cozy Cured on Columbia for a light lunch, specialty coffee, or dessert.
10:00am Limit of 30 Attendees ON YOUR OWN

*****SEPTEMBER 12 (FRIDAY): BOOK CLUB / WATCH PARTY COVINGTON**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington Personal Transportation
Book: *Rita Hayworth and Shawshank Redemption* by Stephen King adapted into the movie "The Shawshank Redemption" 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 come and enjoy the movie with us. You will love it.
1:00pm Limit of 30 Attendees FREE

*****SEPTEMBER 15 (MONDAY): BE CRAFTY MAKING YOUR OWN BIRDHOUSE**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington Personal Transportation
Instructor: Nancy Agnelly, Peoples Health Community Outreach. Meet for coffee and be crafty with us. You will decorate your own Birdhouse for the fall. All necessary supplies provided. No skills needed. How fun.
1:00pm Limit of 30 Attendees FREE

*****SEPTEMBER 17 (WEDNESDAY): THE GREAT ONE DAY TRAIN RIDE ADVENTURE TO LAUREL, MS #1**

*****SEPTEMBER 18 (THURSDAY): THE GREAT ONE DAY TRAIN RIDE ADVENTURE TO LAUREL, MS #2**

1872 Front Street, in Slidell

Personal Transportation to Slidell Train Depot

Please choose #1 OR #2. Take a roundtrip train ride on the beautiful Amtrak Crescent from Slidell to Laurel, MS for the day. We will depart Slidell at 10:12am arrive in Laurel at 12:18pm. Depart Laurel at 5:00pm and return to Slidell at 7:30pm. Enjoy the train ride. After arrival, explore the Downtown Laurel Shopping District, and have lunch. A list of things to do and see will be provided for you when we set off on our adventure. Registrations may not be changed once made. Valid photo ID required. We will meet at Slidell Train Depot at 9:30 am. Driving and parking details upon registration. Slidell: Meet in train station at 9:30am sharp! Board Train 10:00am Arrive in Laurel at 12:18pm Laurel Return: Meet at train platform 4:40pm. Board train at 5:00pm Return Arrival in Slidell: 7:30pm Limit of 55 Attendees \$55pp

*****SEPTEMBER 22 (MONDAY): LOW KEY KAYAK ADVENTURE**

Behind The Chimes Restaurant 19130 W Front Street in Covington

Personal Transportation

We are going to take a very leisurely slow-paced kayak ride on the Bogue Fayala River. Average time spent on the river is 2 hours. Rental includes paddles, life-vests, no experience required for kayaks. Be brave and join us. You will be placed into the kayak then into the water by the guides.

10:00am – 12:30pm

Limit of 25 Attendees

\$40pp

*****SEPTEMBER 23 (TUESDAY): BOOK CLUB / WATCH PARTY SLIDELL**

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

Personal Transportation

Book: *Rita Hayworth and Shawshank Redemption* by Stephen King adapted into the movie "The Shawshank Redemption" Join us for a brief discussion and watch the movie with friends, popcorn, & frozen blended drinks! 1:00pm Limit of 30 Attendees FREE

*****SEPTEMBER 24 (WEDNESDAY): LUNCH AT DICHRISTINA'S**

226 East Lockwood Street in Covington

Personal Transportation

Wonderful extensive menu with Louisiana favorites and Italian classics. Something for everyone.

10:45am

Limit of 30 Attendees

ON YOUR OWN

*****SEPTEMBER 26 (FRIDAY): "DO WOP PLANT SWAP" PARTY**

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

Personal Transportation

This is going to be a fantastic event where all plant lovers and want-to-be plant lovers can come and experience plant swapping. Bring a plant or clipping to the party and you will be able to swap with other members.

12:00pm - 3:00pm

Limit of 36 Attendees

One plant/clipping

*****SEPTEMBER 30 (TUESDAY): POKENO IN PINK**

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

Personal Transportation

It is time to pull out the pink outfits and decorate your goodies with pink! Play Pokeno as we honor Breast Care Awareness a little early. As always, there will be our famous "NSGO" prizes.

1:00pm

Limit of 36 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.

****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

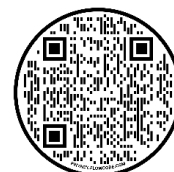
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Ochsner 65 Plus Clinic

Golden Opportunity

1581 N. Hwy 190

Covington, LA 70433



**Scan QR Code for
the GO website.**