

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) is available Tuesday, August 11 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

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. 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

Limitation of Each Event Varies

FREE

*****SEPTEMBER 3 (THURSDAY): WHO DAT SAY THEY GONNA COOK LIKE ME – COOKING CLASS**

Maeve's Place - 301 N. Hwy 190 Suite A3 in Covington

Personal Transportation

(Make a right turn into the parking lot before the IHOP. Go straight until you can't go any more then turn left, veer right into the parking lot and park your car. The event space is in the office to the right of Indina's Boutique, there is no signage for the event space on the building. On the door there is a sign that reads Maeve's Place, it is in the same strip mall area as St. Tammany Women's Pavillion, but located all the way to the right side of the strip mall.)

Speaker: Chef Charmaine Benson. Join us for an engaging and delicious cooking class. Learn helpful kitchen tips, simple cooking techniques, and creative recipe ideas while enjoying a fun interactive experience. We will be making a delicious lunch of a tasty appetizer and Tuscan chicken. Whether you are an experienced cook or just looking to try something new, this class offers a wonderful opportunity to learn, laugh, and connect with old and new friends over a shared love of good food. Come ready to be inspired and leave with new skills and a tasty recipe, and plenty of culinary confidence.

11:00am – 2:00pm

Limit of 34 Attendees

\$57pp

*****SEPTEMBER 9 (WEDNESDAY): UNDERSTANDING WILLS, TRUSTS & ESTATE PLANNING - COVINGTON**

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

Personal Transportation

Speaker: Christie Tournet – Attorney at Law – Tournet Law Firm. Come Join us for an informative presentation by a local attorney on the important topic of wills, trusts, and estate planning. This session will help you better understand how to protect your assets and communicate your wishes for their future. The attorney will explain key estate planning concepts in a clear and easy to understand manner. She will be available to answer all general legal questions from attendees, whether you have a plan in place or are just beginning to think about these important decisions. This is a valuable opportunity to gain knowledge and confidence for the future. Donuts and Coffee will be served.

9:00am – 11:00am

Limit of 34 Attendees

FREE

*****SEPTEMBER 12 (SATURDAY): DAY TRIP - SEAFOOD & SUNSHINE – BILOXI SEAFOOD FESTIVAL**

The Lawn at Harrah's - 280 Beach Blvd. Biloxi, MS 39530

Join us for a delightful day on the Mississippi Gulf Coast as we travel to the Biloxi Seafood Festival! Enjoy the sights, sounds, and flavors of this beloved coastal celebration featuring fresh gulf seafood, live entertainment, local artisans, and plenty of opportunities to stroll along the waterfront. Whether you're craving shrimp, crab gumbo, or just a relaxing day with friends, there is something for everyone to enjoy. Sit back, relax, and let us do the driving while you make the memories, share laughs, and experience the charm, and hospitality of Biloxi. Come hungry and ready for a day of Seafood, Sunshine, and Fun! Bring lawn chairs & blankets! Lunch on Your Own.

Covington Pickup: 8:30am/Approximate Return: 5:45pm Slidell Pickup: 9:00am/Approximate Return: 5:15pm

Limit of 56 Attendees

\$48pp

*****SEPTEMBER 16 (WEDNESDAY): BIG SCREEN BONANZA – PRATICAL MAGIC 2 - SLIDELL**

The Grand - 1950 Gause Blvd W in Slidell, LA

Personal Transportation

Join us for a magical movie afternoon as we gather to watch *Practical Magic 2*. Reconnect with beloved characters, enjoy a heartwarming story filled with friendship, family, and a touch of enchantment. Share the experience with friends, old and new. Grab some popcorn and settle in and enjoy an afternoon of movie magic and great company.

TBA

Limit of 35 Attendees

\$13pp

*****SEPTEMBER 17 (THURSDAY): LUNCH & LAUGHTER AT GILLIGIL'S RESTAURANT - SLIDELL**

Gilligil's Restaurant - 4826 Pontchartrain Dr. in Slidell, LA

Personal Transportation

Enjoy a relaxing afternoon at Gilligil's Restaurant, where the great food and beautiful waterfront views come together. Join us for a delicious lunch featuring fresh Gulf Coast flavors while taking in peaceful, beautiful scenery along the bayou. It's the perfect opportunity to unwind, enjoy wonderful conversation, and make lasting memories.

11:00am – 1:00pm

Limit of 35 Attendees

LUNCH ON YOUR OWN

*****SEPTEMBER 23 (WEDNESDAY): NATURE, FRIENDSHIP, AND FLOATING FUN - COVINGTON**

Canoe & Trail Adventures @ The Cimes - 19140 W. Front St. in Covington, LA

Personal Transportation

(Park at the Chimes Restaurant and follow the boardwalk to the right, it is located behind the restaurant.)

Join us for a relaxing day on the water as we paddle through beautiful Louisiana scenery at our own pace. Enjoy fresh air, peaceful surroundings, and the company of good friends, while taking in the sights and sounds of nature. Whether you're an experienced kayaker or trying it for the first time, this outing promises fun, and unforgettable memories. Average time on the river is 2 hours. Rental includes paddles, life-vest, & waterproof cell phone cases.

10:00am – 12:30pm

Limit of 28 Attendees

\$35pp

*****SEPTEMBER 24 (THURSDAY): BUNCO, BITES, AND BELLY LAUGHS - COVINGTON**

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

Personal Transportation

Get ready to roll the dice and let the good times begin! Our Bunco Day is full of smiles, silly moments, and lots of cheering. The game is simple, the company is wonderful, and the laughter is guaranteed. Come ready to relax, connect, and enjoy. Bring a treat you are proud of and let the fun begin! There will be snacks and prizes galore.

1:00pm – 3:00pm

Limit of 33 Attendees

FREE

*****SEPTEMBER 29 (TUESDAY): BIG SCREEN BONANZA – HEART OF THE BEAST – MANDEVILLE**

Movie Tavern - 201 N. Hwy 190 in Covington, LA

Personal Transportation

After surviving a plane crash, a former special forces soldier finds himself trapped in the Alaskan wilderness with his combat dog. Together, they battle the elements and other animals in a harsh landscape, that would likely kill any other man or dog.

TBA

Limit of 40 Attendees

\$13pp

*****SEPTEMBER 30 (WEDNESDAY): BREAKFAST, BROWSING, AND BEST FRIENDS - PONCHATOULA**

Paul's Café - 100 E. Pine St. in Ponchatoula, LA

Personal Transportation

Join us for a delightful morning in charming Ponchatoula! We will gather at Paul's Café for coffee, breakfast, and friendly conversation before taking a leisurely stroll through the unique downtown shops. Enjoy tasty food, great company, and the excitement of discovering hidden treasures in Louisiana's Antique city.

9:00am – 11:30am

Limit of 30 Attendees

BREAKFAST ON YOUR OWN

UPCOMING EVENTS:

NOVEMBER 30 - DECEMBER 4 (TUESDAY-FRIDAY): CHRISTMAS IN BRANSON 2026

\$1,095.00pp Double Occupancy /\$1,295.00pp Single Occupancy \$300.00 deposit per person

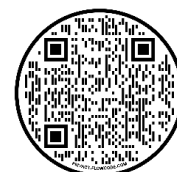
Final payment due October 20, 2026. Contact Cindy Chambers with Pearson's Travel World, 225-926-3752.

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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