

**2021 renewal fees are due no later than 12/31/21 for your membership to remain active.**  
**You can renew online on the Cloud or mail your dues (\$15/person) to the GO office.**

**Registration for new events (indicated with \*\*\*) available December 13 , 8:00am on the CLOUD!**

**\*\*\* JANUARY 5 (WEDNESDAY): VISIT TO ST. TAMMANY PARISH CORONER'S OFFICE**

The STP Coroner's Office does much more than death investigation. During this tour we will learn about their responsibilities in the areas of mental health and sexual assault examination. You'll also hear about their DNA lab and outline the advantages it gives to our law enforcement agencies and community overall. They will also discuss many "Life Safety Initiatives" which focus on preventing deaths and reducing risk in our community. These programs include Cribs for Kids Safe Sleep program, Gun Safety in the Home, Carbon Monoxide Safety, Swimming Pool Safety, Suicide Prevention, Drug Awareness, and Shaken Baby Syndrome.

Personal Transportation: 65278 Highway 434, Lacombe, LA.

10:00am

Limit of 50

FREE

**\*\*\* JANUARY 6, 2022 (THURSDAY): ANNUAL HOLIDAY CELEBRATION-STAGE 1, BATON ROUGE**

Guest speaker, Jim Donelon, Louisiana Insurance Commissioner. Menu includes: Sensational Salad, Creamy Pasta with Grilled Chicken Strips, Steamed Asparagus, Cheesecake.

Departures from Covington/Bus #1 (9:30), Slidell/Bus #2 (9:30), and Hammond/Bus #1 (10:00).

11:00am to 1:00pm

Limit of 75

\$50pp

**\*\*\* JANUARY 20, 2022 (THURSDAY): TOUR OF OCHSNER ST. TAMMANY CANCER CENTER**

Tour this new innovative center and listen to Anne B. Pablovich, Community Health Coordinator, discuss cancer screenings.

Personal Transportation: 900 Ochsner Boulevard, Tumor Conference Room 1st Floor.

9:00am

Limit of 24

FREE

**\*\*\* JANUARY 26 (WEDNESDAY) BUS TRIP TO PRYTANIA THEATRE & LUNCH AT SUPERIOR SEAFOOD**

Enjoy a classic movie (tbd) at the Famous Prytania Theatre followed by lunch on St. Charles Avenue!

Pick up in Covington (8:30am) and Slidell (9:00am).

8:30am

Limit of 50

\$65pp

**\*\*\* JANUARY 28 (FRIDAY) – "KIDNEY HEALTH"**

Guest speaker, Dr. Sean Roberts, will discuss how to take care of your kidneys. Keith Young's Steak House. Choice of entrée: Crab Cakes, Almond Encrusted Tilapia, Chicken Florentine. Menu selection will be taken at restaurant.

Personal Transportation: 165 Highway 21, Madisonville, LA 70447

12:00pm

Limit of 45

\$35pp

## FUTURE EVENTS:

### \*\*\*FEBRUARY 7 (MONDAY) BUS TRIP TO FAUBOURG BREWERY

Our first stop is the Jackson Barracks Military Museum. Following our visit, we will enjoy a delicious buffet at Dempsey's Restaurant. After lunch we head to the brewery and learn their history, and sample some of their latest products.

Departure from Covington at 8:30am, pick up in Slidell approximately 8:40am.

9:00am

Limit of 50

\$60pp

### \*\*\*MARCH 31 (THURSDAY): BUS TRIP TO BATON ROUGE "MICHELANGELO'S "A DIFFERENT VIEW"

Exhibition of Michelangelo's world-famous work up close for the first time, giving visitors unprecedented access to the artist's magnificent paintings which adorn the ceiling of the Sistine Chapel in the Vatican. Lunch on your own following tour at Southern Pearl Oyster House.

Departure from Covington at 8:30am, pick up in Hammond approximately 9:00am.

9:00am

Limit of 45

\$65pp

### \*\*\*APRIL 4 thru 12, 2022 BUS TRIP TO THE CHERRY BLOSSOM PARADE, WASHINGTON, DC

Highlights of this trip include reserved seating for the Cherry Blossom Parade, Mount Vernon, Historic Alexandria, U.S. Capitol & Visitor Center, National Portrait Gallery, Dinner Cruise on the Potomac, Perfectly Pink Reception atop the Observation Deck at CEB Tower, White House Visitor Center and more. Per person price based on double occupancy is \$1925. Single and triple rooms also available. Travel insurance extra. Contact Leslie Patterson, Bayouland Tours, 972-948-6555, [bayoulandtours@gmail.com](mailto:bayoulandtours@gmail.com) to register and for more information.

## Give the Gift That Keeps People Going! Golden Opportunity Gift Certificates Now Available.

Your family and friends will thank you for giving them the gift of health, friendship, and activity.

Purchase a one-year new membership at \$25 (\$40 for a couple) or gift someone with their 2022 renewal membership at \$15 per person. You can also purchase a certificate good for future events.

Whether it be for a Birthday, Christmas, or Just Because, share Golden Opportunity with those you care about. Call today to purchase one or more.

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Contact MyOchsner support [1-877-339-2637](tel:1-877-339-2637)

Ochsner On Call: This 24/7 service is free and available by calling 1-800-231-5257

For non-life-threatening issues, call our free nurse care line. Specially trained registered nurses are available to discuss your health care concerns, recommend self-care techniques, and help you decide if your symptoms require a visit to urgent or emergency care.

\*\*\*\*Need help with the Cloud? Contact our office to make an appointment\*\*\*\*  
<https://ochsner.force.com/goldenopportunity>

For more information about COVID or vaccination, visit:  
<https://www.ochsner.org/coronavirus> and <https://www.ochsner.org/coronavirus/vaccine-faqs>