



**APRIL 2026 REGISTRATION - NORTH SHORE REGION**  
**\*\*\*EVENT REGISTRATION BEGINS MARCH 16 at 8:00am**  
**REGISTRATION REQUIRED FOR ALL EVENTS!**  
*Golden Opportunity, Celebrating 26 Years of Healthy Lifestyles*



NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ CITY: \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

**Important Notes:** If you wish to register for an event requiring a fee and are paying by check, please include the check with this registration form. If you prefer to pay with a credit card, the Program Coordinator will contact you within 7 days of your registration date to get the credit card number for payment. Please note all fees are nonrefundable.

1. If an event requires payment by check please submit separate checks for events unless otherwise stated.
2. Ochsner GO has the right to limit all program activity participation to members only.
3. All GO events are subject to change and GO has the right to adjust events without formal notice.

**\*\*\*EVERY TUESDAY: CHAIR YOGA**

April 7:  attend    April 14:  attend    April 21:  attend    April 28:  attend

**\*\*\*EVERY THURSDAY: CHAIR BODY PUMP**

April 2:  attend    April 9:  attend    April 16:  attend    April 23:  attend    April 30:  attend

**\*\*\* APRIL 2 (THURSDAY): FRAUD AWARENESS - SLIDELL**

attend     add to wait list

**\*\*\* APRIL 8 (WEDNESDAY): LUNCH - IMPASTATO'S RESTAURANT**

*\*When paying by credit card, the Program Coordinator will call you for a credit card number within 7 days of being registered.*  
 attend     add to wait list     pay by check # \_\_\_\_\_  pay by credit card    \$47pp

**\*\*\* APRIL 9 (THURSDAY): FRAUD AWARENESS - COVINGTON**

attend     add to wait list

**\*\*\* APRIL 15 (WEDNESDAY): BUNKO, BITES, AND BELLY LAUGHS**

attend     add to wait list

**\*\*\* APRIL 18 (SATURDAY): DAY TRIP - LA TERRE FARMS FLOWER FESTIVAL**

*\*When paying by credit card, the Program Coordinator will call you for a credit card number within 7 days of being registered.*  
 attend     add to wait list     pay by check \_\_\_\_\_  pay by credit card    \$70pp

**\*\*\* APRIL 21 (TUESDAY): APRIL BIRTHDAY CELEBRATION**

attend     add to wait list

**\*\*\* APRIL 22 (WEDNESDAY): BIG SCREEN BONANAZA – YOU, ME, AND TUSCANY**

attend     add to wait list

**\*\*\* APRIL 28 (TUESDAY): BUILD BETTER BALANCE**

attend     add to wait list

**\*\*\* APRIL 30 (THURSDAY): SUMMER BBQ KICKOFF**

attend     add to wait list     pay by check # \_\_\_\_\_  pay by credit card    \$25pp

**North Shore Registrations should be mailed to:  
Ochsner 65Plus Clinic – Golden Opportunity – 1581 N. Highway 190 – Covington, LA 70433**

**\*\*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.