Ochsner
Golden Opportunity

DECEMBER 2026 REGISTRATION - NORTH SHORE REGION
*****EVENT REGISTRATION BEGINS NOVEMBER 17 at 8:00am**
REGISTRATION REQUIRED FOR ALL EVENTS!
Golden Opportunity, Celebrating 26 Years of Healthy Lifestyles

Office Use Only:
Date:_____
Initials:_____

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 non-refundable.

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**
Dec. 1: □ attend Dec. 8: □ attend Dec. 15: □ attend Dec. 22: □ attend Dec. 29 □ attend

*****EVERY THURSDAY: CHAIR BODY PUMP**
December 3: □ attend December 10: □ attend December 17: □ attend

*****DECEMBER 5 (SATURDAY): CHRISTMAS MAGIC IN COVINGTON: CHRISTMAS EXTRAVANGANZA**
□ attend □ add to wait list

*****DECEMBER 8 (TUESDAY): PEOPLES HEALTH PLAN UPDATES 2027 – SLIDELL**
□ attend □ add to wait list

*****DECEMBER 8 (TUESDAY): PEOPLES HEALTH UPDATES 2027 - COVINGTON**
□ attend □ add to wait list

*****DECEMBER 9 (WEDNESDAY): WINTERTIME SAFETY - SLIDELL**
□ attend

*****DECEMBER 9 (WEDNESDAY): WINTERTIME SAFETY - COVINGTON**
□ attend □ add to wait list

*****DECEMBER 12 (SATURDAY): OLD CHRISTMAS PAST WITH A DAY TO REMEMBER - MANDEVILLE**
□ attend

*****DECEMBER 14 (MONDAY): BACON, BISCUITS, & BROTHERHOOD - MEN'S BREAKFAST**
**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 $32pp
Please complete the food selection flyer for this event and promptly return it to the GO office.

*****DECEMBER 16 (WEDNESDAY): DAY TRIP - SPARKLING LIGHTS & SOUTHERN BITES**
**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 $95pp
Please complete the food selection flyer for this event and promptly return it to the GO office.

*****DECEMBER 17 (THURSDAY): INHOUSE MOVIE DAY - *THE BEST CHRISTMAS PAGEANT EVER***
□ attend

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.