

**AUGUST 2025 REGISTRATION - NORTH SHORE REGION**  
**\*\*\*EVENT REGISTRATION BEGINS JULY 14TH at 8:00am**  
**REGISTRATION REQUIRED FOR ALL EVENTS!**  
*Golden Opportunity, Celebrating 25 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, please check availability before submitting a check.  
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**

August 5: ☐ attend    August 12: ☐ attend    August 19: ☐ attend    August 26: ☐ attend

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

August 7: ☐ attend    August 14: ☐ attend    August 21: ☐ attend    August 28: ☐ attend

**\*\*\*AUGUST 1 (FRIDAY): LUNCHBOX SERIES CURRENT MEDICARE SCAMS**

☐ attend    12:00pm

**\*\*\*AUGUST 6 (WEDNESDAY): GOLDEN GENTLEMEN'S BREAKFAST AT THE CRAZY**

☐ attend    9:30am

**\*\*\*AUGUST 6 (WEDNESDAY): BETTER YOUR TECH SKILLS**

☐ attend    1:00pm

**\*\*\*AUGUST 8 (FRIDAY): BOOK CLUB / WATCH PARTY COVINGTON**

☐ attend    1:00pm

**\*\*\*AUGUST 12 (TUESDAY): BUNKO AND BAGELS**

☐ attend    1:00pm

**\*\*\*AUGUST 13 (WEDNESDAY): HUMANA'S MATTER OF BALANCE CLASS SERIES - PART 3**

☐ attend    1:00pm

**\*\*\*AUGUST 15 (FRIDAY) SILVER SLIPPER CASINO AND VISIT TO BUC-EE'S**

☐ attend    ☐ pay by check # \_\_\_\_\_ ☐ pay by credit card (call in card)

\$36pp

**\*\*\*AUGUST 21 (THURSDAY): LUNCH AT RIPS ON THE LAKE**

☐ attend    11:00am

**\*\*\*AUGUST 22 (FRIDAY): BOOK CLUB / WATCH PARTY SLIDELL**

☐ attend    1:00pm

**\*\*\*AUGUST 27 (WEDNESDAY): END OF SUMMER COOK OUT-IN**

☐ attend    doors open at 12:30pm    ☐ pay by check # \_\_\_\_\_ ☐ pay by credit card (call in card)

\$10pp

**\*\*\*AUGUST 29 (FRIDAY): CREATIVE ROCK PAINTING CLASS**

☐ attend    1:00pm

**ANNOUNCEMENTS:**

Fees must be received within 7 days of making the reservation to confirm your seat. If not received, you will forfeit your reservation.  
**All trips are non-refundable.** Every attempt will be made to sell your seat to someone on the waiting list if you need to cancel.  
**REGISTRATION IS REQUIRED FOR ALL EVENTS. YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.**

**North Shore Registrations should be mailed to:**

**Ochsner 65Plus Clinic – Golden Opportunity – 1581 N. Highway 190 – Covington, LA 70433**