



AUGUST 2026 REGISTRATION - NORTH SHORE REGION
*****EVENT REGISTRATION BEGINS JULY 14 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 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 4: ☐ attend August 11: ☐ attend August 18: ☐ attend August 25: ☐ attend

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

August 6: ☐ attend August 13: ☐ attend August 20: ☐ attend August 27: ☐ attend

*****AUGUST 4 (TUESDAY): LA SUPER PLANTS PROGRAM WITH LSU AG CENTER - COVINGTON**

☐ attend ☐ add to wait list

*****AUGUST 6 (THURSDAY): BUTTON CANVAS ART - SLIDELL**

☐ attend ☐ add to wait list

*****AUGUST 6 (THURSDAY): BUTTON CANVAS ART - COVINGTON**

☐ attend ☐ add to wait list

*****AUGUST 12 (WEDNESDAY): LIZ'S WHERE Y'AT DINER FOR BREAKFAST - MANDEVILLE**

☐ attend ☐ add to wait list LUNCH ON YOUR OWN

*****AUGUST 13 (THURSDAY): BUNCO, BITES, AND BELLY LAUGHS - COVINGTON**

☐ attend ☐ add to wait list

*****AUGUST 19 (WEDNESDAY): BOOT SCOOTIN FUN LINE DANCING AT PARADISE ALLEY - MANDEVILLE**

**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 \$10pp

*****AUGUST 20 (THURSDAY): GOLDEN SOCIETY BOOKMARK CLUB**

☐ attend ☐ add to wait list

*****AUGUST 25 (TUESDAY): DAY TRIP - A DAY OF HISTORY, CULTURE, AND CUISINE**

**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 \$145pp

*****AUGUST 27 (THURSDAY): ROLLIN' WITH FRIENDS POKENO DAY - SLIDELL**

☐ attend ☐ add to wait list

*****AUGUST 28 (FRIDAY): A SOUTHERN LUNCH ON THE BAYOU - SLIDELL**

☐ attend ☐ add to wait list LUNCH ON YOUR OWN

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.