

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 obtain 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**

February 3: attend February 10: attend February 17: Closed Mardi Gras February 24: attend

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

February 5: attend February 12: attend February 19: attend February 26: attend

*****FEBRUARY 3 (TUESDAY): CHEF FOR A DAY AT CULINARY KIDS**

attend 10:30am-12:30pm pay by check # _____ pay by credit card \$40pp

*****FEBRUARY 6 (FRIDAY): BIG SCREEN BONANZA IN SLIDELL – “SOLO MIO”**

attend Time TBD pay by check # _____ pay by credit card \$10.50pp

*****FEBRUARY 10 (TUESDAY): MONTHLY MEETING AT THE RIVERS RETREAT CENTER**

attend 11:00am – 2:00pm pay by check # _____ pay by credit card \$35pp

*****FEBRUARY 11 (WEDNESDAY): DAY TRIP – DOLPHINS AND DINING**

attend Covington 8:00am / Slidell 8:45am pay check # _____ pay credit card \$93pp

*****FEBRUARY 19 (THURSDAY): FEBRUARY BIRTHDAY CELEBRATION**

attend 1:00pm – 3:00pm FREE

*****FEBRUARY 20 (FRIDAY): COOKIE DECORATING WITH CULINARY KIDS - SLIDELL**

attend 1:30pm – 3:00pm pay by check # _____ pay by credit card \$35pp

*****FEBRUARY 24 (TUESDAY): HEALTHY BACK SERIES – GET BETTER SLEEP**

attend 12:00pm - 1:00pm FREE

*****FEBRUARY 26 (THURSDAY): EAT FIT VIRTUAL GROCERY TOUR – SLIDELL**

attend 10:00am FREE

*****FEBRUARY 26 (THURSDAY): EAT FIT VIRTUAL GROCERY TOUR – COVINGTON**

attend 1:30pm FREE

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.