



MAY 2026 REGISTRATION - NORTH SHORE REGION
*****EVENT REGISTRATION BEGINS APRIL 13 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**

ay 5: attend May 12: attend May 19: attend May 26: attend

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

May 7 attend May 14: attend May 21: attend May 28 attend

*****MAY 1 (FRIDAY): BIG SCREEN BONANZA - THE DEVIL WEARS PRADA 2 - SLIDELL**

attend add to wait list

\$13pp

*****MAY 5 (TUESDAY): FIESTA, FLAVOR, AND FRIENDS - LUNCH AT PEDRO**

attend add to wait list

LUNCH ON YOUR OWN

*****MAY 7 (THURSDAY): THE GOLDEN BOOKMARK SOCIETY BOOK CLUB**

attend add to wait list

*****MAY 11 (MONDAY): SACRED SELF CARE - COVINGTON**

attend add to wait list

*****MAY 12 (TUESDAY): STRIKES, SPARES, AND SMILE - PARADISE BOWLING ALLEY**

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

*****MAY 14 & 15 (THURSDAY & FRIDAY): ROAD TRIP - BELLINGRATH GARDENS FESTIVAL**

attend add to wait list

*****MAY 20 (WEDNESDAY): GNARLY BARLEY BREWING COMPANY / LUNCH AT SALTY JOES BBQ**

attend add to wait list pay by check ____ pay by credit card

\$11pp

LUNCH ON YOUR OWN

*****MAY 21 (THURSDAY): BLANKET MAKING WITH LOPA ORGANIZATION - SLIDELL**

attend add to wait list

*****MAY 21 (THURSDAY): SACRED SELF CARE - SLIDELL**

attend add to wait list

*****MAY 28 (THURSDAY): JACKPOT JOY - POKENO DAY FUN - COVINGTON**

attend add to wait list

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.