

OCTOBER 2025 REGISTRATION - NORTH SHORE REGION
*****EVENT REGISTRATION BEGINS SEPTEMBER 15TH 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 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**

October 7: ☐ attend October 14: ☐ attend October 21: ☐ attend October 28: ☐ attend

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

October 2 ☐ attend October 9: ☐ attend October 16: ☐ attend October 23: ☐ attend October 30: ☐ attend

*****OCTOBER 2 (THURSDAY): LUNCHBOX SERIES: SHIP 2026 DISCUSSION AND Q&A FOR 2026 INSURANCE PLANS**

☐ attend 12:00pm

*****OCTOBER 3 (FRIDAY): VISIT TO BIG BRANCH MARSH NATIONAL WILDLIFE REFUGE**

☐ attend 10:00am

*****OCTOBER 15 (WEDNESDAY): LUNCH AT COPELANDS**

☐ attend 1:00pm

*****OCTOBER 17 (FRIDAY): RIVERBOAT STEAMER CRUISE AND LUNCH ON THE NATCHEZ**

**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

*****OCTOBER 20 (MONDAY): BOOK CLUB / WATCH PARTY COVINGTON**

☐ attend 1:00pm

Additional Events Listed on the Pack of This Form.

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.

***OCTOBER 22 (WEDNESDAY): HUMANA HEALTH PLAN UPDATES FOR 2026

☐ attend 10:30am

***OCTOBER 22 (WEDNESDAY): BUNKO AND "BATS"

☐ attend 1:00pm

***OCTOBER 24 ((FRIDAY): BOOK CLUB / WATCH PARTY SLIDELL

☐ attend 1:00pm

***OCTOBER 28 (TUESDAY): PEOPLES HEALTH PLAN UPDATES FOR 2026

☐ attend 10:30am

***OCTOBER 31 (FRIDAY): GOLDEN GENTLEMEN'S BREAKFAST AT ABITA ROASTING

☐ attend 9:30am

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