



OCTOBER 2026 REGISTRATION - NORTH SHORE REGION
*****EVENT REGISTRATION BEGINS SEPT 15 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**

October 6: ☐ attend October 13: ☐ attend October 20: ☐ attend October 27: ☐ attend

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

October 1: ☐ attend October 8: ☐ attend October 15: ☐ attend October 22: ☐ attend
October 29: ☐ attend

*****OCTOBER 6 (TUESDAY): THE FUTURE IS HERE - UNDERSTANDING AI - COVINGTON**

☐ attend ☐ add to wait list FREE

*****OCTOBER 8 (THURDAY): A WINNING AFTERNOON OF FRIENDSHIP AND BINGO**

☐ attend ☐ add to wait list FREE

*****OCTOBER 10 (SATURDAY); DAY TRIP - FESTIVAL ACADIENS ET CREOLES FUN**

**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 \$53pp

*****OCTOBER 12 (MONDAY): CHEF NINO COOKING DEMONSTRATION.**

☐ attend ☐ add to wait list FREE

*****OCTOBER 14 (WEDNESDAY): THE GOLDEN BOOKMARK SOCIETY BOOK CLUB – COVINGTON**

☐ attend ☐ add to wait list FREE

*****OCTOBER 17 (SATURDAY): DAY TRIP - OLD FARMER'S DAY, WHERE HISTORY MEETS HOSPITALITY**

**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 \$55pp

Additional Events Listed on Reverse Side.

*****OCTOBER 20 (TUESDAY): JACKPOT JOY - POKENO DAY FUN - COVINGTON**

☐ attend ☐ add to wait list

FREE

*****OCTOBER 22 (THURSDAY): DAY TRIP – THE LION KING – SANGER THEATRE**

**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 \$180pp

Choose One Selection: ☐ Shrimp Creole Omelette ☐ Smoked Salmon Everything Toast
 ☐ Granola, Fruit, Yogurt and Biscuit ☐ Firecracker Chicken & Waffles

*****OCTOBER 27 (THURSDAY): INHOUSE MOVIE DAY – THE BOYS IN THE BOAT**

**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

FREE

*****OCTOBER 29 (THURSDAY) – HEALTHY HOLIDAYS – EAT FIT**

☐ attend ☐ add to wait list

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.