

SEPTEMBER 2025 REGISTRATION - NORTH SHORE REGION
*****EVENT REGISTRATION BEGINS AUGUST 11TH 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, please check availability before submitting a check.
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**

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

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

September 4: ☐ attend September 11: ☐ attend September 18: ☐ attend September 25: ☐ attend

*****SEPTEMBER 5 (FRIDAY): SLIDELL COFFEE AND CRAFTS**

☐ attend 9:30am

*****SEPTEMBER 8 (MONDAY): CHEF NINO FALL COOKING DEMONSTRATION**

☐ attend 10:30am

*****SEPTEMBER 10 (WEDNESDAY): SLIDELL SUNSET DINNER AT THE BLUE CRAB**

☐ attend 5:30pm

*****SEPTEMBER 11 (THURSDAY): STAA ART GALLERY VISIT & LUNCH AT CURED ON COLUMBIA**

☐ attend 10:00am

*****SEPTEMBER 12 (FRIDAY): BOOK CLUB / WATCH PARTY COVINGTON**

☐ attend 1:00pm

*****SEPTEMBER 15 (MONDAY): BE CRAFTY MAKING YOUR OWN BIRDHOUSE**

☐ attend 1:00pm

*****SEPTEMBER 17 (WEDNESDAY): THE GREAT TRAIN RIDE ADVENTURE TO LAUREL, MS #1**

☐ attend 9:30am ☐ pay by check # _____ ☐ pay by credit card (call in card) \$55pp

*****SEPTEMBER 18 (THURSDAY): THE GREAT TRAIN RIDE ADVENTURE TO LAUREL, MS #2**

☐ attend 9:30am ☐ pay by check # _____ ☐ pay by credit card (call in card) \$55pp

Additional events are listed on the back side of this registration form.

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*****SEPTEMBER 22 (MONDAY): LOW KEY KAYAK ADVENTURE**

☐ attend 10:00am ☐ pay by check # _____ ☐ pay by credit card (call in card)

\$40pp

*****SEPTEMBER 23 (TUESDAY): BOOK CLUB / WATCH PARTY SLIDELL**

☐ attend 1:00pm

*****SEPTEMBER 24 (WEDNESDAY): LUNCH AT DICHRISTINA'S**

☐ attend 10:45am

*****SEPTEMBER 26 (FRIDAY): "DO WOP PLANT SWAP" PARTY**

☐ attend 12:00pm

*****SEPTEMBER 30 (TUESDAY): POKENO IN PINK**

☐ attend 1:00pm

ANNOUNCEMENTS:

Fees must be received within 7 days of making the reservation to confirm your seat. If not received, you will forfeit your reservation. **All trips are non-refundable.** Every attempt will be made to sell your seat to someone on the waiting list if you need to cancel. **REGISTRATION IS REQUIRED FOR ALL EVENTS. YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.** We accept cash, check, or credit card payments.

North Shore Registrations should be mailed to:

Ochsner 65Plus Clinic – Golden Opportunity – 1581 N. Highway 190 – Covington, LA 70433