

SEPTEMBER 2026 REGISTRATION - NORTH SHORE REGION

*****EVENT REGISTRATION BEGINS AUGUST 11 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**

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

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

September 3: ☐ attend September 10: ☐ attend September 17: ☐ attend September 24: ☐ attend

*****SEPTEMBER 3 (THURSDAY): WHO DAT SAY THEY GONNA COOK LIKE ME – CHEF CHARMAINE**

☐ attend ☐ add to wait list ☐ pay by check _____ pay by credit card \$57pp

*****SEPTEMBER 9 (WEDNESDAY): PEACE OF MIND – WILL'S, TRUSTS, & ESTATE PLANNING**

☐ attend ☐ add to wait list LUNCH ON YOUR OWN

*****SEPTEMBER 12 (SATURDAY): DAY TRIP - SEAFOOD & SUNSHINE – BILOXI SEAFOOD FESTIVAL**

☐ attend ☐ add to wait list ☐ pay by check _____ pay by credit card \$48pp

*****SEPTEMBER 16 (WEDNESDAY): BIG SCREEN BONANZA – PRACTICAL MAGIC 2 – SLIDELL**

☐ attend ☐ add to wait list ☐ pay by check _____ pay by credit card \$13pp

*****SEPTEMBER 17 (WEDNESDAY): LUNCH & LAUGHTER AT GILLIGIL'S RESTERAUNT – SLIDELL, LA**

☐ attend ☐ add to wait list LUNCH ON YOUR OWN

*****SEPTEMBER 23 (WEDNESDAY): NATURE, FRIENDSHIP, AND FLOATING FUN - COVINGTON**

☐ attend ☐ add to wait list ☐ pay by check _____ pay by credit card \$35pp

*****SEPTEMBER 24 (THURSDAY): BUNCO, BITES, AND BELLY LAUGHS - COVINGTON**

☐ attend ☐ add to wait list

*****SEPTEMBER 29 (TUESDAY): BIG SCEEN BONANZA – HEART OF THE BEAST - MANDEVILLE**

☐ attend ☐ add to wait list ☐ pay by check _____ pay by credit card \$13pp

*****SEPTEMBER 30 (WEDNESDAY): BREAKFAST, BROWSING, & BEST FRIENDS – PAUL'S CAFÉ - PONCHATOULA**

☐ attend ☐ add to wait list BREAKFAST ON YOUR OWN

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.