



JUNE 2026 REGISTRATION - NORTH SHORE REGION
*****EVENT REGISTRATION BEGINS MAY 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**

June 2: attend June 9: attend June 16: attend June 23: attend June 30: attend

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

June 4: attend June 11: attend June 18: attend June 25: attend

*****JUNE 3 (WEDNESDAY): FIBER AND FLUIDS - SLIDELL**

attend add to wait list

*****JUNE 3 (WEDNESDAY): FIBER AND FLUIDS - COVINGTON**

attend add to wait list

*****JUNE 5 (FRIDAY): LIGHTS, CAMERA, RELAX – SURPRISE MOVIE DAY - SLIDELL**

attend add to wait list

*****JUNE 9 (TUESDAY): CULINARY CAROUSEL – LA PINES RESTAURANT**

attend add to wait list LUNCH ON YOUR OWN

*****JUNE 11 (THURSDAY): A LITTLE BIT OF SASS AND STAINING – HAMMER AND STAIN - COVINGTON**

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 \$48pp

*****JUNE 15 (MONDAY): CHEF NINO COOKING DEMONSTRATION**

attend add to wait list

*****JUNE 17 (WEDNESDAY): DAY TRIP – THE LOUISIANA LEGACY TOUR**

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

*****JUNE 23 (TUESDAY): LIGHTS, CAMERA, RELAX – SURPRISE MOVIE DAY - COVINGTON**

attend add to wait list

*****JUNE 30 (TUESDAY): BUNCO, BITES, AND BELLY LAUGHS - 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.