October 1 (Tuesday) **LET’S TALK**
Peoples Health Insurance representative will discuss the 2020 updates.
9:00 am – 10:00 am  Hospital Classroom  Limit of 60 Attendees

October 3 (Thursday) **ROAD TRIP**
Saenger Theater presents Wicked.
Department time from Plaza II Cancer Center: 9:30 am  
Approximate return time: 6:00pm

October 9 (Wednesday) **LET’S TALK**
Senator Bill Cassidy – Open Discussion
8:30 am – 9:30 am  Hospital Classroom  Limit of 80 Attendees

October 11 (Friday) **ROAD TRIP**
**GOLDEN OPPORTUNITY’S REGIONAL FALL  FEST - BAYOU HAVEN**
SLIDELL LA
It’s an old-fashioned backyard gathering with hamburgers, hot dogs, potato salad, coleslaw, fruit and dessert. Drinks to include lemonade, tea, and water. Delight to the sounds of Candy Lowe and sing karaoke with Joe Mangiapane. We’ll have door prizes, bingo, shuffleboard, horseshoes, cornhole, badminton, Russian bowling, ping pong, shuffleboard and more. Or take a stroll on the deck and enjoy quiet time overlooking Bayou Liberty.
Departure time from Plaza II Cancer Center: 8:30 am  
Approximate return time: 3:00pm  
Limit of 50

October 16 (Wednesday) **LET’S TALK**
Blue Cross Blue Shield Insurance representative will discuss the 2020 updates.
9:00 am – 10:00 am  Hospital Classroom  Limit of 60 Attendees

October 23 (Wednesday) **CULINARY RUN**
We will meet at the restaurant to simply enjoy a great lunch and great company.
P-Beau’s 121 Bass Pro Blvd Suite F  Denham Springs LA 70726
Arrival Time: 11:00 am  
No Limit of Attendees

**MOVIE REVIEW**
NO MOVIE THIS MONTH
If you would like to help the following organizations, you may bring your donations to the GO office.

**Hope Ministries** needs men, women and children clothing and shoes for the homeless. Also needed are light blankets or bedspreads. Please no sheets, pillowcases or comforters.

**Seventh-Day Adventist Church** needs the following for their school:
- Community Coffee Scanner Bar Code, box tops for Education (found on: Betty Crocker Products, Green Giant products), and Labels for Education (found on Glad Products, etc.).

**Shriners Hospital for Children** - we can help by participating in the Pull Tab Collection Program. Pull tabs are the aluminum tops from cans of soda and other beverages.

**CLIP THOSE COUPONS!!**

**Coupons for Troops** - Military families who are stationed overseas buy their groceries from the commissary on base. Fortunately, those commissaries will accept manufacturer's coupons up to six months after the printed expiration date.

**Coupons that the troops can use:** Only manufacturer's coupons can be used. They can be from the newspaper, dispensers in grocery stores, tear-pads, and elsewhere, as long as they state “Manufacturer's Coupon” on them. The most important coupons needed are for food supplies. Baby supplies are 2nd priority. Common household goods help troops, too.

**Coupons unfortunately that they can’t use:** No assistance vouchers. No food stamps or the like. No store coupons for example, Walmart, Kroger, Safeway, Walgreens, etc. No restaurant coupons. No coupons that have been printed from the Internet.

Fees must be received within 7 days of making the reservation to confirm your seat. If not received, your seat will be filled by another member. Please check availability with the GO office before mailing a check. Please send separate checks for events. 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.

YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.

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**November 1 (Friday) ROAD TRIP**
$LUMCON (Louisiana Universities Marine Consortium) Chauvin LA$  
Formed in 1979 to coordinate and stimulate Louisiana’s activities in marine research and education. LUMCON is more than a marine laboratory. We will eat lunch in their cafeteria (lunch include in the price).

**December 2 – 6, 2019 – CHRISTMAS IN SAVANNAH**
Price per Person:  Sgl: $1068  Dbl: $838  Tpl: $758  Quad: $728
Arrangements made with Trips Unlimited  1-800-542-8785

**January 16 – January 24, 2020 - 7 Night Bahamas Cruise on the Majesty of the Seas**
7-day cruise, meals and entertainment, cruise gratuities, taxes, port fees and travel insurance included in price.

**DOUBLE OCCUPANCY RATES:**
- Stateroom (Inside Forward) $755.00 pp
- Oceanview (Forward) $885.00 pp
- Stateroom (Inside Mid Forward) $780.00 pp
- Oceanview (Mid Forward) $915.00 pp

Contact Paula LeBeau, Expedia Cruise Ship Centers 985-231-0177

**April 8, 2020 – Michelangelo – A Different View** is being presented in Baton Rouge at the Raising Cane’s River Center in 2020. The exhibition is reproduced copies and almost in the original size of the beautiful ceiling that is located in the Sistine Chapel in Rome. GO will be able to purchase the tickets at the group rate. More information to follow.

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**H.O.P.E. Grief Support Group**
6-week Support Group Sessions that provide a safe place for sharing & growth through grief.  
Ochsner Medical Center Hospital Chapel  
Contact Christine Brasseaux 225-341-9703 or 225-767-4673  
Tuesday evenings 6:30 – 8:30.

**Ochsner Golden Opportunity**
**H.O.P.E. Grief Support Group**  
6-week Support Group Sessions that provide a safe place for sharing & growth through grief.  
Ochsner Medical Center Hospital Chapel  
Contact Christine Brasseaux 225-341-9703 or 225-767-4673  
Tuesday evenings 6:30 – 8:30.

**October 1st, 8th, 15th, 22nd, 29th and November 5th**