NAME: ___________________________________________ PHONE: ______________________ 
ADDRESS: ______________________________________ CITY, STATE, ZIP: ________________ 
EMAIL: ________________________________________

Please go to the Cloud at <Ochsner.force.com> to register. Do you need help registering for the cloud? □ Yes □ No

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. Be sure to have your emergency and health info with you for all events.
2. If an event requires payment by check please submit separate checks for events unless otherwise stated.
3. Ochsner GO has the right to limit all program activity participation to members only.
4. All GO events are subject to change and GO has the right to adjust events without formal notice.

**October 2 (Wednesday): COVINGTON GO MEETING “COFFEE WITH CHRISTIE” FREE“2020 CHANGES FOR PEOPLES HEALTH NETWORK”. Courtyard by Marriott in the Cypress Room, 101 Northpark Boulevard, Covington. (From Hwy 190, turn at the light on Park Place across the highway from the Goodwill Store. Marriott is down the street on the right side).
☐ attend ☐ will not ☐ add to wait list

**October 3 (Thursday): SLIDELL GO MEETING “COFFEE WITH CHRISTIE” FREE“2020 CHANGES FOR PEOPLES HEALTH NETWORK”. Ochsner Medical Center-North Shore, 100 Medical Center Drive, Camellia Room, Slidell.
☐ attend ☐ will not ☐ add to wait list

October 11 (Friday): REGIONAL FALL FEST AT BAYOU HAVEN $26 pp
Gather with friends from other GO regions to celebrate some outdoor fun. Enjoy a buffet lunch of hamburgers, hot dogs, and all the fixings. A vegetarian alternative will be offered. Candy Lowe will delight us with her music, and you can be adventurous with karaoke singing and line dancing. There will be lots to keep you entertained such as bingo, shuffleboard, Russian bowling, ping pong, badminton, corn hole, horseshoes, and even some checkers and card games. Or wander the property and enjoy some quiet time on the swing and walking the beautiful property that overlooks Bayou Liberty. Located at 34205 Highway 433 in Slidell, 985-707-4884. Price includes meal and activities. Personal Transportation.
☐ attend ☐ will not ☐ add to wait list

**October 29 (Tuesday): WELLNESS EDUCATIONAL SESSION FREE“What’s New in the Ochsner Therapy/Wellness Department?” presented by Ochsner Health Center-Covington, 1000 Ochsner Boulevard, Covington, 2nd floor Training Room (located above the physical therapy room).
☐ attend ☐ will not ☐ add to wait list

October 30 (Wednesday): MITCHELL FARMS & ANTIQUE CABINS TOUR $55 pp
Discover the story of Mitchell Farms on a guided tour of their farm and historic log cabins, antique tractors, and hop on for a trailer ride to meet some furry farm friends. It’s a working farm and they’ll have peanuts, pumpkins, and sweet potatoes. After our farm tour, we’ll stop at Main Street Café where we’ll enjoy a buffet lunch of taco soup, spring mix salad, dumplings, hot wings, ham, spaghetti, baked or fried chicken, rice & gravy, variety of vegetables, carrot salad, tropical fruit, and assorted desserts. Price includes transportation, tours, and meals. Depart Winn Dixie (70431 Hwy. 21) Covington at 8:00am, pickup in Slidell at 8:30am with approximate return to Slidell at 4:30pm and Covington at 5:00pm.
☐ attend ☐ will not ☐ add to wait list
November 22 (Friday): CAPITOL TOUR WITH STATE REPRESENTATIVE STEVE PUGH $25pp
Have you ever wondered what goes on behind closed doors at the State Capitol? Well now’s your chance to find out. Louisiana State Representative Steve Pugh will take us on a behind the scenes tour of the State Capitol in Baton Rouge. We’ll learn fun facts of Louisiana politics and enjoy lunch (on your own) in a private dining room at the Capitol. Depart Winn Dixie (70431 Hwy. 21) Covington at 8:30am, pickup in Hammond at 9:00am with approximate return to Slidell at 2:30pm and Covington at 3:00pm.
□ attend □ will not □ add to wait list

December 1 through December 7: CHRISTMAS IN CHARLESTON & SAVANNAH: WAIT LIST ONLY!
Join us for a magical tour of two grand southern cities. In Charleston, we’ll tour the Charleston Tea Plantation, enjoy a Dinner Cruise, shop the Charleston Market, and enjoy an interactive show. While in Savannah we’ll enjoy touring this lovely city and delight in delicious southern dishes. Contact Aurora at Trips Unlimited (504-340-8747) for more information. Single/$1,565, Double/$1,225, Triple/$1,125, Quad/$1,045.
□ attend □ will not □ add to wait list

Need to relax on a short getaway? Want to experience cruising for the first time? Just want to enjoy travel on a cruise ship? Join North Shore and Baton Rouge Golden Opportunity aboard Royal Caribbean’s Majesty of the Seas – for a 7-day roundtrip cruise from New Orleans. Ports include Key West, Nassau Bahamas and Coco Cay – RCL’s private island! Prices start at $645pp Inside & includes cruise, tax, fees, gratuities and insurance. Contact Paula, Expedia Cruise Ship Centers, (985-231-0177) for more information and to register now.
□ attend □ will not □ add to wait list

April 22 to May 5, 2020: ENCHANTING RHINE RIVER
Our itinerary takes us through Switzerland, France, Germany and the Netherlands. What better way to experience Europe than with your Ochsner GO friends, Expedia CruiseShipCenters & AMA Waterways! Contact Paula LeBeau or Stephanie Drewes, Expedia Cruise Ship Centers, (985-231-0177) for more information and to register now.
□ attend □ will not □ add to wait list

Christie Trew, Golden Opportunity ctrew@ochsner.org
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Covington, LA. 70433-8107