

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, October 13 at 8:00am on the CLOUD. Scan the qr code to the right to access the cloud, our online registration system, or type the following into your search engine: www.ochsner.org/gologin



Mail South Shore Registrations to the address below, it is also the pickup location for Day Trips: Ochsner 65 Plus – Attn: Golden Opportunity – 7060 Veterans Memorial Blvd. – Metairie, LA 70003

*****NOVEMBER 3 (MONDAY): 2026 SOUTH SHORE EXTENDED TRAVEL MEETING**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie Personal Transportation
Come meet Cindy Chambers from Pearson's Travel World to learn about all the upcoming South Shore extended trips, ask questions, and start planning your next great adventure with fellow travel enthusiasts. Get ready to explore:

- NCL Escape: 7-day cruise to paradise on an unforgettable journey to Belize, Honduras, and Mexico.
- London & Paris: Immerse yourself in the rich history and culture of Europe's most iconic cities.
- Texas: Experience the unique blend of tradition and innovation in the Lone Star State.
- Oktoberfest & AMA River Cruise: Enjoy the best of German culture, cruising through scenic rivers.

We promise an engaging meeting filled with excitement and all the information you need to embark on your next journey. Don't miss out on the opportunity to create lifelong memories.

1:00pm – 3:00pm

Limit of 40 Attendees

ON YOUR OWN

*****NOVEMBER 5 (WEDNESDAY): GOLF FUN AND LUNCH AT AUDUBON CLUBHOUSE**

Audubon Park Golf Club, 6500 Magazine St, New Orleans LA 70018 Personal Transportation
Get ready for a fantastic day at Audubon Park Golf Club. Whether you're new to golf or have played before, an exciting day is planned. Enjoy a lesson with the Audubon Golf Pro Team, beautiful views, and a fun golf scramble. This event is walker and cane friendly. Afterwards, relax with a delicious lunch at Audubon Clubhouse by Dickie Brennan & Co. Dress cute and comfortable (GO gold t-shirt preferred). Come have fun!

10:00am – 3:30pm

Limit of 30 Attendees

\$135pp

*****NOVEMBER 6 (THURSDAY) MEDICARE 101 - 2026 UPDATES**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie Personal Transportation
Speaker: Angela Pigford Independent Agent. Angela specializes in Medicare and will discuss updates.

10:30am - 11:30am

Limit of 40 Attendees

FREE

*****NOVEMBER 7 (FRIDAY): DAY TRIP - THE DELTA MUSIC TOUR AND FROGMORE PLANTATION**

This tour takes visitors on a journey of the South through song. Seated in a rare 1800's church with original pews, guests listen to historical narration intertwined with live vocalists that relate the trials and triumphs of life on a plantation. Guests may "sing along" with provided tambourines. The tour includes the cotton gins & furnished cabins in the quarters. The origination of southern cuisine is an enlightening part of the tour. After refreshments in the 1890's plantation store, a step-on guide accompanies us on the bus narrating sites along the way to conclude at the modern gin and contrast it with both the hand-cranked gin and the National Register steam gin. As we ready for departure, we will complete your tour with some fun trivia about the many uses of cotton seed today. Enroute to Frogmore we will stop for lunch on your own in Natchez.

8:30am – 7:00pm

Limit of 54 Attendees

\$125pp

*****NOVEMBER 11 (TUESDAY): CARRABBA'S ITALIAN GRILL**

4641 Veterans Memorial Blvd, Metairie LA 70006

Personal Transportation

Join your GO friends for a leisurely lunch at Carrabba's Italian Grill, where good food and great company come together in the most delicious way. Carrabba's is famous for their mouthwatering Italian classics, it will be a real treat come to catch up while savoring some delightful dishes.

12:00pm – 2:00pm

Limit of 30 Attendees

ON YOUR OWN

*****NOVEMBER 15 (SATURDAY) DAY TRIP - THE NEIL DIAMOND MUSICAL – A BEAUTIFUL NOISE**

The story of the legendary Neil Diamond is coming to the Seanger Theatre. Don't miss this uplifting new musical featuring hit songs, including "Sweet Caroline," "America," and "Cracklin' Rosie." From his exhilarating early days in New York to the sold-out spectacles that defined his career, *A Beautiful Noise*, explores the life of a rock icon through the music that made him "a national treasure" (Los Angeles Times). Includes tickets and transportation.

1:00pm – 5:30pm

Limit of 54 Attendees

\$135pp

*****NOVEMBER 18 (TUESDAY): BOOK CLUB BREAKFAST AT CAFÉ LATTE DA**

5860 Citrus Blvd Ste A, Harahan, LA

Personal Transportation

Join "GO" friends for breakfast and share your thoughts on this month's book: *The Housemaid's Secret*, written by Freida McFadden.

10:00am – 11:30am

Limit of 25 Attendees

ON YOUR OWN

*****NOVEMBER 20 (THURSDAY): THANKSGIVING LUNCHEON BUFFET**

Messina's at the Terminal-6001 Stars and Stripes Boulevard, New Orleans, LA Personal Transportation
You are invited to a delicious Thanksgiving luncheon in a spectacular setting. Messina's at the Terminal is located inside the historic Terminal building at the restored art-deco-style New Orleans Lakefront. The menu includes: Mixed Greens Salad with Ranch & Creole Vinaigrette, Chicken & Andouille Gumbo or Corn & Crab Bisque, Fried or Roasted Turkey or Rosemary Pork Loin, Bourbon Pecan Sweet Potatoes or Truffle Mac & Cheese, Bacon Roasted Brussel Sprouts, White Chocolate Bread Pudding with White Chocolate Sauce or Southern Pecan Pie.

1:00pm – 3:00pm

Limit of 130 Attendees

\$75pp

*****NOVEMBER 24 – 28: HAPPY THANKSGIVING - SANDRA OUT OF OFFICE**

For assistance, please contact Lori Hosch: email: lori.hosch@ochsner.org or cell: 504-460-3247

Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner Scheduling Department. South Shore: 504-842-6538

Ochsner On Call: A 24/7 free nurse care line for non-life-threatening issues, the number is 1-800-231-5257.

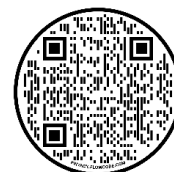
Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. We accept cash, check, or credit card payments. Please check availability with the GO office before mailing a check and send separate checks for events. **RSVP IS REQUIRED 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.

For Additional Information Contact:

Sandra Pierre-Kazi, Program Coordinator
sandra.pierrekazi@ochsner.org
office: 504-429-2634
ochsner.org/go

Ochsner 65 Plus Clinic
Golden Opportunity
7060 Veterans Memorial Blvd.
Metairie, LA 70003



Scan QR Code for
the GO website.