

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, September 14 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:

Ochsner 65 Plus – Attn: Golden Opportunity – 7060 Veterans Memorial Blvd. – Metairie, LA 70003

All SS Day and Extended Bus Trips depart Ochsner 65 Plus at 7060 Veterans Memorial Blvd. in Metairie.

*****MONDAYS & WEDNESDAYS: MOVEMENT AS MEDICINE**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation
Instructor: Candice Carr, Ochsner Health Fitness Coach. Movement as Medicine is a chair-based exercise class designed to help improve stability, strength, endurance, and mobility.

(No class on October 19 or October 23.)

Movement as Medicine 11:00am - 11:30am Limit of 20 Attendees FREE

*****OCTOBER 3 (SATURDAY): DAY TRIP – ALL ABOARD THE AMTRAK TRAIN TO LAUREL, MS**

All aboard the Amtrak train! Feel the spirit of travel in the air as you unwind and relax on your one-way rail journey from New Orleans to Laurel. As the day concludes, you'll be whisked away in the comfort of a private motorcoach for a relaxing ride back to Metairie.

7:30am – 6:00pm Sold Out \$98pp

*****OCTOBER 6 (TUESDAY): DAY TRIP – AN EVENING OF GREAT FOOD AND SOULFUL MUSIC**

Get ready for a Golden Opportunity evening to remember. Begin with dinner on your own at Porter & Luke's Restaurant, where Italian comfort food meets New Orleans flavor and warm hospitality. Then, enjoy Songbird Robin Barnes in concert at the Ellis Marsalis Center for Music. This memorable outing offers soulful music, delicious dining, laughter, and great company. Cost includes reserved concert seating and transportation.

3:00pm – 9:00pm Limit of 30 Attendees \$95pp

*****OCTOBER 9 (FRIDAY): DAY TRIP – OKTOBERFEST - DEUTSCHES HAUS IN NEW ORLEANS**

Experience the lively spirit of Germany at NOLA Deutsches Haus Oktoberfest. Enjoy authentic German food, live music, dancing, and traditional festivities. Golden Opportunity members, family, and friends are invited to raise a stein and say, "Prost!" Cost includes transportation.

3:30pm – 8:30pm Limit of 45 Attendees \$35pp

*****OCTOBER 13 (TUESDAY): LUNCH AT FELIX'S RESTAURANT ON THE LAKEFRONT**

7400 Lakeshore Dr, New Orleans, LA 70124 Personal Transportation
Join us for a delightful afternoon featuring delicious food, beautiful lakefront views, and wonderful company. Enjoy great conversation and the special camaraderie that makes Golden Opportunity gatherings so memorable.

11:30am – 1:30pm Limit of 30 Attendees ON YOUR OWN

*****OCTOBER 16 (FRIDAY): BOOK CLUB BREAKFAST AT CAFFE LATTE DA**

5860 Citrus Blvd Ste A, Harahan, LA

Personal Transportation

Join your "GO" friends for a delightful breakfast and lively conversation as we discuss this month's book, *Frankenstein* by Mary Shelley. Come ready to share your thoughts, favorite moments, and fresh perspectives. Good food, great discussion, and wonderful company await.

10:00am – 11:30am

Limit of 25 Attendees

ON YOUR OWN

*****OCTOBER 20 (TUESDAY): SOUTH SHORE LIMERS – BLACK & GOLD IN PARIS SOCIAL**

Ochsner Health Center, 4430 Veterans Memorial Blvd. Metairie LA, **3rd Floor**

Personal Transportation

Hello, South Shore Limers! Join your GO friends for a spirited Black & Gold in Paris social celebrating friendship, life, and the joy of gathering. Enjoy small bites by Chef Jay Kazi, refreshing drinks, breathtaking views, and great conversation as we recognize birthdays, anniversaries, new members, and the pleasure of being together. Bring your best black-and-gold style and Saints spirit, and come ready to share your "Who Dat" energy with a touch of Parisian elegance.

1:00pm - 3:00pm

Registration is Required

FREE

*****OCTOBER 22 – 29: EXTENDED TRIP – FALL IN THE OZARKS; SANDRA OUT OF OFFICE**

For assistance, please contact Cindy Wilks, email: cwilks@ochsner.org or phone: (225) 270-2625.

*****OCTOBER 30 (FRIDAY): DAY TRIP – SPOOKTACULAR WITCHY LUNCHEON**

Prepare for an afternoon of magical enjoyment, laughter, and a whimsical three-course luncheon. Celebrate the season with your Golden Opportunity friends at Dickie Brennan's Bourbon House Restaurant, the perfect setting for charm and a sprinkle of magic. Enjoy delightful dishes, festive conversation, and a special photo opportunity at the St. Charles Skeleton House. Dress code: Embrace your playful spirit; hats, and whimsical costumes are encouraged. Cost includes luncheon and transportation.

10:30am – 3:30pm

Limit of 35 Attendees

\$130pp

2026 UPCOMING DAY TRIPS AND EVENTS:

NOVEMBER 7 (SATURDAY): LION KING AT SAENGER THEATRE & DINNER AT DOOKY CHASE

NOVEMBER 11 (WEDNESDAY): AMTRAK TRAIN TO NEW IBERIA, TABASCO FACTORY TOUR, LUNCH & DRIVE THROUGH JUNGLE GARDENS.

NOVEMBER 24 (TUESDAY): THANKSGIVING LUNCHEON

DECEMBER: CHRISTMAS CONCERT AND DINNER

2027 UPCOMING EXTENDED TRIPS:

MARCH: SAVANNAH & CHARLESTON, A BEAUTIFUL JOURNEY BY MOTORCOACH & TRAIN

APRIL: ROYAL CARIBBEAN REPOSITIONING CRUISE FROM NEW ORLEANS TO BARCELONA

SEPTEMBER: NOAH'S ARK ENCOUNTER

OCTOBER: NORWEGIAN CRUISE LINES - ROME TO LISBON

DECEMBER: CHRISTMAS AT BELLIGRATH GARDENS

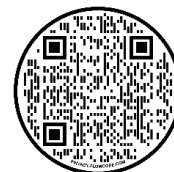
Schedule Medical Appointments without delay by using the GO dedicated phone line with the Ochsner Scheduling Department. South Shore: 504-842-6538

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

Virtual Suggestion Box: To access the form, copy the link below and paste it into your browser's address bar.
<https://forms.cloud.microsoft/r/97SKr7GCr7?origin=lprLink>

****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.



Scan QR Code for
the GO website.