



AUGUST 2026 REGISTRATION - SOUTH SHORE REGION
*****EVENT REGISTRATION BEGINS JULY 13 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, please check availability before submitting a check.

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 MONDAY: MOVEMENT AS MEDICINE**

August 3: ☐ attend August 10: ☐ attend August 17: ☐ attend August 24: ☐ attend August 31: ☐ attend

*****EVERY WEDNESDAY: MOVEMENT AS MEDICINE**

August 5: ☐ attend August 12: ☐ attend August 19: ☐ attend August 26: ☐ attend

*****AUGUST 4 (TUESDAY): LUNCH & LEARN – LIFE IN THE A ZONE, AUTHOR CONVERSATION**

☐ attend ☐ add to wait list

*****AUGUST 6 (THURSDAY): DAY TRIP – NEW ORLEANS CULINARY LEGACY**

☐ attend ☐ add to wait list ☐ pay by check # _____ ☐ pay by credit card (call in) \$70pp

*****AUGUST 7 (FRIDAY) UNLOCKING THE POWER OF AI WITH T-MACK THE TECH TRAVELER**

☐ attend ☐ add to wait list

*****AUGUST 13 (THURSDAY): DAY TRIP - A DELIGHTFUL COOLINARY & THEATRICAL EVENING**

☐ attend ☐ add to wait list ☐ pay by check # _____ ☐ pay by credit card (call in) \$150pp

*****AUGUST 18 (TUESDAY): SOUTH SHORE LIMERS SOCIAL**

☐ attend ☐ add to wait list

*****AUGUST 20 (THURSDAY): DAY TRIP - COOLINARY THURSDAY WITH A RESTAURANT SURPRISE**

☐ attend ☐ add to wait list ☐ pay by check # _____ ☐ pay by credit card (call in) \$45pp

*****AUGUST 25 (TUESDAY): PETALS & PAINT WORKSHOP**

Call Tiff at (504) 251- 2249 to select your flower size, register, and pay.

*****AUGUST 27 (THURSDAY): DAY TRIP - INVITE A FRIEND DAY TO OGDEN MUSEUM & LUNCH**

☐ attend ☐ add to wait list ☐ pay by check # _____ ☐ pay by credit card (call in) \$45pp

*****AUGUST 28 (FRIDAY): BOOK CLUB BREAKFAST AT CAFFÉ LATTE DA**

☐ attend ☐ add to wait list

South Shore Registrations should be mailed to:

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

****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.