



**OCTOBER 2026 REGISTRATION - SOUTH SHORE REGION**  
**\*\*\*EVENT REGISTRATION BEGINS SEPTEMBER 14, 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 & WEDNESDAY: MOVEMENT AS MEDICINE**

October 5: ☐ attend      October 7: ☐ attend      October 12: ☐ attend      October 14: ☐ attend  
October 26: ☐ attend      October 28: ☐ attend

**\*\*\*OCTOBER 3 (SATURDAY): DAY TRIP – ALL ABOARD THE AMTRAK TRAIN TO LAUREL, MS**  
**SOLD OUT**      ☐ add to wait list      \$98pp

**\*\*\*OCTOBER 6 (TUESDAY): DAY TRIP – AN EVENING OF GREAT FOOD AND MUSIC**  
☐ attend      ☐ add to wait list      ☐ pay by check # \_\_\_\_\_ ☐ pay by credit card (call in)      \$95pp

**\*\*\*OCTOBER 9 (FRIDAY): DAY TRIP – OKTOBERFEST - DEUTSCHES HAUS IN NEW ORLEANS**  
☐ attend      ☐ add to wait list      ☐ pay by check # \_\_\_\_\_ ☐ pay by credit card (call in)      \$35pp

**\*\*\*OCTOBER 13 (TUESDAY): LUNCH AT FELIX'S RESTAURANT ON THE LAKEFRONT**  
☐ attend      ☐ add to wait list      ON YOUR OWN

**\*\*\*OCTOBER 16 (FRIDAY): BOOK CLUB BREAKFAST AT CAFFE LATTE DA**  
☐ attend      ☐ add to wait list      ON YOUR OWN

**\*\*\*OCTOBER 20 (TUESDAY): SOUTH SHORE LIMERS – BLACK & GOLD IN PARIS SOCIAL**  
☐ attend      ☐ add to wait list      FREE

**\*\*\*OCTOBER 30 (FRIDAY): DAY TRIP – SPOOKTACULAR WITCHY LUNCHEON**  
☐ attend      ☐ add to wait list      ☐ pay by check # \_\_\_\_\_ ☐ pay by credit card (call in)      \$130pp

**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.