



SEPTEMBER 2026 REGISTRATION - SOUTH SHORE REGION
*****EVENT REGISTRATION BEGINS AUGUST 3 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: ENERGIZING PLAYTIME WARM-UP & MOVEMENT AS MEDICINE**

September 21: ☐ attend September 28: ☐ attend

*****EVERY WEDNESDAY: ENERGIZING PLAYTIME WARM-UP & MOVEMENT AS MEDICINE**

September 2: ☐ attend September 9: ☐ attend September 16: ☐ attend September 23: ☐ attend
September 30: ☐ attend

*****SEPTEMBER 3 (THURSDAY): CONTAINER GARDEN WORKSHOP AT PERINO'S GARDEN CENTER**

☐ attend ☐ add to wait list

*****SEPTEMBER 10 (THURSDAY): LUNCH AT GOLDEN CORRAL BUFFET & GRILL**

☐ attend ☐ add to wait list

*****SEPTEMBER 11 (FRIDAY): GENTLEMEN'S BREW: PROSTATE HEALTH**

☐ attend ☐ add to wait list

*****SEPTEMBER 12 (SATURDAY): DAY TRIP – NOLA RIVER FEST SECONDLINE PARADE BY PEDICAB**

☐ attend ☐ add to wait list ☐ pay by check # _____ ☐ pay by credit card (call in) \$75pp

*****SEPTEMBER 14 (MONDAY): INSPIRING HEALTHY LIVES – CHEF NINO**

☐ attend ☐ add to wait list

*****SEPTEMBER 15 (TUESDAY): SOUTH SHORE LIMERS – MOVING ON UP!**

☐ attend ☐ add to wait list

*****SEPTEMBER 22 (TUESDAY): LUNCH & LEARN – SIMPLE WAYS TO PREVENT FALLS AT HOME**

☐ attend ☐ add to wait list

*****SEPTEMBER 25 (FRIDAY): BOOK CLUB BREAKFAST AT CAFFÉ LATTE DA**

☐ attend ☐ add to wait list

*****SEPTEMBER 26 (SATURDAY): DAY TRIP – JOIN THE PARTY AT SON OF A SAILOR FEST**

☐ attend ☐ add to wait list ☐ pay by check # _____ ☐ pay by credit card (call in) \$75pp

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.