



JULY 2026 REGISTRATION - SOUTH SHORE REGION
*****EVENT REGISTRATION BEGINS JUNE 15 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**

July 6: attend July 13: attend July 20: attend July 28: attend

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

July 1: attend July 8: attend July 15: attend July 22: attend July 29: attend

*****JULY 2 (THURSDAY): SOUTH SHORE LIMERS RED, WHITE, & BLUE SOCIAL**

attend add to wait list

*****JULY 9 (THURSDAY): DAY TRIP: BOUGHT FOR A SONG - A YOUNG NATION EXPANDS**

attend add to wait list pay by check # _____ pay by credit card (call in) \$50pp

*****JULY14 (TUESDAY): LUNCH AT CARRABBA'S ITALIAN GRILL**

attend add to wait list

*****JULY17 (FRIDAY): ORCHID & SUCCULENT FLORAL ARRANGEMENT WORKSHOP**

attend add to wait list pay by check # _____ pay by credit card (call in) \$50pp

*****JULY 24 (FRIDAY) LUNCH AND LEARN – UNLOCKING EMOTIONAL INTELLIGENCE**

attend add to wait list

*****JULY 31 (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.