

SEPTEMBER 2025 REGISTRATION - SOUTH SHORE REGION
*****EVENT REGISTRATION BEGINS MONDAY 15 at 8:00am**
REGISTRATION REQUIRED FOR ALL EVENTS!
Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

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.

*****CHAIR PILATES**

October 3: ☐ attend October 27: ☐ attend

*****STRENGTH & STRETCH**

October 8: ☐ attend October 29: ☐ attend

*****OCTOBER 1 (WEDNESDAY): MEMBER MEETUP & INTERNATIONAL DAY OF OLDER PERSONS CELEBRATION**

☐ attend

*****OCTOBER 2 (THURSDAY): LUNCHBOX SERIES: SHIP 2026 INSURANCE PLANS**

☐ attend ☐ add to wait list

*****OCTOBER 6 (MONDAY): CHEF NINO DEMONSTRATION**

☐ attend ☐ add to wait list

*****OCTOBER 7 (TUESDAY): DAY TRIP - DOWN ON THE BAYOU, DISCOVERING HOUMA, LOUISIANA**

☐ attend ☐ add to wait list ☐ pay by check # _____ ☐ pay by credit card (call in) \$135pp

*****OCTOBER 28 (TUESDAY): BOOK CLUB BREAKFAST AT CAFFE LATTE DA**

☐ attend ☐ add to wait list

*****OCTOBER 29 (WEDNESDAY): LUNCH AT BONEFISH GRILL RESTAURANT**

☐ attend ☐ add to wait list

*****OCTOBER 30 (THURSDAY): HUMANA - MEDICARE 101, 2026 UPDATES**

☐ attend ☐ add to wait list

*****OCTOBER 31 (FRIDAY): DAY TRIP – SPOOKTACULAR WITCHY LUNCHEON**

☐ attend ☐ add to wait list ☐ pay by check # _____ ☐ pay by credit card (call in) \$115pp

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.