**EVENT REGISTRATION for new events*** BEGINS July 22-10:00 A.M. on the cloud!

***August 1 (Thursday): **CITY PARK’S THURSDAYS AT TWILIGHT BUS TRIP** $17pp
James Rivers Movement: James Rivers is a multi-instrumentalist who performs a mixture of rock, progressive jazz, and rhythm and blues. Bus departs at 3:30pm. Meet in front of the River Room at Ochsner Medical Center-West Bank, 2500 Belle Chasse Blvd, **GRETNA.** Park in the 3rd parking lot.
3:30pm to 8:45pm Limit of 30 attendees

***August 7 (Wednesday): **GO MONTHLY GROUP MEETING “LUNCH WITH ALICE”** $14pp
Theme: Cowboy / Western: Trivia • Menu-Lasagna, Green Beans, Garlic Bread, Salad, and Strawberry Shortcake. NO menu substitutions. New Orleans Ladies Ballroom, 1771 Stumpf Blvd, **Terrytown.** Doors open at 10:15 a.m. Lunch served at 12:15.
FOOD BANK DONATIONS & COUPONS FOR TROOPS WILL BE ACCEPTED.
11:00am to 2:00pm Limit of 160 attendees

***August 8 (Thursday): **LUNCH AND LEARN** $5pp
Dr. Laura Nicosia will give a presentation on the topic “Osteoporosis” at the Ochsner Medical Center-West Bank, River Room, 2500 Belle Chasse Blvd, **GRETNA.** Doors open at 9:30am. Meal served at 11:15am.
10:00am to 12:00pm Limit of 50 attendees

***August 11 (Sunday): **JPAS: 100 YEARS OF WOMEN IN BLUES** $29pp
At one time or another we have all felt the blues, and artists like Bonnie Raitt, Janis Joplin, Irma Thomas, Ma Rainey and Big Mama Thornton among others, have expressed in their songs our feelings and our sins. This show by Big Easy Entertainment Award Winner Dorian Rush, travels from 1919 to 2019 and it’s a journey of life, love, heartache and loss. This is a self-drive event. Westwego Performing Arts Theatre (general admission), Teatro Wego, 177 Sala Avenue, **WESTWEGO.** 2:00 pm.

***August 14 (Wednesday): **MIDDENDORF’S & DILLARD’S OUTLETS LIDELL BUS TRIP** $10pp
Bus departs at 10:00a.m. on Thursday. Meet in front of the River Room at Ochsner Medical Center-West Bank, 2500 Belle Chasse Blvd, **GRETNA.** Park in the 3rd parking lot. Bus leaves at 1:00pm on Friday.
10:00am to 4:00pm Limit of 30 attendees

***August 22 – 23 (Thursday & Friday): **PARAGON CASINO OVERNIGHT BUS TRIP** $48pp (DOUBLE), $68pp (SINGLE)
Try your luck at the Paragon Casino in Marksville. Includes $10.00 food voucher and $30.00 cash on play.
Bus departs at 10:00a.m. on Thursday. Meet in front of the River Room at Ochsner Medical Center-West Bank, 2500 Belle Chasse Blvd, **GRETNA.** Park in the 3rd parking lot. Bus leaves at 1:00 pm on Friday.
8/22 (Thurs.) 10:00am to 8/23 (Fri.) 5:00 pm Limit of 45 attendees

***August 27 (Tuesday): **EXPLORE, LEARN, & PLAY AT OCHSNER INNOVATIONHUB AT LAKESIDE MALL BUS TRIP** $7pp
This immersive health & wellness adventure for all ages offers personalized health and wellness coaching, interactive wellness product demos, and an augmented reality experience. Afterwards, shop & dine (lunch on your own). **Bus departs at 9:30a.m. Meet in front of the River Room at Ochsner Medical Center-West Bank, 2500 Belle Chasse Blvd, **GRETNA.** Park in the 3rd parking lot.
9:30am to 3:00 pm Limit of 30 attendees

***September 4 (Wednesday): **GO MONTHLY GROUP MEETING “LUNCH WITH ALICE”** $14pp
Theme: New Orleans Saints – Wear your Black & Gold! • Menu: Hamburger Steak, Mashed Potatoes, Green Peas, Garlic Rolls, Salad, and Ice Cream with Crème de Menthe. NO menu substitutions. New Orleans Ladies Ballroom, 1771 Stumpf Blvd, **Terrytown.** Doors open at 10:15 a.m. Lunch served at 12:15.
FOOD BANK DONATIONS & COUPONS FOR TROOPS WILL BE ACCEPTED.
11:00am to 2:00pm Limit of 160 attendees

**GRAND CANYON ROAD TRIP MEETING**
Meeting will be held immediately after the GO monthly meeting “Lunch with Alice”
1:50pm to 2:30pm
EVENT REGISTRATION for new events*** BEGINS July 22 on the cloud!

*** October 13 (Sunday):  THE ROCKY HORROR SHOW  $34pp
In this cult classic, sweethearts Brad and Janet, stuck with a flat tire during a storm, discover the eerie mansion of Dr. Frank-N-Furter, a transvestite scientist. As their innocence is lost, Brad and Janet meet a houseful of wild characters, including a rocker biker and a creepy butler. Through elaborate dancers and rock songs, Frank-K-Furter unveils his latest creation: a muscular man named “Rocky.” This is a self-drive event. Westwego Performing Arts Theatre (reserved seating), 177A Sala Avenue, WESTWEGO. 2:00pm.

***Sept. 21 through Oct. 3, 2019 –Grand Canyon & The Tribal Lands of the West Road Trip
Highlights in Texas include the National Museum of the Pacific War, Fredericksburg, and the Sixth Floor Museum. In New Mexico visit Old Mesilla. Arizona highlights include Arizona State Museum, Mission San Xavier del bac, Desert Botanical Gardens, Musical Instrument Museum, Montezuma Castle Visitor’s Center, Verde Canyon Railroad, Sedona Trolley, and in the Grand Canyon, Red Rock State Park, , Desert View Drive to Tower, overlook stops, G.C. Visitor Center (shuttles in park), National Geographic Visitor Center & IMAX. Also includes Four Corners National Monument and G W Bush Presidential Library. $100 deposit.
Price per person: Single $2879, Double $2179, Triple, $1994, Quad $1879
Make payments to Trips Unlimited (504-340-8747 or 800-542-8785).

***Dec. 8 through 15, 2019 –The Ultimate Christmas Tour Road Trip
Highlights in Georgia include Calloway Gardens, Sibley Center, and Fantasy in Lights. In Asheville, North Carolina, highlights include a Candlelight Tour, Winery Tour, and Christmas Luncheon. Next, travel through the Appalachian Mountains to the Oglebay Resort in Wheeling, West Virginia to enjoy a Christmas Dinner, Caroling, a tour of the 1846 decorated Mansion, Glass Museum, Centre Market, and the Winter Fantasy in Lights. In Kentucky, tour Louisville Stoneware Company and make an ornament and visit the Louisville Slugger Museum & Factory. $150 deposit. Final Payment due Sept. 9, 2019
Price per person: Single $1998, Double $1584, Triple, $1348, Quad $1258
Make payments to Trips Unlimited (504-340-8747 or 800-542-8785).

MARK YOUR CALENDAR:  UPCOMING EVENTS
September 12 (Thursday) Lunch and Learn

ANNOUNCEMENTS:
** Coupons for Troops - Military families stationed overseas buy their groceries from the commissary on base. They will accept coupons up to six months after the expiration date. They must state "Manufacturer's Coupon" on them. Food, baby supplies and household items are needed.

**Go to https://ochsner.force.com to register for events and pay with credit card online. Walk in's, check or credit card payments are taken in the office. A separate check must be written for each event. Add the name of the event on the check and do not send an address label or a stamped envelope. RESERVATIONS ACCEPTED ON A FIRST COME, FIRST SERVE BASIS.
**All trips are non-refundable. Every attempt will be made to sell your seat to someone on the waiting list if you need to cancel.

****Need help with the Cloud? Contact our office to make an appointment!****

Sign up on the Cloud – https://ochsner.force.com
View all GO regions' activities
Register for events online
Pay for events online
Receive a text/email confirming registration
Be placed on a wait list if events are full
Pay online for membership renewals

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