

## September 2022 Registration – WB & SS Region

\*\*\* EVENT REGISTRATION BEGINS AUGUST 15

RSVP REQUIRED FOR ALL EVENTS!

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Please go to the Cloud at [www.ochsner.force.com/goldenopportunity](http://www.ochsner.force.com/goldenopportunity) to register. Do you need help registering for the cloud? ☐ Yes ☐ No

**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. Be sure to have your emergency and health info with you for all events.
2. If an event requires payment by check please submit separate checks for events unless otherwise stated.
3. Ochsner GO has the right to limit all program activity participation to members only.
4. All GO events are subject to change and GO has the right to adjust events without formal notice.

### \*\*\*SEPTEMBER 7 (WEDNESDAY) WB MEETING: LADIES BALLROOM “THE GATHERING PLACE”

**Food Bank Donations will be collected at every meeting.**

1771 Stumpf Blvd. in Terrytown - Personal Transportation.

Theme: New Orleans Saints! Its black & gold attire. “Win, lose or tie, I’m a Saints fan even when they make me cry!” Menu includes Southern Fried Catfish, baked macaroni, *coleslaw*, and dinner rolls.

☐ attend ☐ will not ☐ add to wait list

### \*\*\*SEPTEMBER 12 (MONDAY) LUNCH & LEARN: PROTECT YOURSELF FROM SCAMS

2500 Belle Chasse Hwy. in Gretna - Personal Transportation.

Speaker: Joseph Ewell Jr., Humana. Learn how to spot and avoid scams so you can protect yourself and your family. Menu includes Mango salsa chicken breast, roasted potatoes, grilled vegetables, tossed salad and a cookie.

☐ attend ☐ will not ☐ add to wait list

### \*\*\*SEPTEMBER 13 (TUESDAY) SS MONTHLY MEETING: MEAL PREP HACKS

1200 S. Clearview Parkway- Ochsner Fitness Ctr. Auditorium - Personal Transportation.

Speaker: Alexis Weilbaecher, Ochsner Clinic Dietician. Become a pro at meal prepping. It’s a great way to help you save time, money, and calories. And you’ll avoid the long fast-food lines!

☐ attend ☐ will not ☐ add to wait list

### \*\*\*SEPTEMBER 15 (THURSDAY): MORNING FUEL WITH SABRINA

Shoney’s Gretna 420 West Bank Expressway in Gretna - Personal Transportation.

Eating breakfast is a nutritious way to start out your day. Breakfast refuels your body, enhances your mood, improves your concentration, helps you maintain a healthy weight, and is the foundation of a healthy diet. We will meet in the private dining room.

☐ attend ☐ will not ☐ add to wait list

### **SEPTEMBER 16 (FRIDAY) ROAD TRIP: DINNER BELL**

The bus was full so let's do it again! Great conversation and great food served on the Lazy Susan tables. Menu: Fried chicken - Fried okra - Fried eggplant - Sweet potato casserole - Dumplings- Turnips - Green beans - Lima beans - Field peas - Mashed potatoes - Rice & gravy - Cole slaw - Stewed squash - Corn salad.

☐ attend

☐ will not

☐ add to wait list

### **\*\*\*SEPTEMBER 20 (TUESDAY): MORNING FUEL @ CAFFE' LATTE DA**

5860 Citrus Boulevard, Ste A, Harahan, LA- Drive Yourself

The term "breakfast" means breaking the fast. And at some point in our day, all of us do that, whether it's at 7 a.m. or noon. Ideally, the recommendation is to put some food in your belly within two hours of getting up for the day. Drive yourself to Caffe' Latte Da and enjoy great conversation while enjoying Brunch on your own.

10:30am

Limit of 30 Attendees

On Your Own

☐ attend

☐ will not

☐ add to wait list

### **FUTURE EVENTS**

#### **OCTOBER 24-29 (MONDAY – SATURDAY): ROAD TRIP - BRANSON FALL FOLIAGE**

Join us for a stroll through Branson Missouri! Branson tour includes 4 shows, a train ride through the Ozark Mountains and beautiful Mount Magazine. Enjoy the Showboat Branson Belle, the Haygood's, tour of the College of the Ozarks, Mt Magazine State Park, Arkansas, and Missouri Railroad and much more!

Single: \$1368 / Double: \$1138 / Triple: \$1068 / Quad: \$1028

Contact Tours by Aurora at 504-914-7209 to register.

☐ attend

☐ will not

☐ add to wait list

### **ANNOUNCEMENTS:**

Fees must be received within 7 days of making the reservation to confirm your seat. If not received, your seat will be filled by another member. 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. **RSVP IS REQUIRED FOR ALL EVENTS. YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.**

**With the new changes, West Bank & South Shore Registrations should be mailed to:**

**Golden Opportunity  
Attn: Sabrina Champagne  
4225 Lapalco Blvd.  
Marrero, LA 70072**