Febr 3 (Wednesday): GO Monthly Group Meeting “Lunch with Alice” 10:45 a.m. • New Orleans Ladies Ballroom, 1771 Stumpf Blvd, Terrytown • Theme: Mardi Gras: We’ll select our 2016 King and Queen • Menu: Chicken Florentine, Bowtie Pasta, Carrots & Peas, Caesar Salad, Garlic Bread, and Chocolate Pudding • NO menu substitutions accepted • Wear your Costumes! $12.00 p.p. • Doors open at 10:15 a.m

***** PLEASE REMEMBER TO BRING DONATIONS FOR THE GRETNA FOOD BANK *****

Feb 11 (Thursday): Lunch & Learn – Learning to Use Your Smartphone/iPod/iPad, presented by Braden Lemon, Ochsner Tech • 10:00 a.m. – noon. • River Room: Ochsner Westbank $5.00 p.p. • Doors open at 9:30 a.m. • Meal served at 11:00 a.m

Feb 12 (Friday): A Day at the Races • New Orleans Fairgrounds Race Course • Join us for a day of fun and southern hospitality as we enjoy an all-you-can-eat buffet, featuring the Fairgrounds famous corned beef and cabbage as well as other delectable items. We’ll also receive a racing program so we can search for those “sure winners” as we enjoy the horseracing action. Of course there are the slot machines for those who prefer casino action. $45.00 p.p. • Bus departs 11:00 a.m. 3rd parking lot

Feb 18 (Thursday): Thursdays at Twilight – The Yat Pack • The New Orleans based band modeled on the 60’s Vegas Swing Era performs classic big band numbers by Frank Sinatra, Louis Prima, Dean Martin, and Bobby Darin as well as contemporary artists like Michael Bublé, Billy Joel, and Harry Connick, Jr. They will also mix in a heavy dose of good old New Orleans R&B • Both buses are full but those who wish to purchase tickets on your own and meet us there are welcome to join in the fun. SOLD OUT • Bus departs 3:30 p.m. 3rd parking lot

Feb 24 (Wednesday): Lunch & Learn – Hypertension, presented by Jeffrey Arnold, NP, Ochsner Medical Center • Often called the “Silent Killer”, Hypertension, or High Blood Pressure, is a serious condition affecting a significant number of people • 10:00 a.m. – noon. • River Room: Ochsner Westbank $5.00 p.p. • Doors open at 9:30 a.m. • Meal served at 11:00 a.m

Mar 10 (Thursday): Thursdays at Twilight – The New Orleans Mystics • The Mystics is a New Orleans band featuring the music of Motown • Songs from the Temptations, O’Jays, Marvin Gaye and Otis Redding will all be part of this soulful tribute to some of the greatest music from the 1970s • $15.00 p.p. • Bus departs 3:30 p.m. 3rd parking lot

ALL EVENT REGISTRATION FORMS MUST BE MAILED TO THE GO WESTBANK OFFICE (LAPALCO CLINIC) – RESERVATIONS ARE ACCEPTED ON A FIRST COME, FIRST SERVED BASIS!
MAIL YOUR RESERVATION FORM & CHECKS payable to
GOLDEN OPPORTUNITY WESTBANK, 4225 Lapalco Blvd, Marrero, LA 70072

**DO NOT** send check without the registration form, and **DO NOT send blank checks**. We cannot accept checks for an event until it appears in the monthly newsletter and on the registration form. **Checks submitted without the registration form will be returned to you.**

Don’t forget to **send a separate check for each event**, **add name of event (place, not just “Lunch Bunch”)** on check, and enclose an ADDRESS LABEL – **DO NOT send a stamped envelope**

If you want to attend an event on the same bus/date as your friends, **send your reservations in the same envelope** – that will assure you are together.

**Note:** If you **do not** want to be placed on a waiting list, please indicate so on your registration form. Your check will be returned to you immediately, instead of being held pending additional trips.

**MARK YOUR CALENDAR:** **UPCOMING EVENTS**

Mar 2 (Wednesday)  Monthly Meeting
Mar 4 (Friday)  China Lights at City Park
Mar 10 (Thursday)  Lunch & Learn
Mar 10 (Thursday)  Thursdays at Twilight: New Orleans Mystics
Mar 15 (Tuesday)  Lunch Bunch: Broussard’s
Apr 7-9 (Thurs – Sat)  Bus Trip to Natchitoches LA

**Want to know what’s going on at all Golden Opportunity regions?** Log on to http://www.ochsner.org/health-resources/golden-opportunity-a-50-lifestyle-program/

**GOOD NEWS:** **OCHSNER HEALTH CENTER LAPALCO IS OPEN ON SUNDAYS!** You can now receive medical services 7 days a week, 8 a.m. – 5 p.m. Walk-Ins welcome – no appointment necessary

A **dedicated phone line** has been set up with Ochsner Scheduling Department for Golden Opportunity members to schedule medical appointments. Now you can call and schedule your appointment without any delays. **Please Call:** 504-371-9333

**NOTICE:** **Change in Annual Membership Renewals**

All memberships now expire on January 1st of each year. **If your expiration date is not Jan 1, 2017, your membership expired on Jan 1, 2016, regardless of the date on your card** - you **must renew** your current membership. Dues are still $10 per year. **If you do not renew your membership you will NOT be allowed to register or participate in upcoming events and/or trips**

**Misplaced Membership Card:** $5.00 replacement fee

**Free Valet Parking for Golden Opportunity Members at Ochsner Westbank for medical reasons, or visiting a patient:** Free Valet Parking for seniors 65+ at All Campuses -

**Show your Membership card and receive a discount:**
15% Ochsner Optical Shop
10% Ochsner Gift Shop
15% Brent House Hotel Beauty Salon
Discount rate with Brent House Hotel
10% Designs/Monograms/Names/ Embroidery 504-259-4848
10% Jill’s Plumbing Repairs 504-301-6623

For more information on upcoming trips, activities, meetings or to submit a suggestion, please call

Alice Nelson-Jones,
Program Coordinator,
Golden Opportunity
Westbank
(504) 371-6541

AlicJones@ochsner.org