

Golden Opportunity

Monthly Newsletter

JANUARY 2011



HAPPY NEW YEAR



JANUARY 5 (Wednesday): LUNCH BUNCH

“BLUEBERRY STUDY” Learn more about the new research (Pennington BioMedical Center) findings that has revealed that one of America’s favorite colorful fruit, blueberries. The fruit has properties that help to improve factors related to pre-diabetes and decrease inflammation in obese men and women ▪ Speaker: Aprill Stull, MD ▪ 10:30a – 12:00p ▪ Hospital Classroom ▪ Snack provided

RSVP REQUIRED

JANUARY 21 (Friday): POT LUCK

Bring your favorite dish along with your recipe
▪ Hospital Classroom ▪ 11:30a – 1:00p

RSVP REQUIRED

JANUARY 27 (Thursday): “MYSTERY ROAD

TRIP” It will be out of this world! Cost pp: \$50.00 (Transportation & Lunch included) ▪ Depart from hospital: 7:30 am ▪ Return to hospital: 5:00pm
Deadline to register: 12/14/10 ▪ No refunds after:

12/21/10 **RSVP REQUIRED**

JANUARY 11 (Tuesday): MOVIE REVIEW



“LITTLE FOCKERS” Rated PG-13

Rave Theater 16040 Hatteras Ave (off O’Neal Lane) ▪ GO members will meet at the theater at 10:00a. ▪

Admission free ▪ Mandatory to spend \$5.00 (or more if you like!) at the concession stand ▪ **Please call with drink choice**

Cast: Robert DeNiro, Ben Stiller, Owen Wilson, Blythe Danner, Jessica Alba, Lauren Dern, Harvey Keitel, Teri Polo, Barbara Streisand **RSVP REQUIRED**

JANUARY 14 (Friday): CULINARY RUN:

“CALIFORNIA PIZZA KITCHEN” ▪ 10001 Perkins Road (Perkins Rowe) will meet at the restaurant to simply enjoy a great lunch and great company! ▪ 11:30a

RSVP REQUIRED

JANUARY 28 (Friday): BASIC COMPUTER CLASS

Pennington Y (15550 Old Hammond Hwy) ▪ 11:00a–12:00p ▪ Limited (14) seats **RSVP REQUIRED**

January – March 2011 MEMBERSHIP DRIVE

A membership drive will be held! Have your family/friends place your name on the application. During our membership drive you can win wonderful prizes!! Call should you have any questions, concerns or suggestions.

Don’t miss out on future activities!

ANNUAL MEMBERSHIP RENEWAL DUES

- \$10.00 PER PERSON
- Make checks payable to: Golden Opportunity

JANUARY 18 (Tuesday): COFFEE WITH CINDY

Our monthly gathering to discuss upcoming events, make suggestions or simply meet new friends over a cup of coffee. ▪ 10:00 – 11:00p ▪ GO Office: Plaza II (Room

114-B) **RSVP REQUIRED**

Waiver: Golden Opportunity reserves the right to limit all program activity participation to members only when appropriate or when otherwise stated.

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NEW DISCOUNT AVAILABLE TO MEMBERS:

Varsity Shoes located at 2055 Perkins Road is offering a **15% discount** to all GO Members.

Bring in your GO membership card to receive your discount.

Membership Cards: If you've misplaced your membership cards there is a \$5 replacement fee.

Newsletter emails: If you would like to receive GO information electronically, send your email address to cwilks@ochsner.org

Membership Updates: Have you updated your personal information (home address, phone numbers & e-mail address).

Book Exchange Program – Trade the books that you have for the books that you want!! GO office now has books for exchanging, reading and keeping if you bring a book in for replacement.

Exclusive Deals for GO Members:

- **YMCA** – Pay \$5 per visit or a maximum of \$45 per month to utilize the YMCA location of your choice.
- **Sam's Club** – Become a new member or renew your existing membership and receive a \$10 gift card (redeemed at Sam's or Wal-Mart). **YOU MUST OBTAIN THE SAM'S APPLICATION FROM THE GO OFFICE.** Call the GO office for details.

Healthcare Reform Starts by Stopping

Healthcare Fraud. If you suspect healthcare fraud with your Medicare bill, please call toll free: 1-877-272-8720. Visit the web site: www.stopmedicarefraudla.org

UPCOMING EVENTS:

February 25 – **“A Day at the Races”** New Orleans fair grounds (includes admission into the clubhouse, lunch, racing program, tax gratuity and transportation). \$50.00 per person. You can “bet” it is going to be fun!

March 25 – **Houmas House Plantation, Cajun Village and Cabin Restaurant** - \$58.00 per person (includes tour fees, transportation, lunch, tax and gratuity).

April 22 – **“A Day to Go Wild”** Tour of Global Wildlife Center - \$32.00 per person (includes transportation and wildlife entry). Lunch will follow at Trey Yuen Restaurant in Hammond LA for \$18.00 per person (includes tax and gratuity). You will pay for your own lunch at the restaurant.

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

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