

Golden Opportunity

Monthly Newsletter

AUGUST 2011



North Shore Region



August 3 (Wednesday): **COVINGTON GO** Meeting "Coffee with Christie" ▪ 2nd floor conference room ▪ 10:00 a.m. to 11:30 a.m. ▪ **FOOD BANK** donations accepted. **RSVP REQUIRED!**



August 10 (Thursday): **SLIDELL GO** Meeting "Coffee with Christie" ▪ Ochsner Medical Center-North Shore, 100 Medical Center Drive, Camellia/Azalea Rooms ▪ 9:30 a.m. to 11:00 a.m. **RSVP REQUIRED!**



August 11 (Thursday) Passport to Good Health Series ▪ "Phys Ed 101" ▪ West St. Tammany YMCA, 71256 Francis Road, Covington (985 893-9622) ▪ 10:00 a.m. to Noon ▪ "Emotional Wellbeing" **RSVP REQUIRED!**

WELLNESS WORKSHOP

"YOUR HOSPITAL EXPERIENCE"

Ochsner Health Center-Covington
2nd floor Conference Room

Thursday, August 18
12:30 pm to 4:00 pm

RSVP REQUIRED

Smita Patel, M.D. "What is Hospital Medicine?"

Steven Guarisco, M.D. "Understanding
Colonoscopies"

Paula Monnat, M.D. "Your 21st Century Anesthesia
Experience"



August 23 (Tuesday) – *Hollywood and History Bus Trip* to Baton Rouge ▪ Tour the Celtic Media Centre, Louisiana's flagship studio, one of the largest facilities outside of California working with the entertainment industry. Enjoy Cajun cuisine at the famous Boutin's Restaurant. (Choice of Stuffed Crab, Broiled or Fried Catfish, Grilled Chicken or Hamburger Steak). This trip also includes a tour of the Old State Capitol Building. Bus departs *OHC-Covington* at 7:45 a.m, pick up in Hammond, returns at 4:00 p.m. \$60.00 per person. Limited to 45 passengers. **RSVP REQUIRED!**



August 25 (Friday) "DINE AROUND" Trey Yuen (2100 North Morrison Boulevard, **HAMMOND**, 985 345-6789) 11:00 a.m. (\$18 pp, cash only) includes buffet, tea, tax and gratuity. Debra Zoerner, Bayou Dulcimer Club, will entertain and educate us on this beautiful musical instrument. **RSVP REQUIRED!**

August 31 (Wednesday) "Understanding Joint Pain" ▪ Ochsner Medical Center-North Shore, **SLIDELL**, 100 Medical Center Drive, Neuroscience Building, Bayou Room ▪ 10:30 a.m. to noon ▪ Dr. Natalia Jolliff (Department of Physical Medicine & Rehabilitation). **RSVP REQUIRED!**

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ANNUAL MEMBERSHIP RENEWAL DUES - \$10.00 PER PERSON / PER YEAR. Don't miss out on future activities! Please make checks payable to Golden Opportunity. Payment can be dropped off or mailed. **In order to register and participate in GO events and trips, your membership must be up-to-date. Check your ID card for your membership expiration date.**

Membership Cards:

If you've misplaced your membership card, there is a \$5 replacement fee.

Your membership card identifies your eligibility to receive discounts and additional benefits just by presenting it in various areas.

For example:

15% discount at all Ochsner Optical Shops
10% discount at all Ochsner Gift Shops
20% discount at all Ochsner Cafeterias
10% discount at the Ochsner pharmacy (OTC products) on Jefferson Highway
Discounted rate at the Brent House Hotel
Varsity Sports – 15% discount at all locations

Membership Updates:

Have you updated your personal information (home address, email address & phone numbers). Please contact our office to help us update our database with your current information.

PLEASE NOTE!

When making your reservations to attend GO activities requiring payment, you *MUST* submit your registration

form via mail, email or dropped off to the GO office. This is done to ensure fairness to all GO members. Reservations for future activities can be made once the information is posted.

Thank you!

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

UPCOMING ACTIVITIES

September 16: Amelia Bennett Blood Drive, Covington

September 27: Amtrak "Crescent" trip to Meridian

October 20-24, 2011: **DISNEYWORLD** Bus Trip, \$532 pp (double occupancy)

November 27- December 3, 2011: **BRANSON TRIP**

February 28 – March 3, 2012: Amtrak Greenbrier Resort Trip, White Sulphur Springs, WV

"GO" Hawaii 11 Night Cruise Royal Caribbean Cruise Line Rhapsody of the Seas

**Monday, April 30th to Friday, May 11th, 2012
Repositioning Cruise to Vancouver, British Columbia**

The cruise package includes the following:

- Accommodations in an inside or ocean view stateroom
- Taxes & Fees and Gratuities
- All meals (breakfast, lunch, dinner and snacks)
- Award winning entertainment from full stage productions to comedy shows
- Shipboard activities suited for all
- *Round trip airfare from New Orleans

Inside Cabin - \$2560 (Double Occupancy)

Outside Cabin - \$2950 (Double Occupancy)

**Mandatory Insurance (\$159 per person)*

Payment schedule:

Deposit \$350 pp due upon reservation

First Payment: \$200 due by 10/3/11

Final Payment: 3/1/12

THE LION KING

**Mahalia Jackson Theatre – March 15, 2012,
2:00 p.m. Center Parquet. \$100.25 pp
(includes ticket and bus transportation)**



Limited tickets. First come, first served! Checks payable to Ochsner Health System.