

Golden Opportunity

Monthly Newsletter

FEBRUARY 2011



North Shore Region



February 2 (Wednesday) – **COVINGTON GO**

Meeting “Coffee with Christie” ▪ 2nd floor conference room, Covington ▪ 9:30 a.m. to 11:00 a.m. **Food Bank** donations will be accepted. ▪ American Heartwalk Information.

RSVP REQUIRED!

February 7 (Monday) **LUNCH BUNCH** ▪ Buon cibo! (*Good eating*) with your fellow members at the **Old Italian House** (100 Tyler Square, Covington, 985- 892-5300 ▪ 11:00 a.m. to 1:00 p.m. ▪ Lunch on your own. **RSVP REQUIRED!**

February 9 (Wednesday) – **SLIDELL GO Meeting “Coffee with Christie”** ▪ **EAST ST. TAMMANY HABITAT FOR HUMANITY ReStore**, 747 Old Spanish Trail, Slidell ▪ 9:30 a.m. to 11:00 a.m. ▪ Learn what Habitat is all about (it’s not just houses!) and the purpose of the ReStore. **RSVP REQUIRED!**

February 11 (Friday) **LUNCH BUNCH** **Rockefeller’s Restaurant** ▪ (147 N. W. Railroad Avenue, Ponchatoula, 985 370-0930) ▪ Dale Peyroux. D.V.M. ▪ *“Top Ten List of Pet Care Tips”* 11:00 a.m. to 1:00 p.m. ▪ Lunch on your own, specials available. **RSVP REQUIRED!**

Christie Trew, Golden Opportunity
Ochsner Health Center Covington
1000 Ochsner Blvd, Covington, LA. 70433
985-875-2799
985-875-2792 fax

All events take place at the Ochsner Health Center-Covington, located at 1000 Ochsner Boulevard unless otherwise noted.

February 15 (Tuesday) – WDSU-TV Newsroom (10:00a) & Lunch at Deanie’s Seafood Restaurant **Bus Trip** ▪ Go behind the scenes of the local television station and enjoy lunch at world famous Deanie’s Restaurant in the French Quarter. Bus departs *OMC-NS in Slidell at 9:00 a.m.*, returns at 2:00 p.m. \$55.00 per person. Limited to 25 passengers. **RSVP REQUIRED!**



February 17 (Thursday) **Mystery Matinee Movie!** “Covington Hollywood Movies 14” ▪ 2:00 p.m. Buy one ticket (\$7.25) – get one free with GO ID! **RSVP REQUIRED!**

February 22 (Tuesday) – **Medicine Management and Avoiding Falls** ▪ Presented by Philips Lifeline ▪ 2nd floor conference room, Covington ▪ 10:30 a.m. to 11:30 a.m. **RSVP REQUIRED!**

February 24 (Thursday) **WELLNESS THURSDAY** at the “Y” ▪ **“Phys Ed 101”** ▪ West St. Tammany YMCA, 71256 Francis Road, Covington, 985 893-9622) ▪ 10:00 a.m. to Noon ▪ Benefits of Physical Activity/Cardio Workout/Joint Health **RSVP REQUIRED!**

Interested in becoming an Ochsner GO volunteer? Contact Christie in the GO office at 875-2799.

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ANNUAL MEMBERSHIP RENEWAL DUES - \$10.00 PER PERSON / PER YEAR DUE 1/1/10. *Don't miss out on future activities!* Please make checks payable to Golden Opportunity. Forms can be dropped off or mailed.

Membership Cards:

If you've misplaced your membership cards there is a \$5 replacement fee. If you do not renew your membership you will NOT be allowed to register/participate in any events and/or trips if your membership is not up-to-date.

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.

Newsletter emails:

If you would like to receive GO information electronically, send your email address to ctrew@ochsner.org

PLEASE NOTE!

*When making your reservations to attend GO activities requiring payment, you **MUST** submit your registration form via mail, email, fax or dropped off to the GO office. This is done to ensure fairness to all GO members.*

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

DVD'S FOR CANCER SERVICES

DVD players are available for patients during their chemotherapy sessions. The Infusion Center is accepting donations to build their library. Please drop off your unwanted DVD's at the GO office.



SAVE THE DATE!

American Heart Association's Heartwalk – Saturday, April 2, Fontainebleau State Park. Team members needed! Call the GO office to register.

UPCOMING ACTIVITIES

March 15 LSU Agriculture Research Center, Hammond
March 22 Natchez Pilgrimage bus trip (Covington)
April 2 American Heartwalk Fontainebleau State Park
April 27 Mardi Gras World bus trip (from Slidell)

Alaska (Inside Passage) ▪ 11-Night Cruise & Tour September 2 thru 13

Aboard Royal Caribbean "Radiance of the Seas"

The cruise package includes the following: (All Inclusive)

- Roundtrip air
- Accommodations in an inside or ocean view stateroom
- Taxes & Fees and Gratuities
- 4-Day Post cruise tour package
- All meals (breakfast, lunch, dinner and snacks) *
- Award winning entertainment from full stage productions to comedy shows
- Shipboard activities suited for all ages (Rock Climbing, Fitness Centers and so much more).

Cabin Category (Double Occupancy):

G - Large Ocean View - **\$3,410.00** pp

L - Inside Stateroom - **\$3,190.00** pp

*Travel Insurance available

Ports of Call:

Vancouver, British Columbia ▪ Ketchikan, Alaska
Icy Strait Point, Alaska ▪ Juneau, Alaska ▪ Skagway, Alaska
Seward, Alaska ▪ Hubbard Glacier (Cruising).

COMING SOON! Weight Loss Grocery Tours



Eat Well. Be Well. Ochsner Health System and Rouses have teamed up to help you "Choose Healthy" meals as part of a healthy lifestyle. Look for the local tour schedule in future newsletters.

