

Golden Opportunity

Monthly Newsletter

MARCH 2011



North Shore Region



March 2 (Wednesday) – **COVINGTON GO Meeting “Coffee with Christie”** ▪ *“What is a Labryinth?”* ▪ 2nd floor conference room ▪ 10:00 a.m. to 11:30 a.m. **Food Bank** donations will be accepted. **RSVP REQUIRED!**

March 3 (Thursday) – **SLIDELL GO Meeting “Coffee with Christie”** ▪ *“Cancer Prevention and Screening”* ▪ Ochsner Medical Center-North Shore, 100 Medical Center Drive, Camellia/ Azalea Rooms ▪ 9:30 a.m. to 11:00 a.m. **RSVP REQUIRED!**



HAPPY MARDI GRAS! ▪ The GO office will be closed in observance of the “Mardi Gras” holiday on Monday, 3/7 and Tuesday, 3/8.

March 16 (Wednesday) Tour the Hammond “LSU/Ag Center Research Station”. Learn what it’s all about! 9:30 a.m. to 11:00 a.m ▪ 21549 Old Covington Highway, **HAMMOND** (985 543-4125) LUNCH BUNCH (11:30 a.m. to 1:00 p.m.) at Don’s Seafood, Hammond. **RSVP REQUIRED for one or both!**

March 22 (Tuesday) – **A TALE OF OLE NATCHEZ Bus Trip** ▪ Annual Spring Pilgrimage Festival. \$75.00 pp. ▪ Includes bus transportation, tour of three antebellum mansions (*Longwood, Stanton Hall, Dunleith*) and lunch at the Carriage House Restaurant. Bus departs Covington with a pickup in Hammond. Based on 55 passengers. **RSVP REQUIRED!**

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

March 24 (Thursday) LUNCH BUNCH AT ANNEDELE’S PLANTATION RESTAURANT ▪ (71518 Chestnut Street, **Covington**) ▪ 11:00 a.m. ▪ (\$20.00 pp) **payable to restaurant.** Lunch includes caesar salad, choice of entrée (eggplant medallions topped with shrimp & tomatoes and whipped potatoes OR broiled catfish with seasonal vegetables & roasted potatoes), bread pudding, beverage, tax and gratuity. **RSVP REQUIRED!**

March 25 (Friday) – **SLIDELL Basic Computer Training** ▪ Ochsner Medical Center-North Shore, Neuroscience Building, “Cypress Room” ▪ 10:00 a.m. to 11:30 a.m. “Basic Computer Training & The Email Process” **RSVP REQUIRED!** Limited number of seats.

WELLNESS WORKSHOP

“EYES: OUR WINDOWS TO THE WORLD”

OHC-**Covington**, 2nd floor conference room

Wednesday, March 30

10:30 to noon

RSVP REQUIRED

Russell Wright, Optical Services
J. David Linson, O.D. “Macular Degeneration”
Jeffrey Colegrove, O.D. “Low Vision”

March 31 (Thursday) - LUNCH BUNCH AT CHESTERFIELD’S RESTAURANT ▪ (1300 Gause Boulevard, **SLIDELL**) ▪ 11:30 a.m. Lunch on your own. **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. 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 cards there is a \$5 replacement fee.

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 or dropped off at 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.*

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



Learn and Live

Save the Date!!

Join the Golden Opportunity Team

**"Start" Northshore Heart Walk
April 2, 2011, Fontainebleau State Park**

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.

Thank you!

UPCOMING ACTIVITIES- *call for more info*

April 2 American Heartwalk Fontainebleau State Park
 April 11 GO Gallery of Arts and Crafts
 April 27 Mardi Gras World bus trip (from Slidell)
 May 17 & 18 Nottoway Day Festival overnight bus trip

Alaska (Inside Passage) - 11-Night Cruise & Tour September 2 thru 13, 2011

Aboard Royal Caribbean's "Radiance of the Seas"

The cruise package includes the following: (All Inclusive)

- Roundtrip air fare
- Accommodations (choice of inside or ocean view stateroom)
- Taxes & Fees and Gratuities
- All meals (breakfast, lunch, dinner and snacks)
- Award winning entertainment
- Shipboard activities suited for all ages
- 4-Day Post cruise tour package



Cabin Category (Double Occupancy):

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

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

**Plus mandatory Travel Insurance \$159.00 per person*

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 grocery tour schedule in future newsletters.

Free Heart Health Screenings at these locations:

FRIDAY, FEBRUARY 11th (9:00 a.m. – 12:00 p.m.)

Slidell #22

(1644 Gause Boulevard)

Covington #20

(1200 Business Highway 190)

SATURDAY, FEBRUARY 12th (9:00 a.m. – 12:00 p.m.)

Mandeville #21

93461 East Causeway Approach



"Broadway Across America" 2011 Shows

Call the GO office if you wish to reserve your spot!

June 1 Shrek the Musical \$75.50pp (includes ticket, bus transportation), Section 5, Rows J thru M. Dinner on your own at Bravo!
 Summer 2011 Lion King (ticket price and date tbd)

