

Golden Opportunity

Monthly Newsletter

MAY 2011



North Shore Region



May 4 (Wednesday) – **COVINGTON GO Meeting “Coffee with Christie”** ▪ 2nd floor conference room ▪ 10:00 a.m. to 11:30 a.m. ▪ “Reach Out and Read Program” overview. **FOOD BANK** donations accepted. **RSVP REQUIRED!**

May 11 (Wednesday) – **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. ▪ “*Preparing for an Emergency*” presented by Clarence Powe, Deputy Director for St. Tammany Parish Office of Homeland Security and Emergency Preparedness. **RSVP REQUIRED!**

May 13 (Friday) – GO Annual Senior Day “Passport to Good Health”, YMCA, 71256 Francis Road, Covington, 985 893-9622. **RSVP REQUIRED!** Event begins at 9:00 a.m. See page 2 for more details.

May 17 & 18 (Tuesday and Wednesday) “Nottoway Plantation Day Fest Trip” Depart Cov 8:30 a.m., pick up in Hammond at 9:00 a.m. Return Noon on Wednesday. Includes transportation, brunch morning of arrival & departure, afternoon crawfish boil, live entertainment, dancing, ground tour, museum visit & movie on plantation history. Single \$170pp, Double \$140pp **RSVP REQUIRED!**

May 20 (Friday) “DINE AROUND” Abita Brew Pub (72011 Holly Street, 985 892-5837) 11:30 a.m. Lunch on your own. (Cash preferred) followed by Abita Brewery Tour (21084 Highway 36, 985 893-3143) at 2:00 p.m. **RSVP REQUIRED!**

May 23 (Monday) “Preventing Skin Cancer” ▪ Ochsner Medical Center-North Shore, **SLIDELL**, 100 Medical Center Drive, Camellia/ Azalea Rooms ▪ 10:30 a.m. to noon ▪ Dr. Siva Smith (Hematology /Oncology Department). **RSVP REQUIRED!**

May 31 (Tuesday) “Treating Thyroid Conditions” **Lunch & Learn** ▪ Ochsner Health Center-**HAMMOND** (41676 Veterans Avenue) ▪ Noon to 1:00 p.m. **RSVP REQUIRED!** Light lunch will be served.

Tickets still available for “*Shrek the Musical*”!!!
“*Broadway Across America*”2011 Shows”
(\$52.50pp includes ticket, & bus transportation.
Dinner at Bravo’s on your own), Section 5, Rows J
thru M – Make your reservation today with the GO
office!

[View GO Monthly Newsletters Online:](http://www.ochsner.org/go)
www.ochsner.org/go

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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 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!

DVD'S and BOOKS FOR CANCER SERVICES

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

Thank you!

AARP Driver Refresher Courses:

Ochsner Health Center-COVINGTON

2nd Floor Conference Room

June 17, 1:00 to 5:00 p.m.

Registration required. Please call 985 8975-2799

Ochsner Medical Center-North Shore, SLIDELL

Neuroscience Building, Bayou Room, 2nd floor

May 31, July 19, November 1

9:00 a.m. to 1:30 p.m.

Registration required. Please call 1-888-677-6248

North Oaks Hospital, HAMMOND

Diagnostic Center on Dr. Vega Drive

2nd Tuesday of each month

9:00 a.m. to 1:30 p.m.

Registration required. Please call 985-429-1818

UPCOMING ACTIVITIES

July 19: Bus trip to Louisiana State Police Training Academy, Baton Rouge. Depart Covington, pickup in Hammond, \$35pp. Lunch on your own at Academy (\$2.50 to \$6.00 range). Based on 25 passengers

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



"PASSPORT TO GOOD HEALTH"

Friday, May 13, 2010

9:00 am – 1:00 pm

St. Tammany West YMCA, Covington

- **Free Screenings:** Total Cholesterol, HDL, Glucose, Blood Pressure, and Nurse Consultations (fasting best, but not required)
- **Information Presentations:** "Sinus Issues", "Hearing Help", "Take Time to Care for Yourself", Medicare Fraud
- **Demonstrations:** Senior Zumba Dance, Sneaker Clinic, Mini Massages
- **Special Guest Tables:** Ochsner Optical Services, NAMI, Humana/Silver Sneakers, Varsity Sports, much more!
- **Activities:** Games! Prizes! Refreshments! Lunch will be provided.

RSVP REQUIRED to GO office 985 875-2799