

Golden Opportunity

Monthly Newsletter OCTOBER 2010



October 8 (Friday): CULINARY RUN

ACME OYSTER HOUSE 3535 Perkins Road

We will meet at the restaurant to simply enjoy a great lunch and great company! ▪ 11:30a **RSVP REQUIRED**

October 14 (Thursday): MONTHLY PROGRAM MEETING

Our monthly gathering to discuss upcoming events, make suggestions or simply meet new friends over a cup of coffee. ▪ 9:00a -10:00a

GO Office: Plaza II ▪ Room 114-B **RSVP REQUIRED**

OCTOBER 15 (Friday): SENIOR DAY – SOUTHSIDE YMCA 8482 Perkins Road

Free health screenings: Total Cholesterol, HDL, Glucose, Blood Pressure, Nurse Consultation, Seminars: Pennington Biomedical Center, Medicare Fraud, Fall Prevention, Glaucoma & Eye Disease. Walgreens will provide flu shots for \$29.99pp and vendors will be present. ▪ 8:00a – 1:00p

RSVP REQUIRED



NEW ACTIVITY FOR GO

OCTOBER 19 (Tuesday): MOVIE REVIEW - SECRETIARIAT

Rave Theater 16040 Hatteras Ave (off O'Neal Lane)

Arrive at 9:45 ▪ Movie starts at **10:00 am**

GO members will meet at the theater to review the G rated movie. Admission free ▪ **Mandatory to spend \$5.00 at the concession stand** **RSVP REQUIRED**

Don't miss out on future activities!

ANNUAL MEMBERSHIP RENEWAL DUES

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

October 20 (Wednesday): LUNCH BUNCH PLANNING FOR THE FUTURE

White Oak Plantation (17660 George O'neal)

Discussion about the importance of having a sound estate plan for you and your heirs and the importance of having a current will and understanding Louisiana Succession law ▪ Speaker: Patrick Reso, Attorney-at-Law. ▪ 12:00p ▪ Lunch provided **RSVP REQUIRED**

October 22 (Friday): BASIC COMPUTER CLASS

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

October 25 (Monday): HALLOWEEN POT LUCK

Bring your favorite dish along with your recipe

▪ Hospital Classroom ▪ 12:00a – 1:30p

RSVP REQUIRED

October 26 (Tuesday): LUNCH BUNCH

“VERTIGO” Learn more about the symptoms and treatment of vertigo ▪ Speaker: Teresa King, MD ▪ 10:30a – 12:00p ▪ Hospital Classroom ▪ Lunch provided **RSVP REQUIRED**

October 28 (Thursday): ROAD TRIP ▪ **\$62.00 pp**

New Orleans Streetcar Trip to ride aboard the trolley line (private charter – no stopping to pick up other passengers). Lunch at Deanie's Restaurant, Coffee & Beignets at Café Du Monde and shopping at the French Market. (Lunch menu to follow).

Cost: (Transportation, lunch and trolley fee)

Depart from hospital: 8:30am

Return to hospital: 5:30pm



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***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:

Present your GO card at either location of Honey Baked Ham and receive a 10% discount.

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:

Nov 3 – Lunch Bunch – Medicare 2011 updates and changes for 2012

Nov 4 – Fiddler on the Roof - \$40 (per ticket)

Nov 7 – 14 – Savannah Tour

Nov 17 – Humana Updates

Nov 22 – Pot Luck

Nov 29 – Program Monthly Meeting

Nov 30 – Culinary Run

Movie Review to be announced

***Dec 10 - GO Holiday Party (Royal Palms) 4-7pm**

Senior Day

Southside YMCA - 8482 Perkins Road

8:00a – 1:00p

Free Screenings: Total Cholesterol, HDL, Glucose, Blood Pressure, Nurse Consultation

Informative Seminars: Pennington Biomedical Research Center, Medicare Fraud, Fall Prevention, Glaucoma & Eye Disease

Informational Tables: Walgreens(providing flu shots for \$29.99), Pennington, Ochsner Optical, Ochsner Volunteer Services, Humana, Epilepsy Foundation, Ochsner Dietary, Emergency Preparedness, Canon Hospice, Sam's Club and Smoothie King.

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

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