

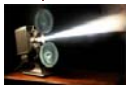
Golden Opportunity

Monthly Newsletter

DECEMBER 2011

PLEASE MAKE AN EFFORT TO CALL AND CANCEL IF YOU HAVE MADE RESERVATIONS AND CAN NOT MAKE AN EVENT. THIS WILL ALLOW THOSE ON THE WAITING LIST TO BE ABLE TO ATTEND THE EVENT.

HAPPY HOLIDAYS



“MOVIE REVIEW”

December 1 (Thursday): GRAND CINEMA

15365 George O'Neal Rd ▪ “Jack & Jill”

GO members will meet at the theater at 9:30a ▪ **\$6.50 per person** - this will include admission, small drink and small popcorn. Rated PG. Jack, a family man, deals with his twin sister, Jill,

when she visits for Thanksgiving then won't leave. Adam Sandler will play both characters. Starring: Katie Holmes, Al Pacino, Regis Philbin, and Sandler.

RSVP REQUIRED

December 5 (Monday): “CULINARY RUN”

Juban's Restaurant ▪ 3937 Perkins Road

We will meet at the restaurant to simply enjoy a great lunch and great company! ▪ 11:30a ▪ **\$24.00 per person** includes tax and gratuity. Please see the menu on the back of the newsletter. Please call with your choice of meal selection.

RSVP REQUIRED

December 6 (Tuesday): “LUNCH BUNCH”

Respiratory 101 – An Open Forum

Jerome Cambre, Respiratory therapist will hold an “open forum” for respiratory questions.

Hospital Classroom ▪ 11:00a – 12:30p **RSVP REQUIRED**

December 14 (Wednesday): “LUNCH BUNCH”

ABC's of IBS (Irritable Bowel Syndrome)

A common disorder that affects the large intestine (colon). Gregory Gaspard, MD will educate us on what is IBS, the symptoms of IBS and what can be done about IBS.

10:30a – 12:00p ▪ Hospital Classroom ▪ Lunch provided

RSVP REQUIRED

December 16 (Friday): “BASIC COMPUTER CLASS”

Pennington Y (15550 Old Hammond Hwy)

12:00p ▪ Limited (10) seats

RSVP REQUIRED

Don't miss out on future activities!

RENEWAL DUES

\$10.00 PER PERSON



GO ANNUAL HOLIDAY CELEBRATION

Friday, December 9, 2011

4:00PM ~ 7:00PM

\$ 55.00 per person

Complimentary House Wine

Buffet

Hors d'oeuvres

Cake

Coffee

Live Entertainment

***Cash Bar**

(Taxes, gratuity & transportation included)

RSVP REQUIRED IMMEDIATELY

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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).

DISCOUNT AVAILABLE TO GO MEMBERS:

Ochsner Optical Shop	15% discount
Ochsner Gift Shop	10% discount
Ochsner Cafeteria	20% discount
Varsity Shoes	15% discount
Honey Baked Ham	10% discount
Heroman's Florist (6868 Florida Blvd)	10% discount
Harb's Oasis Garden Center	10% discount
Kean's Dry Cleaners	10% discount

GO Members receive a 15% discount on eyeglasses, prescription and non-prescription sunglasses, and accessories or receive \$100 – \$200 off with Humana Gold Plus verification

Raven's Outreach Center for Homeless Veterans

Wish List:

Twin White Sheets, White Pillow Cases, Pillows & Blankets
Personal Hygiene Products / Men Underwear and Socks / Bleach & Fabric Softener / Coffee, Creamer & Sweet-n-Low Sweetener

If you are interested in donating any of the above items, please call the GO office.

EXCLUSIVE DEALS FOR MEMBERS:

- **YMCA** – Pay \$5 per visit or a maximum of \$45 per month and 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 receive application through the GO office.

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.

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:

UPCOMING ROAD TRIPS FOR 2012:

January 19 – Ferrara Fire Apparatus / LIGO / Middendorf's
\$45.00 per person / Lunch on your own

February 14 – New Orleans: Degas House Tour & Brunch and Tour of Rum Distillery
\$65.00 per person

March – Overnight trip to Bellingrath Gardens

**** Cost of the above Road Trip to be announced later**

April – A Day at the Races – New Orleans Fairgrounds
\$55.00 per person

JUBAN'S MENU

All Entrees Served with Bread, Salad & Dessert

Entrée Choices:

Blackened Fillet of Catfish topped with Crawfish Etoufee

Deep Fried Fillet of Catfish topped with Crawfish Etoufee

French Cut Breast of Chicken herb marinated & broiled

Hamburger Steak, 8 oz. chopped tenderloin of beef with Juban's honey bouboun caramelized onions

Dessert Choices:

New York Cheesecake with New Orleans praline sauce

Juban's Bread Pudding with rum anglaise

NOTE: JUBAN'S HAS REQUESTED ALL TO PAY WITH EITHER CASH OR CHECK.

NO CREDIT CARDS PLEASE.

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

Cindy Wilks, Program Coordinator

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