

# Golden Opportunity

## Monthly Newsletter

FEBRUARY 2011



February 4 (Friday): **“CULINARY RUN”**  
VOODOO BBQ ▪ 240 Range 12 Blvd, Denham Springs ▪ We will meet at the restaurant to simply enjoy a great lunch and great company! ▪ 11:30a

**RSVP REQUIRED**

February 14 (Monday): **“POT LUCK”**  
*Bring your favorite dish along with your recipe*  
▪ Hospital Classroom ▪ 11:00a – 12:00p

**RSVP REQUIRED**



February 15 (Tuesday): **“MOVIE REVIEW: UNKNOWN”** ▪ Rave Theater 16040 Hatteras Ave (off O’Neal Lane) GO members will meet at the theater at 10:00a. **Admission \$7.00** See the back for new information.

**RSVP REQUIRED**

February 17 (Thursday): **“GET GOing”**  
**NEW EVENT**  
*LA State Police Training Academy Tour* ▪ 7901 Independence Blvd ▪ Meet at the academy for 10:00 am ▪ Tour includes facility and the crime lab ▪ Lunch in the academy cafeteria (see menu on back) ▪ The LSP will provide a bus (free of charge) to the state-of- the art shooting range and driving course located outside of St. Francisville ▪ Fee: Cost of lunch (on your own)

**RSVP REQUIRED**

February 18 (Friday): **“BASIC COMPUTER CLASS”** ▪ Pennington Y (15550 Old Hammond Hwy) ▪ 11:00a– 12:00p ▪ Limited (14) seats

**RSVP REQUIRED**

February 23 (Wednesday): **“LUNCH BUNCH”**  
*“Postural Consideration in the Elderly”*  
Aimee McHugh, Physical Therapist – Presenter  
Your posture changes as you age. Aimee will offer tips on understanding and managing those changes.  
▪ 10:30a – 12:00p ▪ Hospital Classroom  
▪ Lunch provided

**RSVP REQUIRED**

February 25 (Friday): **“ROAD TRIP”**



**“A DAY AT THE RACES”**

**New Orleans Fair Grounds**

**Cost pp: \$50.00** (Includes admission into clubhouse, transportation & lunch, racing program tax & gratuity)

**Depart from hospital: 10:00 am**

**Return to hospital: 5:30pm**

**Deadline to register: 2/11/11**

**No refunds after: 2/18/11**

**RSVP REQUIRED**

February 28 (Monday): **“COFFEE WITH CINDY”**  
Our monthly gathering to discuss upcoming events, make suggestions or simply meet new friends over a cup of coffee. ▪ 10:00a -11:00a ▪ GO Office: Plaza II ▪ Room 114-B

**RSVP REQUIRED**

**Don’t miss out on future activities!**  
**ANNUAL MEMBERSHIP RENEWAL DUES**

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

***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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### 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

### 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.

**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](mailto: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.

**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](http://www.stopmedicarefraudla.org)

**Movie Review Plot Details:** *"Unknown"*, based on Didier Van Cauwelaert's novel, starring Liam Neeson, January Jones and Diane Kruger. **Dr. Martin Harris (Neeson) awakens after a car accident in Berlin to discover that his wife (Jones) suddenly doesn't recognize him and another man has assumed his identity.**

*Rave management apologizes for the charge of admission, but there have been new rules put on the theater for 2011. A private early show is still available for us - \$7 charge per person and whatever concession you may choose to purchase. The \$5 movie meal is still available or you can purchase any items at regular cost.*

## January – March 2011 MEMBERSHIP DRIVE

A membership drive will be held! Have your family/friends place your name on the application. During our membership drive you can win wonderful prizes!! Call should you have any questions.

March 25 – **Houmas House Plantation, Cajun Village and Cabin Restaurant** - \$58.00 per person (includes tour fees, transportation, lunch, tax and gratuity).

\*\*\*\*\* April – **"A Day to Go Wild"** Tour of Global Wildlife Center – **ROAD TRIP CANCELLED**

### LASP Cafeteria Menu:

#### Entrees

Shrimp Ettouffe (Could change)  
Baked/ Fried Pork Chops

#### Sides

Baked Sweet Potato  
Cabbage  
Field Peas  
Waldorf Salad  
Potato Salad  
Garden Salad

#### Hot Lunch Plate Special

1 Entrée with 2 sides and bread \$6.00  
Entrée Only \$3.50  
Additional Sides \$1.50

#### Salad/Sandwiches/Desserts

Chef Salad \$5.00  
Regular Sandwich \$2.50  
Club Sandwich \$3.75

#### Baskets (includes french fries)

Catfish Basket \$5.00  
Chicken Finger Basket \$4.25  
Hamburger Basket \$4.25

Desserts \$1.50

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

*Cindy Wilks, Program Coordinator*

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