

Golden Opportunity

Monthly Newsletter

October 2009



October 2 (Friday) – Walking Group
9:00 am Hospital lake

October 5 (Monday) – New York Travel Meeting. 10:00 am Hospital Cafeteria
 Please make every effort to attend.

October 7 (Wednesday) - “Lunch Bunch” – Chad Braden, MD to discuss “Flu Symptoms”

Hospital Classrooms Lunch will be provided 10:30 am – 12:00 pm

October 9 (Friday) – Walking Group
9:00 am Hospital lake

October 13 (Tuesday) - “Coffee with Cindy” – We will discuss future GO activities. Coffee and muffins will be provided 9:00am – 10:00 am
Hospital Classroom

October 14 (Wednesday) – Livingston Health Fair

Forest Grove Plantation

8743 Stephenson Dr., Denham Springs
11:00am – 1:00pm “GO” will be participating as a vendor at this event.

October 16 (Friday) – Walking Group
9:00 am Hospital lake

October 21 thru 28 – New York City Trip.
Mark your calendars: I will be out of the office during this time returning to the office on Friday, October 29, 2009. A “GO” volunteer will be available to assist with any questions or event registrations while I am away.

***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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Please call the GO office to RSVP for all activities to ensure adequate space on trip 755-4984.

Renewals: Have you renewed your Membership this year? If your membership has expired, it is time to renew at \$10 per person per for the year.

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).

Exclusive Deals for GO Members:

Sam's Club- become a new member or renew your existing membership and receive a \$10.00 gift card.

YMCA – Pay \$5 per visit or a maximum of \$45 per month and can be used at any YMCA location.

For more information on upcoming trips, activities, meetings or to submit a suggestion please call Cindy Wilks, Program Coordinator @ 225-755-4984.

Upcoming Activities

- **November 4 – LA Ship (Senior Health Insurance Plan) - insurance changes for 2010.**
- **November 6 – Walking Group at the hospital lake.**
- **November 9 – “Coffee with Cindy” Enjoy hot coffee and muffins discussing 2010 plans for GO.**
- **November 12 – Dinnerbell Restaurant Trip (McComb, MS)**
- **November 13 – Walking Group at the hospital lake.**
- **November 17 – “Pot Luck” celebrating Thanksgiving – bring favorite dish and recipe.**
- **November 20 – Walking Group at the hospital lake.**