Golden Opportunity

Monthly Newsletter

MARCH 2011

March 4 (Friday): "GET *GO*'ing"
Kleinpeter Dairy Tour ▪ 14444 Airline Hwy ▪ Meet at the plant for **9:00 am.** Tour includes the processing/packaging plant ▪ If it is raining on the day of the tour – the tour will be canceled and rescheduled in the future – they don't conduct tours in inclement weather Fee: Free **RSVP REQUIRED**

March 11 (Friday): "CULINARY RUN"
5 Guys Restaurant ▪ 2380 Towne Centre
We will meet at the restaurant to simply enjoy a great lunch and great company! ▪ 11:30a **RSVP REQUIRED**

March 15 (Tuesday): "MOVIE REVIEW"
"THE ADJUSTMENT BUREAU"
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.
Please call with drink choice. **RSVP REQUIRED**

March 16 (Wednesday) "LUNCH BUNCH"
***GO* GREEN!! Wear your green today!**
"Home composting and storm water management"
Learn the history and the benefits of the recycling program in BR and how to use rain barrels and rain gardens. Saturday, March 19th – compost bin/rain barrel sale and free mulch go be given away – come hear the details. ▪ **Presenter: Bob Dillemuth** ▪ 10:30a – 12:00p ▪ Hospital Classroom Lunch provided. **RSVP REQUIRED**

March 18 (Friday) "BASIC COMPUTER CLASS"
Pennington YMCA (15550 Old Hammond Hwy) ▪11:00a – 12:00p▪ Limited (14) seats **RSVP REQUIRED**

March 25 (Friday): "ROAD TRIP"
Houmas House Plantation, Cajun Village & Cabin Restaurant ▪ A day filled with fun and southern hospitality. We will enjoy a tour of the plantation with a delicious buffet meal at the Cabin Restaurant with an afternoon tour of the Cajun Village. (Please see back for the menu) **Cost pp: $58.00** (Includes bus, tour fee and lunch) **Depart from hospital:** 8:30am ▪ **Return to hospital:** 5:00pm ▪ **Deadline to register:** 3/14/11 ▪ **No refunds after:** 3/18/11 **RSVP REQUIRED**

March 30 (Wednesday) "LUNCH BUNCH"
"EAT RIGHT WITH COLOR"
Come learn the benefits of eating colorful fruit and vegetables in promoting health and weight management.
▪Presenter: Angelina LeBlanc & Liz Spansel
▪ 10:30a – 12:00p ▪ Hospital Classroom ▪ Lunch provided
RSVP REQUIRED

March 31 (Thursday): "COFFEE WITH CINDY "
Our monthly gathering to discuss upcoming events, make suggestions or simply meet new friends over a cup of coffee. ▪ 10:00 – 11:00p ▪ **GO Office:** Plaza II *(Room 114-B)* **RSVP REQUIRED**

NEW BUSINESSES ADDED TO THE LIST OFFERING *GO* MEMBERS -10 % DISCOUNTS:

Kean's Dry Cleaners - all locations
Naylors True Value Hardware and Garden Center
*** Heroman's Florist – 6868 Florida Blvd (only)**
*** Harb's Oasis Garden Center – 13827 Coursey Blvd**
*** The discounts apply to retail merchandise only (no sale items) and no over-the-telephone orders.**

Don't miss out on future activities!
ANNUAL MEMBERSHIP RENEWAL DUES
$10.00 PER PERSON
Make checks payable to: Golden Opportunity

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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 (68668 Florida Blvd)	10% discount
Harb's Oasis Garden Center	10% discount
Kean's Dry Cleaners	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.

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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.

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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

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Movie Review Plot Details: *"The Adjustment Bureau"*

Do we control our destiny, or do unseen forces manipulate us? Matt Damon stars in the thriller The Adjustment Bureau as a man who glimpses the future Fate has planned for him and realizes he wants something else. To get it, he must pursue the only woman he's ever loved across, under and through the streets of modern-day New York.

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.

Alaska (Inside Passage) ▪ 11-Night Cruise & Tour
September 2 thru 13

Aboard **Royal Caribbean "Radiance of the Seas"**

The cruise package includes the following: (All Inclusive)

Roundtrip air
Accommodations in an inside or ocean view stateroom
Taxes &Fees and Gratuities
4-Day Post cruise tour package
All meals (breakfast, lunch, dinner and snacks)
Award winning entertainment from full stage productions to comedy shows. Shipboard activities suited for all ages (Rock Climbing, Fitness Centers and so much more).

Cabin Category (Double Occupancy):

G - Large Ocean View - **$3,410.00 pp**
L - Inside Stateroom - **$3,190.00 pp**

**Mandatory Travel Insurance - $159 per person*

Ports of Call:

Vancouver, British Columbia ▪ Ketchikan, Alaska
Icy Strait Point, Alaska ▪ Juneau, Alaska ▪ Skagway, Alaska
Seward, Alaska ▪ Hubbard Glacier (Cruising).

**** You will depart from Covington for this trip.**

Cabin Restaurant Buffet Menu:

Fried Stuff Crabs	Green beans	Buttermilk Pie
Fried Catfish	Dirty Rice	Bread Pudding
Baked Chicken	Cornbread	Tea & Water

GO Member March Birthdays:

Octavia Berry	Betty Blackman	Vicki Brooks
Rita Coutee	Frank Cardaronella	Theresa Dorr
Jonnie Dorris	Richard East	Rose Fair
June Fitzgerald	Charles Grace	Jacqueline Jack
Theresa Keller	Margaret Labarbera	Lena Langlois
Curtis Lauret	Steve LeBlanc	Patricia Lohr
Judy London	Priscilla Lynch	Shirley Perkins
Noelie Pilie	Phil Reichert	Lillian Robinson
Ronald Seaton	Shirley Shill	Danice Sims
Debra Thomas	Jane Swaggerty	Jerome Wanicek
Elaine Weigand		
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For more information on upcoming trips, activities, meetings, to submit a suggestion or to make a reservation, please call:

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