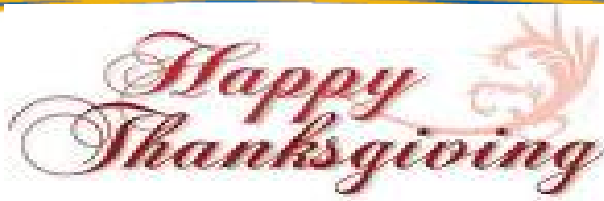


Golden Opportunity

Monthly Newsletter

NOVEMBER 2011

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



November 2 (Wednesday): "THANKSGIVING POT LUCK"

Bring your favorite dish along with your recipe

Hospital Classroom ▪ 12:00a – 1:30p

RSVP REQUIRED

"Around Baton Rouge"

November 3 (Thursday): "WHOLE FOOD MARKET"

7529 Corporate Blvd

Aromatherapy Classes *** 10:00 am or 3:00pm

We will meet at Whole Food Market to learn about the wonderful world of aromatherapy! We will get to smell and experience some of the most wonderful essential oils that Whole Foods Market has to offer. Also, we will learn how to make your own bath salts using essentials oils. ▪ Meet at 10:00 am Whole Food Market – 2nd floor conference room ▪

Limited to 20 per class / *please indicate time you would like to attend ▪ \$5.00 per person is required and you pay at Whole Foods before entering class**

RSVP REQUIRED

November 7 (Monday): "LUNCH BUNCH"

"SHIIP" Senior Health Insurance Information Program &

"Medicare Fraud" Vicki Dufrene with SHIIP will give the 2012 updates and changes for Medicare. LA Senior Medicare Patrol will give updates on recent Medicare fraud

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

RSVP REQUIRED

Don't miss out on future activities!

RENEWAL DUES
\$10.00 PER PERSON



"MOVIE REVIEW"

GRAND CINEMA ▪ 15365 George O'Neal Rd
Tower Heist

GO members will meet at the theater at 9:30a ▪ \$6.50 per person - this will include admission, small drink and small popcorn ▪ When a group of hard working guys find out they've fallen victim to a wealthy business man's Ponzi scheme, they conspire to rob his high-rise residence. **Stars:** Eddie Murphy, Ben Stiller, Alan Alda and Casey Affleck

Rated PG-13

RSVP REQUIRED

November 11 (Friday): "BASIC COMPUTER CLASS"

Pennington Y (15550 Old Hammond Hwy)

12:00p ▪ Limited (10) seats

RSVP REQUIRED

November 15 (Tuesday): "CULINARY RUN"

Ralph & Kacoos Restaurant

6110 Bluebonnet Blvd

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

RSVP REQUIRED

November 21 (Monday): *Just In Time for the Holidays!*

Accessorizing With Jewelry

Whether you opt for statement or subtle jewelry, choosing the right necklaces, earring, bracelets, watches and rings can add that finishing touch to any outfit. ▪ Presenter Helen Melancon will demonstrate jewelry accessorizing 10:00a – 11:00a ▪ Hospital Classroom

RSVP REQUIRED

Please MARK your Calendars:
I will be out of the office from November 27 – December 3rd.



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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

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:

December Lunch Bunch- IBS (Irritable Bowel Syndrome)

UPCOMING ROAD TRIPS FOR 2012:

January 19 – Ferrara Fire Apparatus / LIGO/ Middendorf's
February 14 – New Orleans: Degas House Tour & Brunch and Tour of Rum Distillery

March – Overnight trip to Bellingrath Gardens

April – A Day at the Races – New Orleans Fairgrounds

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



Golden Opportunity Annual Holiday Celebration

Nottoway Plantation

Friday, December 9, 2011

4:00PM ~ 7:00PM

\$ 55p.p. (Party ONLY)

***\$ 172p.p. Double – \$ 210p.p. Single
(Overnight Stay & Party)***

\$55 Rate (per person) includes:

Complimentary House Wine

Buffet

Hors d'ouvers

Cake

Coffee

Live Entertainment

****Cash Bar***

(Taxes, gratuity & transportation included)

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

***Cindy Wilks, Program Coordinator
17000 Medical Center Drive
Baton Rouge LA 70816
225-755-4984***

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