

# Golden Opportunity

## Monthly Newsletter SEPTEMBER 2010



### Sept. 9 (Thursday): COFFEE WITH CINDY

Our monthly gathering to discuss upcoming events, make suggestions or simply meet new friends over a cup of coffee ▪ 9:00a -10:00a ▪ **GO Office:** Plaza II ▪ Room 114-B ▪ **RSVP REQUIRED**

### Sept 10 (Friday): CULINARY RUN

**Zea's Restaurant 2380 Town Center Blvd**

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

### Sept 14 (Tuesday): ROAD TRIP

**"New Orleans Mardi Gras World Tour / Lunch at 7 on Fulton Restaurant"**

Tour Mardi Gras World to see the 2011 Mardi Gras floats and marvel at the skill and technology that animate the mega floats / Lunch at 7 on Fulton Restaurant. **See enclosed flyer.**

▪ **Cost of trip: \$28.00 pp (Transportation and tour fee) \$24.65pp for lunch (*Each member responsible for his/her own lunch*)**

▪ **Trip must be paid in advanced**

▪ **Depart (hospital) 8:30a ▪ Return 3:00p**

▪ **RSVP REQUIRED by September 10<sup>th</sup>**

### Sept. 15 (Wednesday) WELLNESS SEMINAR

**AARP Driver Safety and Operation Lifesaver**

**Course** ▪ AARP will cover age related problem such as vision, hearing, reflex and other concerns for the older driver. Individuals 55 and older can get up to 10% off of the liability part of car insurance. Consult with your insurance company as to how much the reduction will be and how often you must take the class. **Cost - \$12.00 for AARP Members and \$14.00 for non-members. Make check payable to AARP 1:00 p – 5:00 p ▪ Plaza II ▪ Room 109**

▪ **RSVP REQUIRED**

### Sept. 17 (Friday): POT LUCK

**"Old Friends, New Friends"**

A Pot Luck will be held at the A C Lewis Y (350 N. Foster Drive). Come and bring your favorite dish. Don't forget your recipe to share with everyone. ▪

▪ 11:30a ▪ **RSVP REQUIRED**

### Sept 3 (Friday): BASIC COMPUTER CLASS

Pennington Y (15550 Old Hammond Hwy)

▪ 11:00a– 12:00p

Limited (14) seats ▪ **RSVP REQUIRED**

### Sept. 20 (Monday): LUNCH BUNCH

**"Pennington Biomedical Research Center "**

Pennington Clinical Psychologist, Val Myers will discuss how to participate in studies, what to expect and what studies are currently taking place

▪ 10:30a – 12:00p ▪ Hospital Classroom ▪ Lunch provided. ▪ **RSVP REQUIRED**

### Sept. 24 (Friday): GROUP TOUR

**Pennington Biomedical Research Center**

Pennington will tour the group behind the scenes of the largest research center ▪ Group to meet at the facility ▪ 10:00a ▪ 6400 Perkins Road

▪ **RSVP REQUIRED**

### Sept. 29 (Wednesday): LUNCH BUNCH

**"Clearing the Air: Respiratory Facts"**

Adrian Sampson, Ochsner Respiratory Director will discuss the respiratory system and staying healthy ▪ 10:30a – 12:00p ▪ Hospital Classroom ▪

Lunch provided. ▪ **RSVP REQUIRED**



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### NEW DISCOUNT AVAILABLE TO MEMBERS:

Present your GO card at either location of Honey Baked Ham and receive a 10% discount.

### NEW DISCOUNT AVAILABLE TO MEMBERS:

**Varsity Shoes** located at 2055 Perkins Road is offering a **15% discount** to all GO Members. *Bring in your GO membership card to receive your discount.*

**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.

### Exclusive Deals for GO Members:

- **YMCA** – Pay \$5 per visit or a maximum of \$45 per month to 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 OBTAIN THE SAM'S APPLICATION FROM THE GO OFFICE.** Call the GO office for details.

**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)

### 2011 Trip Ideas

**Alaska Cruise – Summer**

**Chicago Amtrack Train Trip – Fall**

I need your feedback on the two extended trips listed and also, I would like your input on future trips. Please call the GO office with your ideas.

### Savannah, Jekyll Island & Beaufort Trip November 8 - 14, 2010

**\$499 (double) \$479 (triple) \$649 (single)**  
**7 days 6 Nights**

\$75 due upon signing. Final payment date is September 10, 2010

Please make checks made payable to Diamond Tours. If you would like to purchase travel insurance please make a separate check payable to Travel Insured International for \$35.00 for double and triple occupancy and \$59.00 single occupancy.

See enclosed flyer for complete trip details.

### Don't miss out on future activities!

#### **ANNUAL MEMBERSHIP RENEWAL DUES**

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

**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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