Monday, September 4th – The office will be closed in observance of Labor Day

September 6 (Wednesday): CULINARY RUN: Saltgrass Steakhouse Restaurant
2450 S Acadian Thruway
We will meet at the restaurant to simply enjoy a great lunch and great company.
Arrival time: 11:00 am  

September 26 – 27th (Tuesday - Wednesday): OVERNIGHT ROAD TRIP: “Paragon Casino”
$70.00 Single / $50.00 Double (Includes transportation, baggage handling & overnight accommodations)
Depart from Ochsner Plaza II: 8:30 am
Return Time: 3:30 pm
We will meet at Ochsner Medical Center, Plaza II no later than 8:15 am. The bus will depart promptly at 8:30 am. This morning we are off with a relaxing drive to the “Pearl of Louisiana” Paragon Casino in Marksville LA. Check in (4:00 pm). Each passenger’s luggage will be stored until the rooms are ready. Paragon Casino offers much more than gaming. It offers delicious restaurants and incredible range of treatments including all natural facials, body wraps, hand and foot rejuvenation a variety of Asian and American massage therapies and a private sauna and steam room sure to evaporate the stress of the day - add the finishing touches and book some time with the full-service salon.

September 28 (Thursday): Movie Review: “Stronger”
AMC THEATER
16040 Hatter Drive
Please pay at the Movie Theater
GO members will meet at the theater at 9:30 am
$5.00 per person- admission $4.00 per person – small drink & small popcorn & fruitie tootie snack.
After losing his legs in the Boston Marathon bombing, Jeff Bauman (Gyllenhaal) attempts to walk again and adjust to his new circumstances

SEPTEMBER 29 (Friday): BREAKFAST BUNCH: “Pranic Healing – Superbrain Yoga”
Presented by: Pat Cole
Pat Cole is a disciple of Grandmaster Choa Kok Sui. Superbrain Yoga is a simple and effective technique to energize and recharge the brain. It is based on the principles of subtle energy to balance the left and right brain energies. Through this simple yet powerful exercise you can experience mental clarity, emotional calmness, razor sharp focus and increased learning ability. This is a great exercise to keep the mind sharp as the body ages!

Start time: 9:30 am
Hospital Classroom Snack Provided
Volunteers are needed at the hospital and the clinics.
If interested, please call 225-755-4986.

REMINDER:

The GO Community Cloud is up and running. The Cloud will allow you to view all event and activities, register for the events and activities and allow you to pay online.
   Go to: [https://ochsner.force.com](https://ochsner.force.com) and sign up today!

Upcoming Trips:
October 27, 2017 – WWII Air, Sea and Land Festival – New Orleans
$30.00 per Person (includes transportation and ticket into festival) LUNCH ON YOUR OWN
The National War World II Museum, Commemorative Air Force and Greater New Orleans Sports Foundation will host the 4th annual WWII aircraft show at New Orleans Lakefront Airport, honoring the legacy of the WWII generation and highlighting the mighty machines that contributed to Allied victory on land, air and sea.

**CALIFORNIA COASTAL CRUISE ABOARD THE EMERALD PRINCESS!**
With the North Shore Golden Opportunity Group!

September 22 thru October 5, 2018. Includes a pre cruise 2 night stay in Victoria with a tour of Butchart Gardens and post cruise stay in Vancouver. Ports of call include Los Angeles, San Diego, Santa Barbara and 2 nights in San Francisco. Prices start at $3974pp/double occupancy/inside state room. Rate include roundtrip airfare, hotel stays, 10 night cruise, insurance, gratuities, taxes, fees and transfers.

Call Christie Trew at 985-875-2799 for more information.

Hope Ministries are in need of clothing and shoes for the homeless.
They are asking for men, women and children’s clothes.
Please bring your donations to the GO office. Thank you.

Just a reminder: On road trips, please be aware of the amount of perfume or cologne that you use, some people are allergic to these products.

When a fee is involved: It must be received within 5 days of making the reservation to confirm your seat.
Please check availability with the GO office before mailing a check.

YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL THE CHECK IS RECEIVED.
Please submit separate checks for events.

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

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