



June 2024 Calendar of Events North Shore Region



RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Tuesday, May 14th 8:00am on the **CLOUD**. Mail in registrations will be opened Tuesday, May 14th 8:00am. There is no pre-registration. Scan the qr code to the right to access the cloud, our online registration system, or type the following into your search engine: <https://ochsner.my.site.com/goldenopportunity>



***EVERY TUESDAY AND THURSDAY: CHAIR YOGA

Ochsner 65 Plus Clinic 1581 N. Highway 190 in Covington Personal Transportation
Exercising regularly helps your body's sleep-wake cycle and promotes better sleep. Chair yoga involves sitting in the chair while stretching and holding poses or standing and using the chair for balance. Benefits include improved strength and balance, help with arthritis, reduced joint pain, and decrease in fear of falls.
11:00am-12pm Limit of 25 Attendees FREE

***JUNE 4 (TUESDAY): COVINGTON MONTHLY MEETING - THE TRUTH ABOUT SENIOR LIVING SEMINAR SERIES "NAVIGATING DEMENTIA"

Benedict's Plantation at 1144 N Causeway Blvd. in Mandeville Personal Transportation
Panel of Experts will discuss how to understand cognitive aging and changes in memory. Question-and-answer session will follow the presentation. Coffee will be served.
10:00am Limit of 45 Attendees FREE

***JUNE 7 (FRIDAY): ENRICHMENT SESSION - LOW KEY KAYAK ADVENTURE #3

Behind The Chimes Restaurant 19130 W Front Street in Covington Personal Transportation
We are going to take a very leisurely slow-paced kayak ride on the Bogue Fayala River. Approximate 2-hour Ride. Rental includes paddles, life-vest, and H2O proof case. No experience required for kayaking.
10:00am Limit of 27 Attendees \$40pp

***JUNE 11 (TUESDAY): SLIDELL MONTHLY MEETING -THE TRUTH ABOUT SENIOR LIVING SEMINAR SERIES "DECLUTTERING YOUR HOME"

Aldersgate John Wesley Center 560 Robert Blvd in Slidell Personal Transportation
Did you know that physical clutter can also cause psychological clutter? Expert panelists will present helpful solutions to your clutter needs. Question-and-answer session will follow the presentation. Coffee served.
10:00am Limit of 45 Attendees FREE

***JUNE 12 (WEDNESDAY): ENRICHMENT SESSION - EARLY MORNING BLUEBERRY PICKING

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington Personal Transportation
Blueberries, Vegetables, Honey, "Let's go picking" for fresh blueberries. Blueberries are \$6.00 per pound.
9:00am Limit of 36 Attendees ON YOUR OWN

***JUNE 14 (FRIDAY): ENRICHMENT SESSION - TECH CLASS #4 - ALL QUESTIONS TECH WRAP-UP

Ochsner 65 Plus Clinic 1581 N. Highway 190 in Covington Personal Transportation
Please join the Ochsner Telehealth team as they review phone Apps, Photos, and Email and any other related questions.
11:00am Limit of 40 Attendees FREE

***** JUNE 16 (SUNDAY): ENRICHMENT SESSION - LOCAL THEATRE 30X90 PRESENTS BROADWAY MUSICAL-THE GREAT AMERICAN TRAILER PARK MUSICAL**

880 Lafayette St. in Mandeville

Personal Transportation

Let us spend a beautiful Sunday afternoon together. Join GO as we support our local theater for the Broadway production of The Great American Trailer Park Musical at the 30 x 90 Theatre in Mandeville. This play is quirky and a bit risqué. (Mature audience) The story from start to finish is a laugh riot, filled with hilarious antics.

2:00pm meet, play begins 2:30pm

Limit 30 Attendees

\$30pp

***** JUNE 18 (TUESDAY): DAY TRIP - LOUISIANA ART AND SCIENCE MUSEUM AND PLANETARIUM**

100 South River Road in Baton Rouge

The exciting Louisiana Art & Science Museum and Planetarium is a beautiful combination of art and science. Discover new ways of seeing and thinking. View over 4,000 art works and enjoy the interactive program designed for us. Lunch will be pre-ordered, at delicious TJ Ribs. Upon paid registration, you will be provided with a menu for you to make your selections, and return to Gwendolyn. See flyer.

8:30am Slidell Pickup- Slidell Memorial East, 100 Medical Center Dr. / Approximate Return 4:00pm

9:00am Covington Pickup - 325 N. Hwy 190 (Behind I Hop)/ Approximate Return 3:30pm

Limit of 100 Attendees

\$75pp

***** JUNE 24 (MONDAY): ENRICHMENT SESSION - "A DOG DAY AFTERNOON IN THE MORNING"**

Pretty Acers Dog Park 301 S. Orchard Street in Covington

Personal Transportation

Please join us and bring your pet for a fun morning. We can all introduce our pets to each other. There will be picture taking (Of course) if you would like a photo of you and your pet. How fun! A pet "Meet and Greet."

9:00am - 11:00am

Limit of 35 Attendees

FREE

***** JUNE 26 (WEDNESDAY): DINE AROUND AT VAZQUEZ RESTAURANT**

515 E Boston Street in Covington

Personal Transportation

Vazquez Seafood & Po-Boy offers a unique dining experience where family is a way of life. They offer a warm and inviting atmosphere. The menu is full of local favorite dishes, making this the perfect gathering spot.

12:00pm

Limit of 30 Attendees

ON YOUR OWN

***** JUNE 27 (THURSDAY): ENRICHMENT SESSION - GO BOOK CLUB & MOVIE WATCH PARTY "THE GUERNSEY LITERARY AND POTATO PEEL PIE SOCIETY"**

Ochsner 65 Plus Clinic 1581 N. Highway 190 in Covington

Personal Transportation

If you have read the book already, no problem, please come and watch the movie with us. The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows. Join us for a brief discussion, and watch the movie with popcorn, snacks, and other goodies. A Terrific way to spend a summer afternoon.

1:00pm

Limit of 20 Attendees

FREE

***** JUNE 28 (FRIDAY): SLIDELL ENRICHMENT SESSION - OLDE TOWNE CAFÉ LA TEA DA**

Roots and Plants and Coffee 124 Erlanger in Olde Towne Slidell

Personal Transportation

9:00am

Limit of 18 Attendees

ON YOUR OWN

***** JUNE 28 (FRIDAY): SLIDELL LUNCH AND LEARN - PROBLEMS SLEEPING?**

SMH Founders Building 1st Floor 1150 Robert Blvd in Slidell

Personal Transportation

Speaker: Rebecca Ezell NP will discuss sleep apnea, asthma, bronchitis, and other sleep concerns.

Please register with Golden Opportunity and SMH (985) 280-8529. Lunch will be provided by SMH.

11:00am

Limit of 20 Attendees

FREE

****Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. Please check availability with the GO office before mailing a check and send separate checks for events. **RSVP IS REQUIRED FOR ALL EVENTS.****

All trips are non-refundable. Every attempt will be made to sell your seat to someone on the waiting list if you need to cancel. **YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.**

For Additional Information Contact:

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