

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, March 18th at 8:00am on the CLOUD.

To access the cloud, type the following into your search engine: <https://ochsner.my.site.com/goldenopportunity>

All West Bank & South Shore Registrations should be mailed to:

Golden Opportunity - Attn: Sabrina Champagne - 4225 Lapalco Blvd. 2nd Floor - Marrero, LA 70072

MARCH 31 – APRIL 7 (SUNDAY - SUNDAY): NCL CARRIBEAN CRUISE

I will be unavailable and traveling with our GO members. If you need immediate assistance please contact Cindy Wilks, GO Senior Development Manager. Email her at cwilks@ochsner.org or by phone at 225-236-5496. Bon Voyage!

*****APRIL 3 (WEDNESDAY): WB MONTHLY MEETING**

1771 Stumpf Blvd., Terrytown, LA

Personal Transportation

Theme: Bunny Kisses and Easter Wishes! Happy Easter!

Don't worry, be hoppy! We'll have a hoppin good time! With "GO" we'll have many Egg-cellent times ahead. Menu: Shrimp Alfredo, mixed vegetables, caesar salad, garlic bread, and dessert. Payment Deadline Friday, March 29th.

Doors open at 10:15am

Limit of 150 Attendees

\$18pp

*****APRIL 9 (TUESDAY): SS MONTHLY MEETING – MEDICATION AND BLEEDING RISKS**

Ochsner 65+ Clinic, 7060 Veterans Memorial Blvd., Metairie, LA

Personal Transportation

Speaker: Jeffrey Quach, PharmD., BCACP, LSSGB Risks

A large group of medications can increase bleeding risk! Join us and get the facts about the risks of bleeding. Light refreshments will be served.

10:00am

Limit of 35 Attendees

FREE

*****APRIL 11 (THURSDAY): DAY TRIP - FRENCH QUARTER FESTIVAL**

The FQF was designed to remind locals how fabulous and fun the French Quarter is. Join me and indulge in cuisine from the city's finest restaurants. More than 20 stages throughout the French Quarter celebrate local music and represent every genre from traditional and contemporary jazz to R&B, New Orleans funk, brass bands, folk, gospel, Latin, Zydeco, classical, cabaret, and international. French Quarter Festival has been consistently voted by locals as "favorite festival," "favorite food festival," and "favorite event open to the public."

Bus Departs WB 9:00am / SS 9:30am

Bus Returns WB 3:30pm / SS 3:00pm

Limit of 24 Attendees

\$25pp

*****APRIL 15 (MONDAY): WB LUNCH AND LEARN – A GUIDE TO HERBAL SUPPLEMENTS**

Ochsner WB River room - 2500 Belle Chasse Hwy., Gretna.

Personal Transportation

Speaker: Billy Tran, Ochsner Pharmacist. The use of over-the-counter herbal supplements continues to increase, with the average adult taking one or more herbal supplements to treat a medical condition. These supplements can be quite risky. The lunch menu includes Fried Fish, Chicken Jambalaya, Green Beans, and Salad.

Lunch 11:15am

Speaker 12:00pm

Limit of 35 Attendees

\$13pp

*****APRIL 16 (TUESDAY): SS MOVIE REVIEW**

Theater and movie will be announced on Friday April 12th. Please show your attendance by registering in advance.

Personal Transportation

*****APRIL 19 (FRIDAY): WB COMMUNITY EVENT – WALK WITH “GO”**

Oakwood Mall - 197 Westbank Expwy., Gretna, LA

When in doubt, walk it out! Walking is a simple activity that can make all the difference in your health journey. (Meet at the food court).

Personal Transportation

10:00am

Unlimited Attendees

FREE

*****APRIL 23 (TUESDAY): SS DINE AROUND – GROUND PAT’I IN RIVERTOWN**

512 Williams Blvd, Kenner

Established in 1971, Ground Pat’i creates expertly crafted burgers and other meals filled with incredible flavor and tenderness. We will need to be seated when the doors open. **Please show your attendance by registering.**

Personal Transportation

11:00am

Limit of 35 Attendees

ON YOUR OWN

UPCOMING EVENTS:

MAY 25 (SATURDAY): DAY TRIP – NEW ORLEANS GREEK FESTIVAL

JUNE 21 (FRIDAY): DAY TRIP - NATIONAL WWII MUSEUM

JULY (DATE TO BE DETERMINED): DAY TRIP – STEAMBOAT NATCHEZ RIVERBOAT

UPCOMING TRIPS:

MAY 3 – 4, 2024 (FRIDAY-SATURDAY): LANDRY VINEYARDS AND HISTORIC NATCHITOCES

All WB Bus trips depart Ochsner WB 2500 Belle Chasse Hwy. Gretna. Please Park in the 3rd parking lot. All SS Bus trips depart Ochsner 65Plus Clinic, 7060 Veterans Memorial Blvd. in Metairie.

A dedicated telephone line has been set up with Ochsner Scheduling Department for GO members to schedule medical appointments without any delays. **West Bank: 504-371-9333 South Shore: 504-842-6538**

****Fees must be received within 7 days of making the reservation to confirm your seat. If not received, your seat will be filled by another member. 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:

Sabrina Champagne, Program Coordinator
sabrina.champagne@ochsner.org
504-371-6541 office
ochsner.org/go

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