



# April 2024 Calendar of Events North Shore Region



## **RSVP REQUIRED FOR ALL EVENTS**

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

Mail in registrations will be opened on Monday, March 18th, 8:00am. There is no pre-registration.

To access the cloud, type the following into your search engine: [ochsner.my.site.com/goldenopportunity](https://ochsner.my.site.com/goldenopportunity)

### **\*\*\*APRIL 2 (TUESDAY): MONTHLY MEETING – THE TRUTH ABOUT SENIOR LIVING SEMINAR SERIES “ASSISTED LIVING OPTIONS”**

Benedict’s Plantation at 1144 N Causeway Blvd. in Mandeville

Personal Transportation

There are many options for senior living accommodations. Listen to local experts explain the choices we have in our area. There will be a question-and-answer session following the presentation. Coffee served.

10:00am

Limit of 45 Attendees

FREE

### **\*\*\*APRIL 3 (WEDNESDAY) and APRIL 17 (WEDNESDAY): HEALTH AWARENESS – “BROWN BAG” DAY WITH THE OCHSNER PHARMACIST**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

Our local Ochsner Pharmacist is scheduling one-on-one meetings with GO members who would like to review medications to get answers you may have about your medications including proper usage, potential drug interactions, potential side effects, and more. Please bring all prescription medicines, over the counter medicines, vitamins, supplements, herbal medicines, topicals, liquids, injectables, and inhalants. Meetings will be with one GO member on the hour from 9:00am to 12pm and 1:00pm to 3:00pm. Complete your registration as usual and **the Program Coordinator will contact you to schedule the time.** If the event is booked, sign up on the waitlist so we can reserve additional days for the Pharmacist to schedule the one-on-one meetings.

Hourly Appointments 9am - 12pm, 1pm - 3pm

Limit of 6 Attendees

FREE

### **\*\*\*APRIL 8 (MONDAY): COVINGTON MONTHLY MEETING - CHEF NINO**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

Chef Nino will dazzle you with his jokes and cooking demonstration.

10:30am

Limit of 36 Attendees

FREE

### **\*\*\*APRIL 10 (WEDNESDAY): DINE AROUND AT THE ANCHOR**

407 St Tammany St, Madisonville

Personal Transportation.

Do you want to sit by the water and enjoy a fabulous lunch? Come to the Anchor and savor the fresh seafood and local dishes. Enjoy the breeze while you eat. After lunch, you may even decide to take a stroll.

11:00am

Limit of 25 Attendees

ON YOUR OWN

### **\*\*\*APRIL 11 (THURSDAY): ENRICHMENT SESSION - GO BOOK CLUB #11 “BACK TO THE CLASSICS”**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

Join us for our discussion on this timeless classic our 11th book, *Pride and Prejudice* by Jane Austen.

1:00pm

Limit of 20 Attendees

FREE

### **\*\*\*APRIL 17 (WEDNESDAY): ENRICHMENT SESSION – TECH CLASS #2 - ALL ABOUT PICTURES**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

Are you ready to stop asking your grandchildren how to do things on your phone? Please join the Ochsner Telehealth team as they show you how to take, save, crop, send and share pictures.

10:30am

Limit of 40 Attendees

FREE

**\*\*\*APRIL 18 (THURSDAY): DAY TRIP – CLAUDE MONET: THE IMMERSIVE EXPERIENCE, LUNCH AT PARKWAY BAKERY AND TAVERN**

Scottish Rite Temple, 619 Carondelet St. in New Orleans

**Claude Monet: The Immersive Experience** is a unique experience where you feel like you are in a painting. If you ever dream to live or step in a painting. This is a 20,000 square foot light and sound spectacular featuring two-story projections of the artist’s most compelling works. Encounter the brilliance of Monet’s art in 360.

9:30am Covington Pickup –Hwy 190 behind I Hop 4:30pm Approximate Return to Covington.

10:00am Slidell Pickup- Slidell Memorial East 100 Medical Center Dr. / 4:00pm Approximate Return to Slidell.

Limit 110 Attendees

\$84pp

**\*\*\*APRIL 19 (FRIDAY): SLIDELL – FRONT STREET CAFÉ LA TEA DA**

Sirincci Coffee,1808 Front Street, (Across from the train station) in Slidell

Personal Transportation

Come and join us in Olde Towne. Meet us for coffee then come to the Lunch and Learn at Slidell Memorial Founders Building following coffee. This new coffee shop is in the historic building of Slidell’s first hotel.

9:00am

Limit of 18 Attendees

ON YOUR OWN

**\*\*\*APRIL 19 (FRIDAY): SLIDELL LUNCH AND LEARN – PHARMACEUTICAL INTERACTIONS AND “GIVE BACK YOUR MEDICINE DISPOSAL**

SMH Founders Building 1st Floor 1150 Robert Blvd in Slidell

Personal Transportation

Speaker: Director of Pharmacy SMH will discuss general pharmaceutical drug interactions. You will also be able to dispose of your unused or old out of date medications at the site.

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

11:00am

Limit of 20 Attendees

FREE

**\*\*\*APRIL 23 (TUESDAY): ENRICHMENT SESSION – CARD PLAYING “BUNKO”**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

We will play Bunko. Join us for an exciting afternoon. Fun Prizes and light snacks provided.

1:00pm – 3:00 pm

Limit of 40 Attendees

FREE

**\*\*\*APRIL 24 (WEDNESDAY): ENRICHMENT SESSION – MEMBER ART & PHOTOGRAPHY SHOWCASE RECEPTION**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

Join us for a cultural spring afternoon as we enjoy the beautiful artwork and photography of our fellow 65 Plus and Golden Opportunity Members. Calling all artists to contact Gwendolyn if you would like to display your work. All types of appropriate art will be accepted. The gallery will be on display until July.

3:00pm – 5:00pm

Limit of 50 Attendees

FREE

**\*\*\*APRIL 26 (FRIDAY): ENRICHMENT SESSION - LET’S GO FISHING**

62883 Hwy. 1089 Fontainebleau State Park Fishing Pier.

Personal Transportation

Entrance Fee to park: free for seniors 62 and older. Join us for a fishing adventure. You do not have to be an expert in any way. Come out to the pier, bring your chair, and enjoy the sunshine. If you have a fishing pole, bring it along. If you can borrow one, bring it. We will have live bait provided and someone to help you put it on the hook if needed. There is a covered section of the pier, but we will be out in the sun. You will be required to have a fishing license. Please contact Gwendolyn for details concerning Senior fishing license information.

9:00am – 12:00pm

Limit of 50 Attendees

FREE

**A dedicated telephone line** has been set up with Ochsner Scheduling Department for GO members to schedule medical appointments without any delays. **North Shore: 985-871-2546**

\*\*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.**

**For Additional Information Contact:**

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