



# May 2024 Calendar of Events North Shore Region



## **RSVP REQUIRED FOR ALL EVENTS**

Registration for new events (indicated with \*\*\*) available Monday, April 22 at 8:00am on the CLOUD.

Mail in registrations will be opened on Monday, April 22 at 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)

### **\*\*\*MAY 7 (TUESDAY): MONTHLY MEETING – THE TRUTH ABOUT SENIOR LIVING – THE TRUTH ABOUT LIVING, DYING, AND LEAVING A LEGACY**

Benedict's Plantation at 1144 N Causeway Blvd. in Mandeville Personal Transportation

It is important to know about living, dying, and leaving a legacy on your own terms, especially because very few people communicate their wishes regarding this topic with their loved ones. Join us for an insightful panel discussion. Question and answer session to follow.

10:00am

Limit of 45 Attendees

FREE

### **\*\*\*MAY 7 (TUESDAY): DINE AROUND – CRAZY PIG SOUTHERN KITCHEN**

500 River Highland Blvd. STE 100 in Covington Personal Transportation

The Crazy Pig is a comfortable, cozy eatery. They are unapologetically obsessed with food and hospitality. Join us for a fun lunch outing.

11:30am

Limit of 25 Attendees

ON YOUR OWN

### **\*\*\*MAY 9 (THURSDAY): ENRICHMENT SESSION – SPRING TEA “PETALS AND PORCELAIN”**

SMH Founders Building 1150 Robert Road in Slidell Personal Transportation

Enjoy a beautiful event as we celebrate Spring. Elegant tables adorned with porcelain teacups and flowers. Sample an array of teas sourced from the far corners of the world-Earl Grey, Darjeeling, and fragrant herbal blends. Savor delicately crafted finger sandwiches, freshly baked scones, warm and crumbly with clotted cream and preserves. PLEASE BRING A TEACUP AND SAUCER TO PARTICIPATE IN OUR INTERACTIVE GAME. Join us for a Tea to remember.

11:00am – 1:00pm

Limit of 40 Attendees

\$10pp

### **\*\*\*MAY 10 (FRIDAY): ENRICHMENT SESSION – TECH CLASS #3 LET'S FIGURE OUT EMAIL**

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? Is email overwhelming you? Learn how to gain control of your inbox. This class will be the third in a four-part series. You will have direct instruction from experts.

11:00am

Limit of 36 Attendees

FREE

### **\*\*\*MAY 14 (TUESDAY): DAY TRIP – NEW ORLEANS AQUARIUM & BUGS / LUNCH (BOXED)**

#1 Canal Street- New Orleans

The Aquarium transports visitors to an underwater world from the Caribbean to the Amazon Rainforest, to the waters that give New Orleans its lifeblood: the Mississippi River and the Gulf of Mexico. With more than 3,600 animals from more than 250 species. You will explore the Insectarium and enjoy thousands of insects from around the world. A catered boxed lunch will be included.

9:00am Covington Pickup –Hwy 190 behind I Hop pm Approximate 3:30pm Return to Covington.

10:00am Slidell Pickup- Slidell Memorial East, 100 Medical Center Dr. / 3:00pm Approximate Return.

Limit of 100 Attendees

\$83pp

**MAY 18-27 (SATURDAY - MONDAY): EXTENDED TRIP – SHADES OF IRELAND**

I will be out of town on an extended trip. Please contact the GO Manager- Cindy Wilks at 225-236-5496 if you need assistance during this time.

**MAY 10 (FRIDAY): MILITARY SPOUSE APPRECIATION DAY**

The Friday before Mother's Day in the United States is observed as Military Spouse Appreciation Day. Spouses and children are often required to frequently move, change jobs and schools, and hold down the fort while the servicemember is deployed or on temporary duty. Without military spouses and the support they give, military servicemembers wouldn't be able to concentrate on the tasks at hand. This date acknowledges the significant contributions, support, and sacrifices of military spouses. If you know of a military spouse, do something nice for them and thank them for all that they do.



**UPCOMING EVENTS:**

**JUNE 7 (FRIDAY): DAY TRIP – THE KAYAK ADVENTURE CONTINUES**

**JUNE 20 (THURSDAY): DAY TRIP – PLANETARIUM MUSEUM BATON ROUGE LUNCH TJ RIBS**

\*\*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 wait list if you need to cancel.  
**YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.**

**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**

**For Additional Information Contact:**

Gwendolyn Clement, Program Coordinator  
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ochsner.org/go

Ochsner 65 Plus Clinic  
Golden Opportunity  
1581 N. Hwy 190  
Covington, LA 70433

