

JUNE 2025 REGISTRATION - NORTH SHORE REGION
*****EVENT REGISTRATION BEGINS MAY 5th at 8:00am**
REGISTRATION REQUIRED FOR ALL EVENTS!
Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

NAME _____ PHONE _____ DATE _____

STREET ADDRESS _____ CITY _____ STATE _____ ZIP _____

Important Notes: If you wish to register for an event requiring a fee, please check availability before submitting a check.
Please note all fees are nonrefundable.

1. If an event requires payment by check please submit separate checks for events unless otherwise stated.
2. Ochsner GO has the right to limit all program activity participation to members only.
3. All GO events are subject to change and GO has the right to adjust events without formal notice.

*****EVERY TUESDAY: CHAIR YOGA**

JUNE 3: ☐ attend JUNE 10: ☐ attend JUNE 17: ☐ attend JUNE 24: ☐ attend

*****EVERY THURSDAY: CHAIR BODY PUMP**

JUNE 5 ☐ attend JUNE 12: ☐ attend JUNE 19: ☐ attend JUNE 26: ☐ attend

*****JUNE 6 (FRIDAY): BOOK CLUB / WATCH PARTY SLIDELL**

☐ attend

*****JUNE 10 (TUESDAY): LEONARDO'S TRATTORIA & PIZZERIA**

☐ attend

*****JUNE 13 (FRIDAY): BOOK CLUB / WATCH PARTY COVINGTON**

☐ attend

*****JUNE 16 (MONDAY): CHEF NINO COOKING DEMONSTRATION**

☐ attend

*****JUNE 18 (WEDNESDAY): HUMANA'S MATTER OF BALANCE CLASS SERIES - PART 1**

☐ attend

*****JUNE 20 (FRIDAY): LUNCH WITH THE MAYOR AT TRIANGLE SQUARE**

*****JUNE 23 (MONDAY): TECH HELP WITH OHP - SMARTPHONE AND LAPTOP INTERACTIVE
"HOW DO I GET ON THE "CLOUD"**

☐ attend

*****JUNE 25 (WEDNESDAY): DAY TRIP TO PRYTANIA THEATER CLASSIC MOVIE AND LUNCH AT
MESSINA'S RUNWAY CAFÉ AT THE LAKEFRONT AIRPORT**

☐ attend ☐ pay by check # _____ ☐ pay by card (call in card after registering) \$92

*****JUNE 26 (THURSDAY): LUNCH BOX SERIES - MANAGING HIGH BLOOD PRESSURE AFTER HEART
ATTACK AND STROKE**

☐ attend

*****JUNE 27 (FRIDAY): BUNKO AND THE BEACH**

☐ attend

ANNOUNCEMENTS:

Fees must be received within 7 days of making the reservation to confirm your seat. If not received, you will forfeit your reservation.
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.
REGISTRATION IS REQUIRED FOR ALL EVENTS. YOU ARE NOT REGISTERED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.

North Shore Registrations should be mailed to:
Ochsner 65Plus Clinic – Golden Opportunity – 1581 N. Highway 190 – Covington, LA 70433