

# March 2024 Calendar of Events Baton Rouge Region



## **RSVP REQUIRED FOR ALL EVENTS**

Please check your email often. There may be instances when unexpected and exciting activities or information will be added after the Calendar of Events have been distributed.

### **MARCH 2 (SATURDAY): DAY TRIP – THE TEMPTATIONS “AIN’T TOO PROUD”**

*Ain’t Too Proud: The Life and Times of the Temptations* is the electrifying new musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. With their signature dance moves and silky-smooth harmonies, they rose to the top of the charts creating an amazing 42 Top Ten Hits with 14 reaching number one. Nominated for 12 Tony® Awards and the winner of the 2019 Tony Award for Best Choreography, ***Ain’t Too Proud*** tells the thrilling story of brotherhood, family, loyalty, and betrayal, as the group’s personal and political conflicts threatened to tear them apart during a decade of civil unrest in America. Lunch is not included.

11:45am: Bus departs from Ochsner Cancer Center 17050 Medical Center Drive, Baton Rouge, LA

6:00pm: Approximate return to Ochsner Cancer Center

Limit of 35 Attendees

\$125pp

### **MARCH 8 (FRIDAY): COFFEE - FRENCH TRUCK**

2978 Government St, Baton Rouge, LA 70806

Personal Transportation

Let us meet for that Liquid Gold to get us onto a great start for the rest of the day. See you there!

10:00am – 11:00am

Limit of 20 Attendees

ON YOUR OWN

### **MARCH 12 (TUESDAY): MONTHLY MEETING – GERIATRICS & BLUE ZONE LONGEVITY**

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Dr. Heidi Sinclair, MD – Ochsner 65Plus Baton Rouge. Her fascinating discussion will explain Blue Zones and how these are areas of the world where people live the longest lives, consistently reaching age 100 or older. This is a rate of 10 times greater than in the United States. Teams of anthropologists, demographers, epidemiologists, and other researchers have researched the Blue Zone areas to identify the lifestyle characteristics that might explain longevity. Dr. Sinclair will discuss what the Blue Zones teach us about healthy aging and tips on incorporating Blue Zone principles in your life. As a bonus we'll also learn more about Ochsner 65Plus' customized primary care, nutrition, and fitness coaching. Snack provided.

11:00am – 12:00pm

Limit of 40 Attendees

FREE

### **MARCH 13 (WEDNESDAY): CULINARY RUN – ELSIE’S PLATE AND PIE**

3145 Government St, Baton Rouge, LA 70806

Personal Transportation

A small but quaint place with good food, good service, and a laid-back atmosphere. Everything is made with Ma Elsie's secret ingredient – LOVE. Choose from Red Beans & Rice with Fried Chicken, Fried Fish, Steaks, and Burgers. Decide whether you will get the Turtle Pie, the Almond Joy Pie, the Coconut Cream Pie, or the famous Apple Pie.

11:00am - 1:00pm

Limit of 25 Attendees

ON YOUR OWN

### **MARCH 21 (THURSDAY): MOVIE REVIEW – ARTHUR THE KING**

AMC Theater located at 16040 Hatteras Ave, Baton Rouge, LA 70816      Personal Transportation  
An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.  
An unexpected encounter. An unlikely bond. An unforgettable adventure.  
\$7.36 (includes tax) and enjoy a snack pack at the cost of \$6.00.  
10:00am      Limit of 75 Attendees      ON YOUR OWN

### **UPCOMING EVENTS:**

**MAY 8 (WEDNESDAY): SPRING INTO WELLNESS**

**MAY 9 (THURSDAY): TEA PARTY**

### **UPCOMING TRIPS:**

**APRIL 29 – MAY 2 (MONDAY – THURSDAY): BLUE BELL SPRING FLING**

**AUGUST 18 – 25 (SUNDAY–SUNDAY): EXTENDED TRIP – 7 DAY WESTERN CARIBBEAN CRUISE**

**SEPTEMBER 6 – 14 (FRIDAY – SATURDAY): EXTENDED TRIP – CRUISE TO ALASKA**

**NOVEMBER OR DECEMBER: GATLINBURG AT CHRISTMAS**



We are still collecting gently used books, media, and craft items for injured recruits in our country's military basic training installations. The items are shipped to military basic training facilities for injured recruits in medical rehabilitation units. Please bring your items to the GO office.

**Our Departure for Baton Rouge trips is always at the following location unless noted otherwise.  
17050 Medical Center Dr, Baton Rouge, LA 70816, in front of the Cancer Center**

**Please send your mail to the new office address:**

**Ochsner 65Plus - Golden Opportunity - 7949 Jefferson Hwy, Suite B - Baton Rouge, LA 70809**

**A dedicated telephone line** has been set up with Ochsner Scheduling Department for GO members to schedule medical appointments without any delays. **Baton Rouge: 225-761-5824**

**\*\*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.**

#### **For Additional Information Contact:**

Cassie Broussard, Program Coordinator  
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Golden Opportunity  
225-755-4984 office

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