

January 2024 Calendar of Events Baton Rouge Region



2024 Renewal Fees are due before 12/31/23 for your membership to remain active.

You can renew online via the Cloud: ochsner.my.site.com/goldenopportunity.

You can also mail (\$20 per person) to the GO office.

Thank You to those who have submitted payment already.

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.

JANUARY 9 (TUESDAY): MONTHLY MEETING - POST HOLIDAY BLUES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Kathleen Simoneaux, LCSW will speak on why we feel the way we do. Post Holiday Blues share many of the same characteristic symptoms of an anxiety or mood disorder: insomnia, low-energy, irritability, difficulty concentrating, and anxiousness. Though short-lived; what's responsible for this glaring lack of post-holiday glow?

10:00am – 12:00pm

Limit of 35 Attendees

FREE

JANUARY 11 (THURSDAY): ANNUAL HOLIDAY CELEBRATION

KEYNOTE SPEAKER: LIEUTENANT GENERAL RUSSEL HONORE'

Baton Rouge Marriott Hotel 5500 Hilton Avenue 70808

Personal Transportation

General Russel Honoré is a decorated 37-year army veteran, a global authority on leadership, and an expert on climate change and disaster preparedness. The General led the security review of the U.S. Capitol's security infrastructure following the attacks on January 6, 2021. As the commander of Joint Task Force Katrina, he became known as the "Category 5 General" for his leadership in the coordinating military relief efforts in post-hurricane New Orleans. An American hero and a very sought-after media commentator, General Honoré shares his experience, candid and sometimes colorful views with the public, from Congress to cable news to the private sector. Menu: House Salad, Chicken Piccata, Mash Potatoes, Seasonal Vegetables, Cheesecake.

RSVP REQUIRED: No Later Than January 5th

\$40pp

JANUARY 16 (TUESDAY): MEETING – CRUISING TO ALASKA

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Holland Cruise Rep. Kristin Viotto. She will go through a day by day of the Alaska sailing with all experiences the great land has to offer. Learn about experiencing Alaska with Holland America as we tell the story that begins from the bustling city of Seattle where you will be whisked away into an enchanting world of snow-capped mountains and rugged coastlines, where breaching whales and playful otters greet you in beautiful bays and coves. Amidst the crisp Alaskan air, find yourself immersed in a symphony of awe-inspiring glaciers and vibrant native cultures, forging unforgettable memories that will forever bind you to the wild heart of Alaska.

10:00 am – 12:00pm

Limit of 35 Attendees

FREE



For Additional Information Contact:

Cassie Broussard, Program Coordinator
cabroussard@ochsner.org
225-755-4984 office
ochsner.org/go

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

JANUARY 19 (FRIDAY): COFFEE CALL

3132 College Dr STE F, Baton Rouge, LA 70808

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

JANUARY 24 (WEDNESDAY): CULINARY RUN – SALTGRASS STEAK HOUSE

2450 S. Acadian Thruway Baton Rouge, Louisiana 70808

Personal Transportation

Saltgrass Steak House recaptures the flavor of the open campfire. Steaks, chicken, and seafood chargrilled to perfection. Complete with breads, soups, and desserts are all made from scratch daily.

11:00am - 1:00pm

Limit of 25 Attendees

ON YOUR OWN

JANUARY 25 (THURSDAY): MOVIE REVIEW - NIGHT SWIM

AMC Theater located at 16040 Hatteras Ave, Baton Rouge, LA 70816

Personal Transportation

The film stars Wyatt Russell (The Falcon and the Winter Soldier) as Ray Waller, a former major league baseball player forced into early retirement by a degenerative illness, who moves into a new home with his concerned wife Eve (Oscar® nominee Kerry Condon, The Banshees of Inisherin), teenage daughter Izzy (Amélie Hoeferle, this fall's The Hunger Games: The Ballad of Songbirds and Snakes) and young son Elliot (Gavin Warren, Fear the Walking Dead). Secretly hoping, against the odds, to return to pro ball, Ray persuades Eve that the new home's shimmering backyard swimming pool will be fun for the kids and provide physical therapy for him. But a dark secret in the home's past will unleash a malevolent force that will drag the family under, into the depths of inescapable terror.

\$6.92 (includes tax) and enjoy a snack pack at the cost of \$5.50.

10:00am

Limit of 75 Attendees

ON YOUR OWN

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

****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.