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. Scan the QR code to the right to access the cloud, our online registration system, or type the following into your search engine: https://ochsner.my.site.com/goldenopportunity

EVERY MONDAY, WEDNESDAY, FRIDAY: CHAIR YOGA
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B
Personal Transportation
Exercising regularly helps your body’s sleep-wake cycle and promotes better sleep. Chair yoga involves sitting in the chair while stretching and holding poses or standing and using the chair for balance. Benefits include improved strength and balance, help with arthritis, reduced joint pain, and decrease in fear of falls.
10:30am – 11:30am Limit of 20 Attendees FREE

JULY 3 (WEDNESDAY): ENRICHMENT SESSION: 4TH OF JULY PARTY
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B
Personal Transportation
Potluck style 4th of July party. Bring your favorite dish.
11:30am – 1:30pm Limit of 40 Attendees ON YOUR OWN

IN OBSERVANCE OF
Fourth of July
WE WILL BE CLOSED

JULY 10 (WEDNESDAY): COFFEE AND CONVERSATION - CITY ROOTS COFFEE BAR
1509 Government St A, Baton Rouge, LA 70802
Personal Transportation
City Roots exists for the love of coffee and the people who make it. City Roots is an immersion in the creativity, culture, and craftsmanship that makes coffee special. See you there!
10:00am – 11:00am Limit of 20 Attendees ON YOUR OWN

JULY 11 (THURSDAY): DAY TRIP – PONCHATOULA COUNTRY MARKET / RIPS ON THE LAKE
1917 Lakeshore Dr, Mandeville, LA 70448
If you love old New Orleans food and a million-dollar view, then you’re in for a treat. Rip’s on the Lake offers fresh ingredients from local farmers’ markets to bring you a variety of enticing appetizers, flavorful main courses, and mouthwatering sides that perfectly complement the seafood offerings. Their menu is carefully curated to offer a balance of classic favorites and innovative creations, ensuring there is something to delight every taste preference. Indulge in some of the best fresh seafood, steaks, po-boys, appetizers, soups and desserts in South Louisiana. We’ll delight in the offerings of Ponchatoula, one of those hidden gem towns that’s perfect for an afternoon adventure. Enjoy strolling through the charming Country Market located within the historic train depot in the heart of downtown Ponchatoula. The depot was originally built in 1854, rebuilt in 1895 after being burned, then remodeled in 1920. It houses 30 booths of local art, crafts, collectibles, antiques, souvenirs, sweets, and homemade jellies and preserves. Great food, enchanting town, and good friends is a day of fun!
Bus Departs from Ochsner Cancer Center 17050 Medical Center Drive: 9:30am
Approximate return time: 5:30pm Limit of 54 Attendees $37pp
JULY 16 (TUESDAY): ENRICHMENT SESSION – FLOWER PRESS
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B
Nancy Agnelly, Peoples Health Representative, will teach us how to decorate a jar with pressed flowers. Let’s capture Spring in a jar. Supplies provided.
10:00am Limit of 25 Attendees FREE

JULY 18 (THURSDAY): MOVIE REVIEW – POSSUM TROT
AMC Theater located at 16040 Hatteras Ave, Baton Rouge, LA 70816
Inspired by the powerful true story, *Sound of Hope: The Story of Possum Trot*, follows Donna and Reverend Martin as they ignite a fire in the hearts of their rural church to embrace kids in the foster system that nobody else would take. By doing the impossible—adopting 77 children—this East Texas community proved that, with real, determined love, the battle for America’s most vulnerable can be won.
10:00am Limit of 75 Attendees ON YOUR OWN

JULY 19 (FRIDAY): ENRICHMENT SESSION – ICE CREAM SOCIAL
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B
Sunday, July 21 is National Ice Cream Day, so we will capture it on Friday, the 19th. I scream, you scream, we all scream for Ice Cream. Ice Cream Sandwiches, Fudge Bars, Popsicles, etc. Let’s enjoy this treat, mingle, and have fun.
11:30am Limit of 30 Attendees FREE

JULY 23 (TUESDAY): CULINARY RUN – NEW YORK PIZZA & PASTA
5380 Jones Creek Rd, Baton Rouge, LA 70817
The place to get a variety of your best pizzas and pasta, along with calamari, salads, and desserts. Their motto is “We buy the best to prepare the best and leave it to our customers to do the rest.” See you there!
11:00am - 1:00pm Limit of 25 Attendees ON YOUR OWN

JULY 24 (WEDNESDAY): WINE WEDNESDAY & BITES AND BOARD – LA DIVINA ITALIAN CAFE
3535 Perkins Rd, Suite 360 in Baton Rouge, LA 70808
La Divina will be getting national recognition in SCORE’s Small Business Success Stories. It is one of twenty small business around the country to be selected by SCORE. Let’s unwind at La Divina and enjoy a glass of wine or a Mocktail, plus a “bite” from their New Bites and Board menu. Be surprised by live music.
4:00pm - 6:00pm Limit of 20 Attendees $15pp

**Fees must be received within 7 days of making the reservation to confirm your seat. If not received, your seat will be filled by another member. 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 waiting 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
cabroussard@ochsner.org
Golden Opportunity
225-755-4984 office
Ochsner 65Plus
7949 Jefferson Hwy, Suite B
Baton Rouge LA 70809
ochsner.org/go