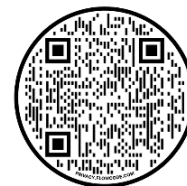


RSVP REQUIRED FOR ALL EVENTS

Please check your email often. There may be instances when unexpected and exciting activities, or information may 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, FRIDAY: CHAIR YOGA / WEDNESDAY: LINE DANCING AND TAI CHI

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, Line Dancing, and Tai Chi benefits include improved strength and balance, help with arthritis, reduced joint pain, and decrease in fear of falls. **(See Extra Extra page for details)**
10:30am – 11:30am Limitation of Each Event Varies FREE



During the months of November and December please bring can goods to use as weights with your workout. After the workout, drop the cans into the Food Bank box located at the front door.

NOVEMBER 4 (MONDAY): ENRICHMENT SESSION – STATE HEALTH INSURANCE INFORMATION PROGRAM - SHIIP 2025 UPDATES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Speaker: Vicki Dufrene, SHIIP Representative. Vicki will provide unbiased informational help to Medicare beneficiaries, their families, and caregivers about Medicare coverage and benefits.
11:30am – 12:30pm Limit of 40 Attendees FREE

NOVEMBER 5 (TUESDAY): MONTHLY MEETING – EATING MORE PROTEIN

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Speaker: Katie Brouillette, Physical Therapist. Learn about the benefits of eating more protein in our diets, which helps with building muscle, and keeps us feeling fuller longer.
11:30am – 12:30pm Limit of 40 Attendees FREE

NOVEMBER 6 (WEDNESDAY): ENRICHMENT SESSION – OCHSNER HEALTH PLAN (OHP) 2025 UPDATES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Speaker: Robert Bynum, OHP Representative. She will give updates on the 2025 Ochsner Healthcare Plan.
11:30am – 12:30pm Limit of 40 Attendees FREE

NOVEMBER 7 (THURSDAY): ENRICHMENT SESSION – PEOPLES HEALTH INSURANCE 2025 UPDATES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Speaker: Nancy Agnelly, Peoples Health Representative. Nancy will present the Annual Enrollment Period Presentation for Peoples Health Benefits for 2025.
10:00am – 11:00am Limit of 40 Attendees FREE

NOVEMBER 8 (FRIDAY): DAY TRIP – RON MYERS CHRISTMAS CITY'S GIFT SHOW

2350 Beach Boulevard, Biloxi, MS 39531
The Christmas City Gift Show is a magical shopping experience with over 300 booths and thousands of gifts, fashions, jewelry, gourmet foods, handcrafted art, and unique gifts anywhere.
Bus Departs from Ochsner Cancer Center 17050 Medical Center Drive: 7:45am
Approximate return time: 5:00pm Limit of 54 Attendees \$45pp

NOVEMBER 11 (MONDAY): COFFEE AND CONVERSATION – REVE' COFFEE

8211 Village Plaza Ct Bldg. 4 Ste. 1A, Baton Rouge, LA 70810

Let us meet for that liquid gold. Enjoy a latte with breakfast and friendly conversation. See you there!

10:00am - 11:00am

Limit of 20 Attendees

Personal Transportation

ON YOUR OWN

NOVEMBER 12 (TUESDAY): ENRICHMENT SESSION – GREENOAKS MEMORIAL PARK

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speakers: Patrick Ford, Family Service Manager and Gretchen Varnell, Certified Funeral Celebrant with Greenoaks Memorial Park and Funeral Home, a Dignity Memorial® provider. They will host a free in-person informational seminar and discuss how to protect your loved ones by planning your life celebration in advance. Learn about the four simple steps to planning ahead, gain valuable peace of mind, request a free personal planning guide, and enjoy complimentary refreshments.

10:00am – 11:00am

Limit of 40 Attendees

FREE

NOVEMBER 13 (WEDNESDAY): ENRICHMENT SESSION – HUMANA HEALTH CARE 2025 UPDATES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Linda Bynum, Humana Representative. She will discuss the changes for Humana Health Care 2025.

11:30am – 12:30pm

Limit of 40 Attendees

FREE

NOVEMBER 14 (THURSDAY): CULINARY RUN – OUTBACK STEAKHOUSE

2415 S. Acadian Thruway, Baton Rouge, LA 70808

Personal Transportation

Outback pride themselves on serving up variety; where unbeatable steak cuts are complimented by delicious choices of chicken, ribs, seafood, and pasta at a price for everyone.

11:00am - 1:00pm

Limit of 25 Attendees

ON YOUR OWN

NOVEMBER 19 (TUESDAY): ENRICHMENT SESSION – ALZHEIMER'S

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Heather Flippen, Community Liaison with Always Best Care. Learn more about Alzheimer disease, a brain disorder that destroys memory and thinking skills. We will discuss the causes, the treatment, and the prevention of the most common type of dementia.

10:00am - 11:00am

Limit of 40 Attendees

FREE

NOVEMBER 21 (THURSDAY): MOVIE REVIEW – THE BEST CHRISTMAS PAGEANT EVER

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

Personal Transportation

The Herdmans are six siblings who have a reputation for being the worst kids in the world. However, when they take over the local church pageant during the holidays, they just might teach a shocked community the true meaning of Christmas. Pay \$6.92 at the theater and enjoy a snack pack for \$5.50 (drink, popcorn, candy).

10:00am

Limit of 75 Attendees

ON YOUR OWN

NOVEMBER 22 (FRIDAY): ENRICHMENT SESSION – CHARLIE BROWN THANKSGIVING

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Two slices of toast, jellybeans, pretzels, and popcorn - not the normal Thanksgiving dinner. It's not what Peppermint Patty imagines either, but that's what she gets when she invites herself over to Charlie Brown's house for a turkey-day feast. She also learns a little bit about the true meaning of the holiday. Let's get together and share some things we are thankful for this year. We will also watch Charlie Brown's Thanksgiving.

12:30am – 2:00pm

Limit of 40 Attendees

FREE

****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
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Baton Rouge LA 70809
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