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.

IMPORTANT UPDATE ABOUT REGISTRATION!
When going online to register for events, you must type the following information in Google Chrome to get started. https://ochsner.my.site.com/goldenopportunity
With this change, you will need to create a new bookmark with the above link. Any bookmark previously created will no longer work. A sample of the icon for Google Chrome is posted to the right.

SEPTEMBER 6 (WEDNESDAY): COFFEE BEAN CAFE
12177 Coursey Blvd, Baton Rouge, LA 70816
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

SEPTEMBER 11 (MONDAY): ENRICHMENT SESSION - COOKING WITH CHEF NINO AT OCHSNER 65 PLUS
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B
Chef Nino will dazzle you with his jokes and make you hungry.
10:30 am – 11:30 pm Limit of 40 Attendees FREE

SEPTEMBER 12 (TUESDAY): MONTHLY MEETING - ADDED SUGAR IS NOT SO SWEET
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B
Speaker: Nancy E. Agnelly with Peoples Health will discuss "Added Sugar Is Not So Sweet". There is added sugar in everything from breakfast cereal to salad dressings to prepared sauces. It can be shocking where you find it once you start reading labels, and all that added sugar adds a lot of negatives to your life.
10:00am – 12:00pm Limit of 40 Attendees FREE

SEPTEMBER 15 (FRIDAY): DAY TRIP – CAJUN PRIDE SWAMP TOUR
Join us for a breathtaking tour of the wildlife refuge; you just never know what you may see. The alligators will be watching, the birds will be singing, the turtles sunbathing and the snakes will be slithering. Make sure you have your camera ready for some amazing wildlife pictures to show your family and friends. Lunch on your own at the famous Middendorf’s restaurant, home of the original Thin Fried Catfish. Their goal is for you to leave with a full belly and a memory of a good time. Middendorf's is featured in the movie, The Secret: Dare to Dream (2020).
8:00am Departure / 5:00pm Approximate Return Limit of 54 Attendees $60pp

SEPTEMBER 22 (FRIDAY): CULINARY RUN - ROUJ CREOLE
7601 Bluebonnet, Suite 100 Baton Rouge, LA 70810
Let’s dine at Rouj Creole; a restaurant sure to please everyone. Rouj Creole features dishes such as Crab Cake Maison, Feta Whipped Brussel Sprouts, Pepperjack Boudin Dip, Steak Salad, Poboys, Burgers, Chicken Fried Pork Belly and more.
11:00am Limit of 25 Attendees ON YOUR OWN
SEPTEMBER 27 (WEDNESDAY): ENRICHMENT SESSION - CANDLE MAKING
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B
Personal Transportation
Nothing is more memorable than a smell. When you walk into a room while a Faith and Wicks candle is burning, you’ll never forget the sophisticated elegance of that scent. Try your hand at making your very own candle. You will have ten scents to choose from; learn candle making safety and you will be able to take home your candle the very same day. Pay the vendor at the event. (Cash, Check, or Credit Card)
10:00am – 12:00 pm
Limit of 24 Attendees
$16pp

SEPTEMBER 28 (THURSDAY): MOVIE REVIEW – THE BLIND
AMC Theater located at 16040 Hatteras Ave, Baton Rouge, LA 70816
Personal Transportation
In the 1960s Deep South, a man struggles with the shame of his past while navigating his own alcoholism and complicated family dynamics as a husband and father. You will purchase ticket at the theater for $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 17050 Medical Center Dr, Baton Rouge, LA 70816, in front of the Cancer Center unless noted otherwise.

Please send your mail to the new office address:

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

Ochsner On Call: This 24/7 service is a free nurse care line for non-life-threatening issues, call 1-800-231-5257.

Having difficulty with MyOchsner?
Contact MyOchsner support 1-877-339-2637

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 waiting list if you need to cancel. YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.