

January 2024
Calendar of Events
Greater New Orleans 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

Registration for new events (indicated with *) available Monday, December 11th at 8:00am on the CLOUD. To access the cloud, type the following into your search engine: <https://ochsner.my.site.com/goldenopportunity>**

All West Bank & South Shore Registrations should be mailed to:

Golden Opportunity - Attn: Sabrina Champagne - 4225 Lapalco Blvd. 2nd Floor - Marrero, LA 70072

*****JANUARY 3 (WEDNESDAY): WB MONTHLY MEETING**

1771 Stumpf Blvd., Terrytown, LA Theme: Cheers to a New Year Personal Transportation
Time flies when you're on the "GO." Cheers to another year together and forever on the "GO"! Let's reflect on 2023 and discuss 2024 on the "GO"! Menu: Hamburger steak, mashed potatoes, seasoned green beans, salad, bread, and dessert.
Doors open at 10:15am Limit of 150 Attendees \$18pp

*****JANUARY 5 (FRIDAY): SS MORNING FUEL – CAFÉ LATTE DA**

5860 Citrus Blvd Ste. A, Harahan, LA Personal Transportation
Starting your day with foods that are rich in high-quality protein and/or fiber like yogurt, milk, eggs, oatmeal, cottage cheese, and fruit are especially filling and packed with nutrition.
10:00am Limit 35 Attendees ON YOUR OWN

*****JANUARY 9 (TUESDAY): SS MONTHLY MEETING**

1200 S. Clearview Parkway at Ochsner Fitness Center Auditorium Personal Transportation
The new year brings in new opportunities on the "GO. Cheers to health, happiness, and prosperity in 2024! Let's reflect on 2023 and discuss 2024 on the "GO"! Please show your attendance by registering. Light Refreshment will be served.
10:15am Limit of 35 Attendees FREE

JANUARY 11 (THURSDAY): ANNUAL HOLIDAY CELEBRATION

KEYNOTE SPEAKER: LIEUTENANT GENERAL RUSSEL HONORE'

Baton Rouge Marriott 5500 Hilton Ave, Baton Rouge, LA 70808
General Russel Honoré is a decorated 37-year army veteran, a global authority on leadership, disaster management, and climate preparedness. As the commander of Joint Task Force Katrina, he became known as the "Category 5 General" for his leadership in coordinating military relief efforts in post-hurricane New Orleans. General Honoré knows that the future of our national security depends on protecting our environment, and he's fighting for a brighter future for us all. A Louisiana native, he founded the GreenARMY, a coalition of environmental experts and advocates, to protect against pollution while fighting climate change and the natural disasters it causes. Menu Includes House Salad, Chicken Piccata, Mash Potatoes, Seasonal Vegetables, and Cheesecake for dessert. Cost includes transportation, lunch, and keynote speaker. **RSVP REQUIRED: No Later Than January 5th**
Bus departs WB 8:30am/ SS 9:00am Limit of 110 Attendees \$40pp
Bus returns WB 4:15pm / SS 3:45pm

*****JANUARY 16 (TUESDAY) SS COMMUNITY EVENT - WALK WITH "GO"**

Lakeside Mall – 3301 Veterans Memorial Blvd. Metairie, LA 70002

Walking builds muscles and promotes flexibility, many find it beneficial in controlling pain, such as back pain or arthritis. A twenty-minute walk can help strengthen muscles to decrease pain. Please show your attendance by registering. (Meet at the food court)

9:00am

Unlimited Attendees

FREE

*****JANUARY 18 (THURSDAY): WB MORNING FUEL AT SHONEY'S**

420 Westbank Expressway, Gretna, LA

Personal Transportation

Let's meet for morning fuel. Consuming nutrient-rich foods daily will help you achieve a lifetime of health. Include fruits, veggies, whole grains, and proteins like milk, cheese, and yogurt as part of your breakfast diet.

9:00am

Limit of 35 Attendees

ON YOUR OWN

*****JANUARY 19 (FRIDAY): WB COMMUNITY EVENT – WALK WITH "GO"**

197 Westbank Expwy. Suite 33, Gretna.- Oakwood Mall

Personal Transportation

Start out slow if you need to. Add minutes to your walks the next week and keep adding minutes until you are walking as long as you desire. (Meet at the food court).

10:00am

Unlimited Attendees

FREE

*****JANUARY 22 (MONDAY): WB COMMUNITY EVENT – LINE DANCE CLASS**

1861 Ames Blvd, Marrero, LA

Personal Transportation

Dance Instructor: Margie Clark-Harris. Exercise and have fun! Dancing is an exciting and social way to work out your body. Dancing works your heart, helps build strong bones and muscles, and can improve your balance. Because dancing is so much fun, you may forget you are exercising.

11:00 am

Limit of 35 Attendees

FREE

*****JANUARY 23 (TUESDAY): MOVIE REVIEW**

Theater and movie will be announced on Friday January 19th. Please show your attendance by registering in advance.

*****JANUARY 26, 2024 (FRIDAY): DAY TRIP: INFINITY SCIENCE CENTER, MIDDENDORF'S, AND DONG PHUONG BAKERY**

This trip will explore Louisiana for space, science, food, and Louisiana tradition. Infinity Science Center is a science museum specializing in STEM content. In the Earth Gallery we will discover more than 200 species of carnivorous plants, we'll be amazed by the hurricane prediction lab, and with deep ocean explorer we'll travel down to the depths of the Gulf of Mexico through a computer-generated ocean in a virtual submarine. There is also a 3D immersive theater which is always a crowd pleaser! Making our way to the second floor, we will enter the Space Gallery filled with artifacts from the Smithsonian and from Infinity's own collections. Venturing outside we'll stroll the biome boardwalk and butterfly gardens and get up close and personal with Apollo 19 Saturn V first stage. After a morning of becoming smarter, we will fill our bellies with some of the best seafood in town. Middendorf's is home of the world famous original thin fried catfish; they offer a variety of food options to satisfy everyone's tastebuds. On the way home we'll visit the award-winning Vietnamese bakery, Dong Phong Bakery for a special treat. Lunch is on your own.

Bus departs WB 8:00am / SS 8:30am

Limit 50 Attendees

\$48pp

Bus returns WB 5:00pm / SS 4:30pm

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.**