TECHNOLOGY APPOINTMENTS AVAILABLE THROUGHOUT THE MONTH
GO members who may need help signing onto the GO Cloud, registering for MyOchsner, sending emails, or any other basic technology questions can schedule an appointment with me by calling 225-755-4984 or email cabroussard@ochsner.org.

VOLUNTEERING AT OCHSNER
If you are interested in becoming a volunteer at Ochsner, please contact Katie Daher, Ochsner Volunteer Director. You can reach her by calling her office 504-842-6787 or emailing her: kdaher@ochsner.org.

UPCOMING EVENTS:
NOVEMBER 2 (THURSDAY): DAY TRIP - MJ THE MUSICAL
MJ The Musical is all about the historic life and works of Michael Jackson, charting key moments in his career. that eventually led him to be crowned the "King of Pop" and become one of the bestselling and most awarded. musical artists of all time. Lunch included @ Café at the Square.
9:00 am – 5:30 pm  Limit of 45 Attendees  $165pp

NOVEMBER 17 (FRIDAY): DAY TRIP - MARKET AT THE MILLS
Are you ready to get your shopping on for the Holidays? This is the place. Shoppers of the annual event can expect a variety of vendors, craftsmen, and artisans selling hand-crafted items, such as pottery, garden items, jewelry, glassware, wooden furniture, and Christmas gifts for everyone. You can also find decorative Christmas items, live plants, antiques, and many unique, hand-crafted items. Let’s have some fun! Lunch on your own.
9:00 am – 5:00 pm  Limit of 45 Attendees  $45pp

JANUARY 11, 2024: GO ANNUAL HOLIDAY CELEBRATION
Baton Rouge Marriott 5500 Hilton Ave, Baton Rouge, LA 70808
Keynote Speaker: Retired Lt. 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.
10:30 am – 2:30 pm  Limit of 110 Attendees  $40pp

UPCOMING TRIPS:
DECEMBER 10-14 (SUNDAY – THURSDAY): EXTENDED TRIP – OPRYLAND IN NASHVILLE

PROMOTIONS & PROGRAMS:
The Royal Referral Program. Refer friends and family and we will contact them to explain our program and its benefits. For every friend that becomes a member you’ll receive an entry into our Grand Prize Drawing for Autographed Saints Memorabilia. When four friends become members, you earn free membership for the upcoming year. The more friends you refer that become members, the more opportunities you get to win!
Regional Attendance Award Program (RAAP). The person from each region who attends the most GO events, will be awarded a FREE GO membership in 2024.
Friendship Is Vital To Healthy Aging!

As people age, the relationships they forge and maintain with friends become more important than ever. Having people to connect with socially and personally is fun and promotes a healthy lifestyle throughout the aging process.

All your friends should be living their best life! Introduce them to Golden Opportunity and we’ll help them achieve their retirement wishes. While you’re gifting them, we’ll gift you with an entry into the Royal Referral Grand Prize Drawing.

To purchase gift certificates or for more information contact, Cassie Broussard at 225-755-4984 or email cabroussard@ochsner.org
Books for Boots is a 501(c)(3) nonprofit organization that provides new and gently used books, media, and craft items to injured recruits in our country’s military basic training installations. Boxes are shipped to military basic training facilities for injured recruits in medical rehabilitation units.

BOOK GUIDELINES
- No loose, brittle, or missing pages
- No stains or water damage
- No missing front or back covers.
- Missing dust jackets for hardcover books is acceptable.
- All books must be in good, great, like new or new condition.
- Books must be for ages 15 and up.
- No primary school books please
- No erotic romance novels are permitted or acceptable.

MUSIC AND MOVIE GUIDELINES
- Must be in great, like new or new condition.
- Have minimal scratches.
- Preferably in original case, however dust sleeves are acceptable.
- Permitted ratings for movies are G, PG, PG13, and R as long as R rated movies are without sex and nudity.
- No MA rated movies are permitted.
- Both DVD and Blu-ray formats are accepted

CRAFT ITEMS AND GUIDELINES
- Like new-to-new items please!
- Coloring books
- Sketch books
- Crayons, markers, color pencils, sharpeners, etc.
- Knitting yarn and hooks
- Acrylic paint and brushes
- Paracord (such as sets for making bracelets) with buckles / clips.
- Puzzles: new puzzles are preferred, however puzzles with no missing pieces are accepted as long as donated in original box and pieces are in a Ziploc bag

Drop off your donations to the Golden Opportunity Office in the Ochsner 65Plus Clinic, located at:
7949 Jefferson Hwy., Suite B, Baton Rouge, LA 70809

Do you have any artwork you are willing to donate to Ochsner? Please let me know.

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
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