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.

JULY 6 (THURSDAY): CULINARY RUN – SOUTH PLAINS FOOD COMPANY
1605 Mount Pleasant - Zachary Rd, Zachary, LA 70791
Are you familiar with the Francis Restaurant in St. Francisville? Well, this is a spinoff of that restaurant. South Plains brings high-end quality foods at an affordable price in a fun comfortable atmosphere. You can get burgers, wings, seafood, salads and top of the line ribeye. “There is something for everyone!”
11:00am – 1:00pm
Limit of 25 Attendees
ON YOUR OWN

JULY 7 (FRIDAY): DAY TRIP – SLIDELL CRIME LAB
What goes on in a Crime Lab? Scientists analyze evidence collected from crime scenes, suspects, and victims. They may analyze anything from DNA or fingerprints to human remains or suspicious substances. We will visit the areas of drug chemistry, gunshot residue, firearms, crime scene, etc. Collection techniques include picking, lifting, scraping, vacuum sweeping, combing, and clipping. Several tools can be used for the collection of trace evidence (e.g., tweezers, tape lifts, spatulas). Lunch on your own at Peck’s Seafood. Peck’s is known for serving only the freshest seafood, salads & sandwiches to their customers. Locally owned and operated along with enjoying 15 years of great service.
07:30am – 3:30pm
Limit of 54 Attendees
$30 pp

JULY 11 (TUESDAY): MONTHLY MEETING - WHAT DO YOU EXPECT WHEN GOING TO THE HOSPITAL?
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B
Speaker: Kathleen Simoneaux, LCSW. She will guide us on what to expect when we must go to the Hospital. Hospitals provide extensive resources and expertise that enable doctors to rapidly diagnose and treat a wide range of diseases. However, a hospital can be a frightening and confusing place. Often, care occurs quickly and without explanation. Knowing what to expect can help people cope and actively participate in their care during their stay. Understanding more about what hospitals do and why they do it can help people feel less intimidated by their hospital experience, more in control, and more confident about their health when they are discharged home.
10:00am – 12:00pm
Limit of 40 Attendees
FREE

JULY 13 (THURSDAY): GET YOUR MORNING BREW AT FRENCH TRUCK COFFEE
2978 Government St. Baton Rouge, LA 70806
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 25 Attendees
ON YOUR OWN

JULY 26 (WEDNESDAY): ENRICHMENT SESSION - CANDLE MAKING
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B
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
$16 pp
**JULY 27 (THURSDAY): MOVIE REVIEW – OPPENHEIMER**

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

A true story based on the politics and drama surrounding the creation of the first atomic bomb. The much awaited and hotly anticipated Christopher Nolan classical, led by Cillian Murphy is creating a huge buzz among fans around the world. The movie titled ‘Oppenheimer’ is a historical classic established around World War II and is based on one of the biggest groundbreaking developments in human history. 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

**TECHNOLOGY APPOINTMENTS AVAILABLE THROUGHOUT THE MONTH**

I am available to assist GO members who may need help signing onto the GO Cloud, registering for MyOchsner, sending emails, or any other basic technology questions. To schedule an appointment contact me at cabroussard@ochsner.org or 225-755-4984.

**UPCOMING EVENTS**

**AUGUST 3, 10, 17, 24 (THURSDAYS): ENRICHMENT SESSION – TECHNOLOGY AND HOW TO USE YOUR CELL PHONE/TABLET**

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy, Suite B  
Personal Transportation

How to use your cell phone/tablet……………. more information to come.

10:00am – 11:00pm  
Limit of 40 Attendees  
FREE

**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

To access the cloud, type the following into your search engine:  
https://ochsner.force.com/goldenopportunity

**For Additional Information Contact:**

Cassie Broussard, Program Coordinator  
cabroussard@ochsner.org  
225-755-4984 office  
ochser.org/go

Ochsner 65Plus  
Golden Opportunity  
7949 Jefferson Hwy, Suite B  
Baton Rouge, LA  70809

**Fees must be received within 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.