



## *Merry Christmas*

### **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: **[www.ochsner.org/gologin](http://www.ochsner.org/gologin)**



**All BR Day And Extended Bus trips depart in the front of Ochsner Cancer Center unless noted otherwise.  
Location Address: 17050 Medical Center Drive, Baton Rouge, LA**

### **EVERY MONDAY & FRIDAY: CHAIR YOGA / WEDNESDAY: TAI CHI**

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation  
Instructor: Katherine Belou, Ochsner Health Coach. Exercising regularly helps your body's sleep-wake cycle and promotes better sleep. Chair Yoga & Tai Chi benefits include improved strength & balance, helps arthritis, reduces joint pain, and decreases fear of falls.  
10:30am – 11:30am Limitation of Each Event Varies **FREE**

### **DECEMBER 2 (TUESDAY): CHRISTMAS PICTURES**

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation  
Are you ready for the Holidays? Celebrate YOU This Christmas Season! We invite you to create a lasting memory by having your picture taken for FREE. Relax in a warm and festive setting while we capture a timeless portrait of you to share with others or frame and enjoy for yourself. There will be at least two Christmas themed backdrops to choose from. Dress in your best for a more elegant picture or wear something festive for a more fun photo.  
11:00am – 1:30pm Limit of 40 Attendees **FREE**

### **DECEMBER 4 – 9 (THURSDAY – TUESDAY) CHRISTMAS IN THE BLUE RIDGE MOUNTAINS**

I will be traveling with our GO members. For assistance, please contact Cindy Wilks.  
Email: [cwilks@ochsner.org](mailto:cwilks@ochsner.org) or Phone: (225) 236-5496

### **DECEMBER 10 (WEDNESDAY): COFFEE CALL**

3132 College Dr STE F, Baton Rouge, LA 70808 Personal Transportation  
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**

## **DECEMBER 11 (THURSDAY): MONTHLY MEETING – CHRISTMAS WITH THE VICTORY BELLES**

14214 Old Hammond Hwy, Baton Rouge, LA 70816

Personal Transportation

Experience the joy of the season and step back in time with the enchanting Victory Belles as they fill the air with the beloved holiday classics and patriotic tunes of the 1940s. Enjoy lunch before the show, then watch the talented trio perform in rich, three-part harmony, offering a musical salute to each branch of the US Armed Forces. It's a heartwarming celebration of music that brought hope and joy during wartime. Christmas Lunch includes Chicken and Sausage Gumbo with Rice, Potato Salad, Fried Okra, and Pumpkin Dump Cake Dessert with Tea and Water. We encourage Christmas attire.

**To Go Plates Are Not Available.**

11:00am – 2:00pm

Limit of 75 Attendees

\$40pp

## **DECEMBER 16 (TUESDAY): 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.

11:30am – 12:30pm

Limit of 40 Attendees

FREE

## **DECEMBER 18 (THURSDAY): ANNUAL CHRISTMAS POTLUCK**

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

It's that time of year again! Let's get together for our 4<sup>th</sup> Annual Christmas Potluck, a festive celebration of friends, food, and holiday cheer. Share a favorite dish and enjoy a meal together in good company. We'll have classic Christmas carols, beautiful decorations, and plenty of friendly conversation. Register on the cloud or call Cassie by December 1<sup>st</sup> to reserve your spot and let her know what you will bringing. Meats, Veggies, Desserts, Drinks, and more are all welcome. Dress in your favorite Holiday attire. HAPPY HOLIDAYS!

11:30am – 1:30pm

Limit of 40 Attendees

BRING A DISH

**Schedule Medical Appointments** without delays using the GO dedicated phone line with the Ochsner Scheduling Department. Baton Rouge: 225-761-5824

**Ochsner On Call:** A 24/7 free nurse care line for non-life-threatening issues, the number is 1-800-231-5257.

**\*\*Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. We accept cash, check, or credit card payments. 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 wait list if you need to cancel. **YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.** Members must use transportation services provided by GO for day trips, road trips, and extended trips. GO is unable to accommodate trip modification requests by GO members.

### **For Additional Information Contact:**

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

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



Scan QR Code for  
the GO website.