The staff of Golden Opportunity continues to work remotely, so please communicate via email or call the Golden Opportunity office if you have any questions or concerns. We will continue to provide our members resources to promote healthy lifestyles and are available to help in any way needed.

**All upcoming events will be presented virtually via ZOOM:** The presentations will be posted in monthly calendars and also in West Bank Salesforce for registration. Zoom invitations will be sent via email to all members who register for the event on the Cloud. If you would like to attend, sign up online or call our office (leave a detailed message). If you would like a presentation mailed to you, I will be happy to send it out to you, if there is one available from the presenter.

**Register Now Online or Call Our Office 504-371-6570 (Leave a detailed message).** If you need assistance registering online or downloading Zoom on your phone, desktop computer or iPad, I would be glad to assist you and give instructions on how to access the presentation the day of the event.

**September 11 (Friday) 9:30am Hobby Therapy: A Guided Path to Follow the Fun -- RSVP REQUIRED**
Presenter: Stacy Melvin, Vice President-Project Management. In this interactive program you will learn:
- How to sustain hobbies over time
- Explore the benefits of cultivating hobbies
- Discover your custom path to uplifting enrichment
- Learn for maximum joy

**September 17 (Thursday) 2:30pm EAT FIT Nutrition Workshop: Virtual Grocery Store Tour -- RSVP REQUIRED**
Presenter: Brittany Craft, Registered Dietitian
Navigating the crowded grocery store aisles can sometimes feel overwhelming – but it doesn’t have to be! Learn what a healthy shopping trip looks like, aisle by aisle! Brittany will review simple ways to improve your diet, provide specific product recommendations, and discuss how to make healthy food choices for your specific needs. She will review what to look for on food labels and introduce new ingredients you can begin to incorporate into your meal and snacks.

**September 24 (Thursday) 10:00am Steps to Staying Young at Heart -- RSVP REQUIRED**
Presenters: Michelle Varon, Community Liaison and Rod Williams, Occupational Therapist
Want to know the secrets of living a longer and happier life?

**Ochsner Fitness Center – VIRTUAL CLASSES TO KEEP YOU FIT:** If staying informed, wanting to know what’s new and keeping in touch with a social network is what you’re looking for, then this is the group to join. You can look forward to learning about senior fitness, nutrition, how to keep a healthy mind and much more!! Join the Ochsner Fitness Center Facebook Senior Group and view the weekly calendar. Click on the links and you can join the virtual classes! Easy as that! For more information, email gtabora@ochsner.org or https://www.ochsnerfitness.com/classes/senior-fitness.
If you develop Covid-19 symptoms or have been in contact with someone known to have COVID-19, call the COVID-19 INFO LINE AT 866-703-7790, or our free nurse care line. For general information, dial the Louisiana hotline, 211, or text the keyword LACOVID to 898-211.

**Need Assistance Re-scheduling Appointments**

A dedicated telephone line has been set up with Ochsner Scheduling Department for members to assist in scheduling medical appointments. **The number is 504-371-9333.**

SEPTEMBER

HAPPY BIRTHDAY & ANNIVERSARY WISHES and MANY MORE!

Alice Nelson-Jones  
Program Coordinator  
4225 Lapalco Boulevard  
Marrero, La 70052-4338  
Golden Opportunity West Bank  
504-371-6541 OFFICE  
504-371-6570 FAX  
alicjones@ochsner.org