

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles



Merry Christmas

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, November 3rd at 8:00am on the CLOUD. 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



All West Bank Registrations should be mailed to:

Ochsner 65 Plus – Attn: Golden Opportunity – 1963 Barataria Blvd. – Marrero, LA 70072 - 504-208-5693

All WB Day And Extended Bus trips depart Ochsner 65 Plus 1963 Barataria Blvd. Marrero, LA

*****EVERY MONDAY: LINE DANCE CLASS**

1861 Ames Blvd. in Marrero, LA

Personal Transportation

Instructor: Margie Harris-Clark, "GO" Member. A fun way to exercise and socialize! Line dancing is the perfect way to stay active and healthy.

11:00am

Limit of 20 Attendees

FREE

***** DECEMBER 2 & 23 (TUESDAY): CHAIR PILATES WITH SABRINA**

Ochsner 65 Plus Clinic, 1963 Barataria Blvd. in Marrero, LA

Personal Transportation

Chair Pilates is a gentle, low-impact, full-body exercise that helps build a strong core and increases mobility and balance. It enhances posture, alleviates pain by releasing endorphins, and makes daily activities easier.

11:00am

Limit of 12 Attendees

FREE

*****DECEMBER 3 (WEDNESDAY): MONTHLY MEETING – MERRY CHRISTMAS**

3711 Westbank Expressway, Harvey, LA

Personal Transportation

The magic of Christmas never ends when you're in the company of friends! It's no silent night when we gather, Santa's watching, dress festive, and spread joy. "GO" is brightening the lives of children with generous gifts so let's spread the magic of Golden Opportunity at Christmas. (Bring a new unwrapped toy for Toys 4 Tots.) Menu: Sliced Ham, corn and crawfish bisque, cornbread dressing, green beans, and bread pudding with rum sauce. Reminder: Food bank donations to help fight hunger are collected at every meeting.

Doors Open at 10:15am

Limit of 200 Attendees

\$21pp

*****DECEMBER 4 (THURSDAY): – WALK WITH "GO"**

197 Westbank Expy Suite 33, Gretna, LA

Personal Transportation

Let's get moving again! Mall walking and window shopping with "GO" and friends. Get out and get active and social. It's a comfortable and safe place to walk. Meet me in the food court at 10am.

10:00am

Unlimited Attendees

FREE

*****DECEMBER 5 (FRIDAY): DINE AROUND – PALMETTOS ON THE BAYOU**

1901 Bayou Ln, Slidell, LA

Personal Transportation

Join "GO" as we dine around! Let's take a ride to the Northshore and dine on the bayou for brunch. Palmettos offers a unique atmosphere and fresh cuisine that is truly Louisiana.

Bus Departs at 10:00am

Limit of 25 Attendees

BRUNCH ON YOUR OWN

*****DECEMBER 7– 13 (SUNDAY-SATURDAY): CHRISTMAS IN THE SMOKY MOUNTAINS & BILTMORE ESTATE**

I will be traveling with our GO members. For assistance, please contact Cindy Wilks.

Email: cwilks@ochsner.org or Phone: (225) 236-5496

*****DECEMBER 15 (MONDAY): GOLDEN READERS – BOOK CLUB DISCUSSION**

Ochsner 65 Plus Clinic, 1963 Barataria Blvd. in Marrero, LA

Personal Transportation

Join Golden Readers book club. We meet every month for discussion and choose a new book.

1:00pm

Limit of 40 Attendees

FREE

*****DECEMBER 16 (TUESDAY): HOLIDAY JINGLE AND MINGLE**

Ochsner 65 Plus Clinic, 1963 Barataria Blvd. in Marrero, LA

Personal Transportation

Instructor: Nancy Agnelly, Peoples Health Rep. It has been a year to remember! We are in the holiday season and Christmas magic is in the air. Come out and mingle while creating a Christmas craft birdhouse.

1:00pm

Limit of 40 Attendees

FREE

*****DECEMBER 18 (THURSDAY): DAY TRIP – HOTEL HOPPING SLEIGH RIDE**

Hop on the bus and Let's Deck the Halls! We will use this bus as our sleigh ride from New Orleans to Mississippi. We're on our way to Buccee's then on to Beau Rivage, where we will spend some time Fa La La Frolicking through the festive lobby, gift shops, casino, or doing whatever is on your holiday list. When night falls our Sleigh will whisk us back to New Orleans where we will be amazed with New Orleans Hotel Lobbies.

Bus Departs 10:00am

Waitlist Only

\$50pp

*****DECEMBER 19 (FRIDAY): MOVIE REVIEW – JACK FROST**

Ochsner 65 Plus Clinic, 1963 Barataria Blvd. in Marrero, LA

Personal Transportation

As a touring musician clinging to dreams of stardom, aging rocker Jack Frost (Michael Keaton) never had much time for his wife, Gabby (Kelly Preston), and young son, Charlie (Joseph Cross). A year after Jack's tragic death in a car accident on Christmas Day, Charlie plays a mournful tune on his father's harmonica. Much to his surprise, the elder Frost is magically brought to life as a snowman on the family lawn. Given a second chance, Charlie and Jack struggle to make up for lost time. Come and enjoy popcorn and a movie!

1:00pm

Limit of 40 Attendees

FREE

*****DECEMBER 25 (THURSDAY): MERRY CHRISTMAS & HAPPY NEW YEAR**

I will be out of the office Thursday December 24th through January 5th. I'm sending my warmest holiday wishes your way! May this beautiful holiday season fill your heart with love, your home with joy, and your life with laughter. See you'll next year on the "GO"! For assistance, please contact Cindy Wilks.

Email: cwilks@ochsner.org or Phone: (225) 236-5496

*****DECEMBER 26 (FRIDAY): PHASE 10 AND GAMES**

Ochsner 65 Plus Clinic, 1963 Barataria Blvd. in Marrero, LA

Personal Transportation

Come out and socialize. This is a game day to utilize the community room. Get your group together or come alone, bring a snack and your favorite board game, and let's have some fun!

10:00am - 4:00pm

Limit of 40 Attendees

FREE

Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner Scheduling Department. West Bank: 504-371-9333

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

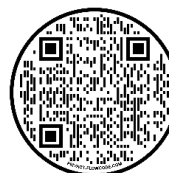
****Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. We accept cash, check, or credit card payments. Please check availability with the GO office before mailing a check and send separate checks for events. **RSVP 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:

Sabrina Champagne, Program Coordinator
sabrina.champagne@ochsner.org
office: 504-208-5693
ochsner.org/go

Ochsner 65 Plus Clinic
Golden Opportunity
1963A Barataria Blvd.
Marrero, LA 70072



Scan QR Code for
the GO website.