

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

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**



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

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

NO MOVIE REVIEW THIS MONTH

NOVEMBER 4 (TUESDAY): STATE HEALTH INSURANCE INFORMATION PROGRAM - SHIIP 2026 UPDATES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B
Speaker: Vicki Dufrene, SHIIP Representative. Vicki will provide unbiased informational help to Medicare beneficiaries, their families, and caregivers about Medicare coverage and benefits.
10:00am – 11:00am
Limit of 40 Attendees
Personal Transportation
FREE

NOVEMBER 7 (FRIDAY): COFFEE CALL

3132 College Dr Ste F, Baton Rouge, LA 70808
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
Personal Transportation
ON YOUR OWN

NOVEMBER 11 (TUESDAY): GREENOAKS MEMORIAL PARK

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

NOVEMBER 12 (WEDNESDAY): PEOPLES HEALTH INSURANCE 2026 UPDATES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B
Speaker: Nancy Agnelly, Peoples Health Representative. Nancy will present the Annual Enrollment Period Presentation for Peoples Health Benefits for 2026.
12:00pm – 1:00pm
Limit of 40 Attendees
Personal Transportation
FREE

NOVEMBER 13 (THURSDAY): HAMMOND - LIGHTHOUSE COASTAL BRASSERIE

116 W Thomas St, Hammond, LA 70401
The Lighthouse is clearly casting a wide net with its menu—whether you're craving rich seafood like Mussels Frites and Crab Dip or hearty comfort like Rotisserie Chicken done four ways, they've got you covered. "Don't just meet us there, beat us there"—love the energy!
11:00pm – 1:00pm
Limit of 25 Attendees
Personal Transportation
ON YOUR OWN

NOVEMBER 14 (FRIDAY): SOLOU RESTAURANT

2112 Perkins Road in Baton Rouge
Solou offers a Southern comfort food with a twist! We will meet at the restaurant to simply enjoy a great lunch and great company.
11:00am
Limit of 24 Attendees
Personal Transportation
ON YOUR OWN

NOVEMBER 17 (MONDAY): HUMANA HEALTH CARE 2026 UPDATES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Speaker: Linda Bynum, Humana Representative. She will discuss the changes for Humana Health Care 2026.

11:30am – 12:30pm

Limit of 40 Attendees

Personal Transportation

FREE

NOVEMBER 18 (TUESDAY): GRISWOLD HOME CARE

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Speaker: Ginger Robichaux, Griswold Home Care Representative. Learn about their personalized, non-medical, in-home care that helps seniors stay independent and comfortable at home.

10:00am – 11:00am

Limit of 40 Attendees

Personal Transportation

FREE

NOVEMBER 20 (THURSDAY): MONTHLY MEETING - THANKSGIVING

14214 Old Hammond Hwy, Baton Rouge, LA 70816

Thanksgiving is a time for expressing gratitude and giving thanks for the blessings in one's life. The holiday's origin is traced to a 1621 harvest feast shared by the Plymouth colonists and the Wampanoag Native Americans in what is now Massachusetts. President Abraham Lincoln proclaimed it a national holiday in 1863. The holiday is synonymous with an elaborate meal, most famously featuring roasted turkey. Gather with us for a Thanksgiving feast of Ham, Rice Dressing, Sweet Potato Dessert, with Water, Tea, or Lemonade. We encourage Thanksgiving attire such as shirts, turkey hats, and more. We will play games and enjoy a photo booth. **To Go Plates Are Not Available.**

11:00am – 2:00pm

Limit of 75 Attendees

Personal Transportation

\$20pp

NOVEMBER 24 (MONDAY): DAY TRIP – TRAIN TO MOBILE

On the Mardi Gras Express, you can leave New Orleans in the morning, spend the perfect afternoon exploring downtown Mobile, and be back before bedtime. Are you ready for a day of fun and excitement! Choo, Choo! Mobile is the day trip you did not know you needed—and now, it is just a train ride away. Lunch on your own. **LOTS OF WALKING & VERY LONG DAY FROM 5:00am- 10:00pm.** Amtrack will not honor substitutions for this trip. No refunds will be given if you cannot attend.

Bus Departs from Ochsner Cancer Center 17050 Medical Center Drive: 5:00am

Approximate return time: 10:00pm

Limit of 50 Attendees

\$85pp

NOVEMBER 25 – 28 (TUESDAY - FRIDAY): HAPPY THANKSGIVING – CASSIE OUT OF THE OFFICE

For assistance, please contact Lori Hosch: email: lori.hosch@ochsner.org or cell: 504-460-3247

Our Departure for Baton Rouge trips is always at the following location unless noted otherwise.

17050 Medical Center Dr, Baton Rouge, LA 70816, in front of the Cancer Center

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.