



November 2026

Baton Rouge Calendar of Events

Cassie Broussard, Golden Opportunity Program Coordinator
Ochsner 65Plus – Attn: Golden Opportunity
7949 Jefferson Hwy, Suite B – Baton Rouge, LA 70809
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REGISTRATION REQUIRED FOR ALL EVENTS

Stay connected and be sure to check your email often so you do not miss any new opportunities. Occasionally, we may add unexpected and exciting activities or important updates after the Calendar of Events has been distributed.

To register with ease, 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 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 70816

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

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Instructor: Katherine Belou, Ochsner Health Coach. Start your week with gentle movement, balance, and relaxation. Chair Yoga and Tai Chi are welcoming classes designed to help improve strength and flexibility, support better sleep, ease joint discomfort, and build confidence with balance in a comfortable group setting.

10:30am – 11:00am

Limitation of Each Event Varies

FREE

NOVEMBER 2 (MONDAY): HUMANA HEALTH CARE 2027 UPDATES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Linda Bynum, Humana Representative. Join us for a helpful and easy-to-understand overview of Humana Health Care 2027 updates. This session is a great opportunity to ask questions, stay informed, and enjoy light snacks with fellow members.

11:30am – 12:30pm

Limit of 40 Attendees

FREE

NOVEMBER 6 (FRIDAY): DAY TRIP – CHRISTMAS MARKET IN KENNER

4545 Williams Blvd, Kenner, LA 70065

Kick off the holiday season with a cheerful day of shopping at the Christmas Shopping Market in Kenner! Enjoy browsing festive booths filled with unique gifts, holiday decorations, homemade treats, crafts, jewelry, clothing, and more. It is the perfect outing to find a special treasure, check off your gift list, and celebrate the joy of the season together.

8:30am – 5:30pm

Limit of 52 Attendees

\$60pp

NOVEMBER 9 (MONDAY): PEOPLES HEALTH INSURANCE 2027 UPDATES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Nancy Agnelly, Peoples Health Representative. Join Nancy for a friendly and informative Annual Enrollment Period presentation highlighting Peoples Health Benefits for 2027. Bring your questions, learn what is new, and enjoy snacks in good company.

11:30am – 12:30pm

Limit of 40 Attendees

FREE

NOVEMBER 10 (TUESDAY): THE VICTORY BELLES

12323 Old Hammond Highway, Baton Rouge, LA 70816

Personal Transportation

Join us for a heartwarming performance by the Victory Belles, a talented vocal trio honoring our nation's veterans through beloved patriotic songs and classic hits of the 1940s. Enjoy music, memories, and patriotic spirit as we celebrate the courage, sacrifice, and service of America's heroes. Lunch will include fresh fruit, house salad, Alfredo penne pasta with chicken, dessert, unsweet iced tea, water, and coffee.

11:00am – 2:00pm

Limit of 100 Attendees

\$60pp

NOVEMBER 12 (THURSDAY): GENTLEMEN'S BREW – BATON ROUGE

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Sid Edwards, Mayor-President. Join us for an inspiring Gentlemen's Brew as Mayor-President Sid Edwards shares insights on leadership and the power of experience in our senior years. Discover how a lifetime of knowledge, resilience, and service can continue to inspire purpose, connection, and meaningful contributions at every stage of life. Complimentary coffee and breakfast will be served.

9:30am – 10:30am

Limit of 40 Attendees

FREE

NOVEMBER 13 (FRIDAY): MARY KAY COSMETICS - FRIENDSGIVING MAKEOVER PARTY

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Cindy Martrain, Mary Kay Representative. Gather with friends for a festive Friendsgiving makeover party filled with pampering, laughter, and fellowship. Come enjoy beauty tips, a little sparkle, and time together—snacks will be provided.

11:30am – 12:30pm

Limit of 40 Attendees

FREE

NOVEMBER 15 (SUNDAY): DAY TRIP: THE DOLPHIN CRUISE

Gulfport, MS

Enjoy a relaxing 90-minute dolphin-watching cruise along the Mississippi Gulf Coast! Watch for playful Atlantic bottlenose dolphins while taking in a narrated tour of the Gulfport Ship Harbor. After the cruise, we will stop for a late lunch on your own at the famous Middendorf's Restaurant in Slidell.

9:30am – 8:00pm

Limit of 54 Attendees

\$80pp (**FULL**)

NOVEMBER 17 (TUESDAY): STATE HEALTH INSURANCE INFORMATION PROGRAM - SHIIP 2027 UPDATES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Tammie Wolfe, SHIIP Representative. Join Tammie for an informative session offering unbiased guidance for Medicare beneficiaries, families, and caregivers. Learn more about Medicare coverage and benefits in a supportive setting and enjoy snacks while you connect with others.

10:00am – 11:00am

Limit of 40 Attendees

FREE

NOVEMBER 18 (WEDNESDAY): GRISWOLD HOME CARE

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Ginger Robichaux, Griswold Home Care Representative. Learn about personalized, non-medical in-home care options that help seniors remain independent, comfortable, and supported at home. This welcoming session will include helpful information, time for questions, and snacks.

11:30am – 12:30pm

Limit of 40 Attendees

FREE

NOVEMBER 19 (THURSDAY): DAY TRIP – RIPS ON THE LAKE & THE CANDY BANK

Mandeville, LA 70448

Spend the day enjoying good food, sweet treats, and a little nostalgia in Mandeville. Rips on the Lake is a local favorite known for fresh seafood, steaks, po-boys, appetizers, soups, and desserts. After lunch on your own, browse The Candy Bank, a charming sweet shop filled with classic candies, ice cream, old-fashioned floats, nitro coffee, and homemade fudge. Lunch and treats are on your own.

9:45am – 5:00pm

Limit of 52 Attendees

\$37pp

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.

Virtual Suggestion Box: To access, copy this link and place in the browser address bar to access.

<https://forms.cloud.microsoft/r/97SKr7GCr7?origin=lpLink>

****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.



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