

Baton Rouge Calendar of Events

Cassie Broussard, Golden Opportunity Program Coordinator
Ochsner 65Plus – Attn: Golden Opportunity
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I'm updating my contact database, please confirm your current email address.

REGISTRATION 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 has 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



Baton Rouge Trips Pickup/Drop Off: Ochsner Cancer Center 17050 Medical Center Dr. Baton Rouge, LA 70816.

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, helping arthritis, reduces joint pain, and decreases fear of falls.
10:30am – 11:30am Limitation of Each Event Varies **FREE**

APRIL 2 (THURSDAY): LIFE IN THE A-ZONE

Ashley Manor 14214 Old Hammond Hwy, Baton Rouge, LA 70816 Personal Transportation
Author: Peggy Sweeney-McDonald, Baton Rouge native, Author, Actress, Creator. Peggy will discuss her book, *Life in the A-Zone*. She will share excerpts, behind the scenes, stories, and reflections on caregiving, creativity, and unexpected moments of hope. The book shares her personal story of returning to Baton Rouge after 36 years and walking through her mother's journey with Alzheimer's. She wrote it to encourage caregivers and families, and to remind people that they are not alone. Do you know someone with Alzheimer's? It can be an incredibly difficult reality to face. Lunch Menu: Hamburger Steak, Salad, Mashed Potatoes, Peach Cobbler, Tea, Water, and Lemonade.
11:00am – 2:00pm Limit of 125 Attendees **\$20pp**

APRIL 10 (FRIDAY): 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**

APRIL 13 (MONDAY): COOKING WITH CHEF NINO

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Hosted By: Chef Nino, South Louisiana Chef and Author. Chef Nino will entertain you with his jokes while doing his cooking demonstration. Attendees will delight in the tastings of his culinary masterpiece.
10:30am – 11:30am Limit of 40 Attendees **FREE**

APRIL 15 (WEDNESDAY): CULINARY RUN – SAMMY’S GRILL

8635 Highland Rd, Baton Rouge, LA 70808

Personal Transportation

Enjoy fresh Louisiana seafood, Cajun favorites, burgers, and po’boys built from scratch. Just tell your server how you like it!

11:00am - 1:00pm

Limit of 25 Attendees

ON YOUR OWN

APRIL 27 (MONDAY): HEALTHIER EATING TOGETHER

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Join us for a fun and flavorful get-together focused on healthier eating habits. We will share recipes and swap ideas that are good for the body and soul. Refreshments will be served.

10:00am – 12:00pm

Limit of 40 Attendees

FREE

APRIL 30 (THURSDAY): DAY TRIP: SUMMER BBQ KICKOFF

The Rivers Retreat Center 14253 US-190, Covington, LA 70433

We are uniting all four regions for a gathering focused on fellowship and friendly rivalry. Delight in great food, games, and the chance to win fun prizes. Enjoy activities like cornhole, horseshoes, tennis, swimming and more. Bring your own paddles if you’re interested in playing Pickleball and sunscreen with a towel if you’re swimming. **If you’re able, please bring your favorite lawn chair for maximum comfort.** Enjoy a traditional American barbecue feast for lunch. This will include barbeque chicken, sausage, baked beans, salad, dessert, tea, and water.

Departure Time: 8:30am Ochsner Cancer Center 17050 Medical Center Drive

Approximate Return Time: 4:30pm Limit of 55 Attendees

\$53pp

UPCOMING EVENTS:

MAY 14 (THURSDAY): ANNUAL SPRING TEA PARTY

ASHLEY MANOR

NOVEMBER 10 (TUESDAY): DAY TRIP - THE WWII MUSEUM VICTORY BELLES HONORING VETERANS DAY

ASHLEY MANOR

UPCOMING EXTENDED TRIP:

DECEMBER 15 – 19, 2026: CHRISTMAS IN NEW YORK CITY

Pearson’s Travel World presents a customized, tailor-made trip just for GO members. Accompanying you on this adventure is Cassie Broussard (GO Coordinator) and Cindy Chambers (Pearson’s travel agent), ensuring a memorable adventure. They are dedicated to guiding you through a seamless experience and helping you create lasting memories.

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.



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