

Baton Rouge Calendar of Events

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**



If you have changed your email address recently please email or call the office so we can update your information in our computer system.

**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**

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

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

10:30am – 11:30am

Limitation of Each Event Varies

Personal Transportation

FREE

AUGUST 1 (FRIDAY): LUNCH BOX SERIES – SENIOR MEDICARE PATROL SCAMS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Sunny Lawless. Current Medicare scams often involve impersonating Medicare, Social Security, or a related organization to gain personal information or financial details. Scammers may also offer free or discounted services, medical equipment, or insurance, but ultimately require personal or financial information to be shared. It's crucial to be wary of unsolicited contacts, especially those requesting your Medicare number or other personal information. Bring your lunch and join us in person to learn more on this important topic or join the meeting via zoom. Email or call the office and I will send you the link to join us from home.

12:00pm

Limit of 40 Attendees

FREE

AUGUST 5 (WEDNESDAY): COFFEE BEAN CAFE

12177 Coursey Blvd, Baton Rouge, LA 70816

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

AUGUST 6 (WEDNESDAY): MEDICARE INFORMATION

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Rep. of The Fussell Group. This Medicare 101 seminar will help individuals better understand their Medicare options and make informed coverage decisions. This informative session will cover the basics of Medicare Parts A, B, C, and D and is ideal for those approaching eligibility or assisting a loved one.

11:30am – 12:30pm

Limit of 40 Attendees

FREE

AUGUST 7 (THURSDAY): MOVIE - TBA

AMC Theater located at 16040 Hatteras Ave, Baton Rouge, LA 70816

Personal Transportation

10:00am

Limit of 75 Attendees

ON YOUR OWN

AUGUST 12 (TUESDAY): GREENOAKS MEMORIAL PARK

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

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.

11:00am – 12:00pm

Limit of 40 Attendees

FREE

AUGUST 14 (THURSDAY): ZEA ROTISSERIE & BAR

7415 Corporate Blvd Suite 920, Baton Rouge, LA 70809

Personal Transportation

Zea's is known for its rotisserie meats, handcrafted cocktails, bold flavors, and modern spins on comfort food. From Duck Empanadas and Thai Ribs to the Spice Market Ciabatta and Caribbean Grilled Catfish — Are you getting hungry? Register in advance and we'll see you there!

11:00am – 1:00pm

Limit of 20 Attendees

ON YOUR OWN

AUGUST 15 (FRIDAY): DAY TRIP - LOUISIANA STATE PENITENTIARY "ANGOLA PRISON"

17544 Tunica Trace, Angola, LA 70712

Louisiana State Penitentiary is the state's oldest and only maximum-security prison and a much sought after tour for school groups, churches, and criminal justice professionals. Tours of the Penitentiary grounds serve to educate the public on the history of the prison as well as the current reentry, rehabilitative and moral initiatives implemented over the last several decades which helped to transform Louisiana State Penitentiary from "the bloodiest prison in America" to a model prison for onsite faith-based and vocational training curriculums. Lunch on your own at Que Pasa, where they offer a versatile menu consisting of several Mexican Dishes - fajitas, quesadillas, chimichangas, as well as hand cut steaks, fresh seafood, burgers, and wraps.

Bus Pick-up Address 17050 Medical Center Drive, Baton Rouge, LA 70816

Departure: 8:30am/Return: 5:00pm Limit of 52 Attendees

\$38pp

AUGUST 19 (TUESDAY): CRAFTS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Instructor: Nancy Agnelly, Peoples Health. Join us and learn how to decoupage small bird houses.

10:00am – 11:00am

Limit of 25 Attendees

FREE

AUGUST 21 (THURSDAY): MONTHLY MEETING AT ASHLEY MANOR

14214 Old Hammond Hwy, Baton Rouge, LA 70816

Personal Transportation

Speaker Mary H. Manhein. Our first monthly meeting will highlight Member Appreciation Month with a member favorite, known as "The Bone Lady." She's an internationally acclaimed forensic anthropologist who, for more than 30 years, has helped law enforcement solve their toughest cases. An advocate for victims, Manhein has always worked to tell the stories of who the victims are and what happened to them, as she helps bring about justice. She served as an Instructor of Anthropology and the Director of the Forensic Anthropology and Computer Enhancement Services Laboratory (FACES) at Louisiana State University before retiring in 2015. She is the author of three nonfiction books: *The Bone Lady*, *Trail of Bones*, and *Bone Remains*, as well as one fiction novel, *Floating Souls: The Canal Murders*. She will discuss where she is in life and much more. **A**

drawing will be held for one of Mary's autographed book.

Menu: Hamburger Steak, Corn, Mashed Potatoes, Peach Cobbler, Tea, Lemonade and Water.

11:00am – 2:00pm

Limit of 75 Attendees

\$20pp

AUGUST 28 (THURSDAY): CHRISTMAS IN NEW YORK INFORMATION MEETING

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Travel Agent: Cindy Chambers, Pearson's Travel World. There's something magical in the air in New York City during the holidays. It's brimming with festive decorations, holiday markets, ice skating rinks, and the most iconic Christmas tree of all time. Learn more about the trip, what we'll do, and how much fun we'll enjoy.

11:30am – 1:00pm

Limit of 45 Attendees

FREE

****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:

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Golden Opportunity
225-755-4984 office

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Scan QR Code for
the GO website.