



AUGUST 2026

Baton Rouge Calendar of Events

Cassie Broussard, Golden Opportunity Program Coordinator

Ochsner 65Plus – Attn: Golden Opportunity

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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



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

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. 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

FREE

AUGUST 4, 11, 18, 25 (TUESDAYS): BALLROOM DANCING

12240 Coursey Blvd, Suite G, Baton Rouge, LA 70816

Personal Transportation

Experience the joy of movement with Ballroom Dancing classes. These fun, beginner-friendly sessions are a fantastic way to stay active, improve balance, and enjoy time with friends. It's the place where two left feet can become two right ones and you learn to move with confidence and grace. Ten or more members \$8.00 per class, less than 10 members, \$10.00 per class.

11:00am - 12:00pm

Limit of 25 Attendees

ON YOUR OWN

AUGUST 7 (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

AUGUST 10 (MONDAY): COOKING WITH CHEF NINO AT OCHSNER 65 PLUS

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 – 11:30pm

Limit of 40 Attendees

FREE

AUGUST 13 (THURSDAY): WHY SHOULD YOU SEE A PODIATRIST?

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Dr. Chima P. Akunne, DPM, FACFAS. Join us for an informative and engaging session with Dr. Chima P. Akunne who will share insights on maintaining healthy feet. This presentation will cover essential topics such as common foot conditions, proper footwear, managing pain, and preventing falls. As we age, poor circulation, decreased flexibility, and conditions like diabetes make professional foot care essential for overall health. Snacks will be provided.

10:00am – 12:00pm

Limit of 40 Attendees

FREE

AUGUST 14 (FRIDAY): CULINARY RUN – FRANK’S IN BATON ROUGE

8353 Airline Hwy, Baton Rouge, LA 70815

Personal Transportation

Frank’s biscuits are frankly “the best homemade biscuits in the world,” since 1964. They serve breakfast all day long, among unique Louisiana, country style, food varieties such as crawfish etouffee, smoked meats, seafood platters, po’boys and more. At Frank’s you feel as though you have stepped into your grandpa’s kitchen; a place where a warm welcome is contagious.

11:00am - 1:00pm

Limit of 25 Attendees

ON YOUR OWN

AUGUST 20 (THURSDAY): DAY TRIP – RIPS ON THE LAKE & THE CANDY BANK

Mandeville, LA 70448

If you have a taste for classic Old New Orleans flavors paired with a million-dollar view, then Rips on the Lake is the place for you. Rips serve some of the best fresh seafood, steaks, po-boys, appetizers, soups, and desserts in South Louisiana. It is a local favorite, and you will find The Candy Bank, a nostalgic sweet shop filled with what feels like a *gazillion* classic candies, ice cream, old-fashioned floats, nitro coffee, and homemade fudge — and guess what... no calories (just kidding).

9:45am –5:00pm

Limit of 52

TRANSPORTATION \$35pp
LUNCH & TREATS ON YOUR OWN

AUGUST 25 (TUESDAY): ONE STOP SHOP WITH CAPITAL AREA AGENCY ON AGING (CAAA)

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Dusty Lyons, Program Manager. This is a one-stop shop session with CAAA, where you can find out if you qualify for a prescription discount or if you are eligible for Utility Assistance. If you are interested in working just a few hours a week and getting paid for it, they can help with that as well. CAAA will also share helpful information about dementia — including what happens in the brain that affects dementia and practical tips for interacting with someone who is living with it. Snacks will be provided.

10:00am – 12:00pm

Limit of 40 Attendees

FREE

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=lprLink>

****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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