Ochsner
Golden Opportunity

December 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
cabroussard@ochsner.org office: 225-755-4984

Members: Bring a Friend!
Prospective members are warmly welcome. Advance registration is required.

REGISTRATION REQUIRED FOR ALL EVENTS
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

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

DECEMBER 1 (TUESDAY): CHRISTMAS PICTURES WITH SANTA & HOLIDAY CRAFTS
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B — Personal Transportation
Celebrate the season with Christmas pictures with Santa and a festive holiday craft. Bring your camera or phone to capture a special holiday memory with Santa. Then, create a beautiful Christmas centerpiece to take home and enjoy throughout the season. Join friends for holiday cheer, creativity, and fellowship. Snacks will be provided.
10:00am – 1:00pm — Limit of 40 Attendees — $5.00pp

DECEMBER 2 (WEDNESDAY): OCHSNER'S DIGITAL MEDICINE
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B — Personal Transportation
Speaker: Jamie Girod, Ochsner Health. Learn how Ochsner's Digital Medicine Program helps you manage your health from home using connected devices and personalized support from a dedicated care team. Discover a smarter, easier way to stay on track with your health goals! Snacks will be provided.
11:30am – 12:30pm — Limit of 40 Attendees — FREE

DECEMBER 4 (FRIDAY): DAY TRIP - CHRISTMAS IN NATCHITOCHES (FULL)
781 Front St, Natchitoches, LA 71457
Join us for a festive day in Natchitoches, Louisiana's oldest city! Enjoy the beautiful Christmas lights, holiday shopping, delicious food, and plenty of Christmas cheer.
9:00am – 11:00pm — Limit of 52 Attendees
$55pp

DECEMBER 7 (MONDAY): INTRODUCTION TO AI AND WHAT IT'S ALL ABOUT
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B — Personal Transportation
Speaker: Emily Arande, Golden Connection. This introductory class will offer the basics of artificial intelligence, answer your questions, and share practical tips for using AI safely and confidently. Join us for an engaging and informative discussion in a welcoming setting. Snacks will be provided.
11:30am – 12:30pm — Limit of 40 Attendees — FREE



DECEMBER 8 (TUESDAY): ST. JOSEPH HOSPICE & THE CARPENTER HOUSE
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Speaker: Luc Tuminski, St. Joseph Hospice and The Carpenter House. Gain helpful information, learn about the compassionate care, and support they provide to patients and families. Bring your questions and join us for a warm, informative presentation. Snacks will be provided.
10:00am – 11:00am Limit of 40 Attendees FREE

DECEMBER 9 (WEDNESDAY): HOLIDAY GIFT WRAPPING WORKSHOP
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Speaker: Charlotte Collins, GO Member. She will wrap your holiday gifts at no charge when you bring your own wrapping paper and boxes. She will also share helpful tips and simple techniques to make wrapping your own gifts easier and more festive. Bring your gifts and join us for a fun, hands-on holiday experience. Snacks will be provided.
11:30am – 1:30pm Limit of 40 Attendees FREE

DECEMBER 14 (MONDAY): COOKING WITH CHEF NINO
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Join South Louisiana chef and author Chef Nino for an entertaining cooking demonstration filled with culinary inspiration and his signature humor. Guests will enjoy delicious tastings of his featured creation and a lively, engaging experience.
11:30am –12:30pm Limit of 40 Attendees FREE

DECEMBER 15 – 19 (TUESDAY-SATURDAY) EXTENDED TRIP: CHRISTMAS IN NEW YORK
For assistance, please contact Cindy Wilks at cwilks@ochsner.org or by phone at (225) 236-5496.

DECEMBER 17 (THURSDAY): GENTLEMEN'S BREW – BATON ROUGE
Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Speaker: Jay Brooks, MD, of Ochsner Hematology and Oncology. Valuable information will be shared about cancer awareness and recommended screenings. We warmly invite you to bring your questions and join us for an informative men's health discussion in a comfortable, welcoming setting. Complimentary coffee and breakfast will be served.
9:30am – 10:30am Limit of 40 Attendees FREE

DECEMBER 22 (TUESDAY): DAY TRIP - THE POLAR EXPRESS
New Orleans Train Station
All aboard the Polar Express for a magical holiday adventure! Enjoy a festive train ride filled with Christmas cheer as you create special memories and experience the wonder of the season. This delightful outing is a wonderful way to celebrate the holidays. Lunch will be on your own at Piccadilly Cafeteria.
7:30am – 4:30pm Limit of 52 Attendees $140pp

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.

Scan QR Code for the GO website.