

Baton Rouge Calendar of Events

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Ochsner 65Plus – Attn: Golden Opportunity
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2026 Renewal Fees are due before 02/28/26 for your membership to remain active. To participate in 2026 activities, you must be an active member. You can renew online via the Cloud: www.ochsner.org/gologin You can also mail (\$20 per person) to the GO office. Thank You to those who have submitted payment already.



REGISTRATION RQUIRED 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 above 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 / 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

FEBRUARY 5 (THURDAY): SUPERBOWL PARTY

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Are you ready to cheer on your team in the Super Bowl? Even if your team didn't make it this year, come join us for a wonderful Super Bowl party filled with food, fun, and laughter. Wear your favorite team colors and let's cheer together! Bring your spirit, your appetite, and your energy—it's going to be a great time!
11:00am – 1:30am Limit of 40 Attendees \$5pp

FEBRUARY 12 (THURSDAY): DAY TRIP – ANNUAL DAY AT THE RACES

Join us for a day filled with fast-paced action, history, tradition, and excitement at the races! Whether you're there to cheer, watch, or place a few wagers, this is an experience everyone can enjoy. The races will begin at 12:45pm and lunch will be served at 11:30am. Buffet Menu includes Garden Salad with Peppercorn Ranch Dressing, Chicken Alfredo Penne Pasta, Chicken and Andouille Jambalaya, Sauteed Vegetable Medley, Traditional Bread Pudding Topped with Brandy Sauce, Fresh Rolls and Butter, with Iced Water and Iced Tea. Derby hats are welcome and are known to bring good luck!
Bus departs 8:45am Ochsner Cancer Center 17050 Medical Center Drive
Bus returns at approximately 5:30pm Limit of 50 Attendees \$85pp

FEBRUARY 18 (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

FEBRUARY 19 (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

FEBRUARY 23 (MONDAY): CRAFT – BIRD HOUSES

Ochsner Clinic, 41676 Veterans Ave., Hammond, LA 70403 Personal Transportation
Instructor: Nancy Agnelly, Peoples Health. Join us and learn how to decoupage small bird houses for the Spring. Spring is a haven for birds and the chirping sounds brings about a sense of peace and happiness.
10:00am – 11:00am Limit of 20 Attendees FREE

FEBRUARY 25 (WEDNESDAY): LAGNIAPPE STEAK AND SEAFOOD

5454 Bluebonnet Blvd, Suite A Baton Rouge, LA 70809 Personal Transportation
Lagniappe takes pride in serving a diverse menu that celebrates both land and sea, offering everything from savory seafood platters to mouthwatering burgers and vegetarian delights. Their vibrant atmosphere is perfect for families and groups. Every dish reflects their commitment to quality, whether it is the signature catfish étouffée or the flavorful southwestern egg rolls. Join them for a taste of Louisiana's rich culinary heritage—you will not leave disappointed!
11:00am – 1:00pm Limit of 25 Attendees ON YOUR OWN

FEBRUARY 26 (THURSDAY): 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'll share recipes and swap ideas that are good for the body and soul.
10:00am – 12:00pm Limit of 40 Attendees FREE

UPCOMING EVENTS:

Additional details and pricing will be included on future Calendar of Events.

MARCH 5 (THURSDAY): THE PHANTOM OF THE OPERA AT THE SAENGER THEATRE

Cameron Mackintosh presents a revitalized new production of Andrew Lloyd Webber's legendary musical. Known as one of the most beautiful and spectacular productions in history.

APRIL 30 (THURSDAY): SUMMER BBQ KICKOFF

Join us as all four regions unite for a gathering of fellowship and fun! We'll enjoy great food and activities including cornhole, bingo, pickleball, and more.

UPCOMING TRIPS:

MARCH 27 – 29, 2026 (FRIDAY-SUNDAY): BLUE ANGELS IN MERIDIAN, MISSISSIPPI

JULY 13 – 16, 2026 (MONDAY-THURSDAY): SAN ANTONIO, TEXAS

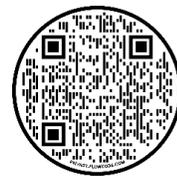
DECEMBER 15 – 19, 2026 (TUESDAY-SATURDAY): CHRISTMAS IN NEW YORK

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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