



July 2026

Baton Rouge Calendar of Events

Cassie Broussard, Golden Opportunity Program Coordinator
Ochsner 65Plus – Attn: Golden Opportunity
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Independence Day honors the birth of American freedom, commemorating the adoption of the Declaration of Independence. As we celebrate with parades, barbecues, and dazzling fireworks, it is a time to reflect on the values of liberty and unity. Golden Opportunity would like to wish everyone a safe, joyful, and memorable Fourth of July!

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 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 / 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**

JULY 3 (FRIDAY): HAPPY INDEPENDENCE DAY

The Golden Opportunity office will be closed in observance of the holiday.

JULY 8 (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**

JULY 14 (TUESDAY): PACKING TIPS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Richard Cotton, Representative for AAA. Do you know how to pack? When is too much? Join us for some packing tips, travel tips, and general need to know travel information. Snacks will be provided.
10:00am – 12:00pm Limit of 40 Attendees **FREE**

JULY 16 (THURSDAY): MARY KAY COSMETICS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Cindy Martrain, Mary Kay Representative. Discover how a customized skincare regimen can transform your complexion. Cindy is an expert personal beauty coach providing customized skincare consultations. Her deep knowledge of advanced skin renewal focuses on targeted solutions for reducing dark spots, improving overall texture, and correcting fine lines. Come and enjoy a snack and discover the secret to flawless skin.
10:00am – 11:30am Limit of 40 Attendees **FREE**

JULY 17 (FRIDAY): DAY TRIP – WWII MUSEUM

New Orleans, LA

The National WWII Museum tells the story of the American experience in the war that changed the world—why it was fought, how it was won, and what it means today—so that all generations will understand the price of freedom and be inspired by what they learn. Explore the museum at your own pace and grab lunch on your own at the museum.

8:30am – 5:30pm

Limit of 52 Attendees

\$80pp

JULY 21 (TUESDAY): CRAFTS – CHRISTMAS IN JULY

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Instructor: Nancy Agnelly, Peoples Health. Join us to decoupage glassware for Christmas. Snacks will be provided.

10:00am – 11:00am

Limit of 25 Attendees

FREE

JULY 22 (WEDNESDAY): WILLS AND ESTATE PLANNING

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Phillip Robinson, Attorney. Do you know the difference between Will and Estate Planning? These topics can feel confusing and even a little overwhelming for many of us. Attorney Robinson will be joining us to explain the difference between the two and guide us toward making informed, confidential decisions about your future planning. Snacks will be provided.

3:30pm – 4:30pm

Limit of 40 Attendees

FREE

JULY 23 (THURSDAY): THE PEARL AT JAMESTOWN

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Ann Honore', Community Sales Director. Choosing if and when to move to a community can feel overwhelming and uncertain. You will learn practical tools and a thoughtful approach to recognizing the signs that a community may support successful aging for yourself or a loved one. Knowing where to begin, what questions to ask, and what to look for when comparing options will help you make confident, informed decisions. Snacks will be provided.

10:00am – 11:30am

Limit of 40 Attendees

FREE

JULY 28 (TUESDAY): CULINARY RUN – SUPERIOR GRILL

7333 Highland Rd, Baton Rouge, LA 70808

Personal Transportation

Superior Grill has made from scratch daily the finest Mexican food in Baton Rouge. Sizzling fajitas, mouth-watering enchiladas, cheesy nachos, and their famous margaritas. A great place for brunch, lunch, happy hour, and dinner.

11:00am - 1:00pm

Limit of 25 Attendees

ON YOUR OWN

If you have not been receiving Golden Opportunity emails, please call the office at 225-755-4984 or email cabroussard@ochsner.org with your email address so we can update the information in our computer system.

Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner Scheduling Department. Baton Rouge: 225-761-5824

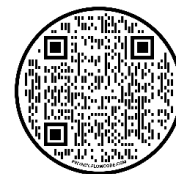
Ochsner On Call: A 24/7 free nurse care line for non-life-threatening issues, the number is 1-800-231-5257.

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.



Scan QR Code for
the GO website.