



June 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

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 / 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

JUNE 4 (THURSDAY): MOVIE - BREADWINNER

AMC Theater located at 16040 Hatteras Ave, Baton Rouge, LA 70816 Personal Transportation
A supermom lands a Shark Tank deal, switching roles with her breadwinner husband. He struggles to adapt as a stay-at-home dad to their three daughters.
10:00am Limit of 75 Attendees ON YOUR OWN

JUNE 10 (WEDNESDAY): DAY TRIP - GOTHIC JAIL HOUSE

DeRidder, LA
Hop on the bus and let's visit a few unique places in DeRidder, LA, starting with the Gothic Jail House, which is believed to be haunted. Then we cross the street to the Lois Loftin Doll Museum, which has more than 3500 dolls making it one of the largest doll collections under one roof. Around the corner and up the street is where we'll enjoy delicious Cajun cuisine at Cecil's Cajun Kitchen famous for their Ragin Cajun burger and stellar shrimp n'grits. We'll finish off the day at the Curled Cream Ice Cream Shop for a sweet treat.
11:00am – 2:00pm Limit of 52 Attendees \$60pp

JUNE 11 (THURSDAY): LOPA - LOUISIANA ORGAN PROCUREMENT AGENCY

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Lori Steele, LOPA Community Educator & Media Specialist. She will talk about Making Life Happen through the gift of organ, tissue & eye donation. We will hear from a volunteer about their transplant journey. We will also be making blankets to gift donor families in the hospital setting. Refreshments will be served.
10:30am – 12:30pm Limit of 40 Attendees FREE

JUNE 16 (TUESDAY): UNDERSTANDING ALZHEIMER'S

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Ellen Mouton, LMSW, Program Director of Alzheimer's Services. Alzheimer's 101: Understanding Alzheimer's disease and other dementias, including their impact on the brain, common symptoms, and progression over time. This presentation equips participants with the knowledge and confidence needed for their journey, while also introducing Alzheimer's Services of the Capital Area and highlighting valuable resources available within the community. Refreshments will be served.

10:00am – 11:30am

Limit of 40 Attendees

FREE

JUNE 18 (THURSDAY): CULINARY RUN – DON'S SEAFOOD

136 Rushing Rd E, Denham Springs, LA 70726

Personal Transportation

They've spent more than 80 years creating a recipe for something much greater than a place for a lunch break or night out. It's a place to share (or keep the whole plate to yourself), a place where you always have a seat ready at the table, and a place where you're always part of the family. Grilled, fried, or on ice – it's a Cajun meal for everyone.

11:00am - 1:00pm

Limit of 24 Attendees

ON YOUR OWN

JUNE 23 (TUESDAY): 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

JUNE 25 (THURSDAY): SEEING A DENTIST AS A SENIOR CITIZEN

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Dr. Pamela Brown Daniel, DDS. She will discuss problems associated with not seeing a dentist at our age. Aging doesn't have to take away our smile. As we get older, we become more susceptible to tooth decay, gum disease, dry mouth, and even oral cancer — just to name a few concerns. Seeing a dentist at least twice a year is still recommended, not only to address issues caused by medications we may take, but also to catch problems we might not notice on our own. Regular dental care helps protect both our oral health and our overall well-being. Refreshments will be served.

10:00am – 12:00pm

Limit of 40 Attendees

FREE

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.

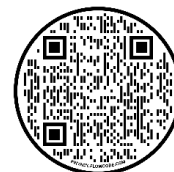
Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner Scheduling Department. Baton Rouge: 225-761-5824

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 it 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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