

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 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. Stabilizing your sleep-wake cycle through exercise leads to more restorative rest. For those with mobility concerns, Chair Yoga and Tai Chi offer targeted relief for arthritis and improved balance to prevent injuries.
10:30am – 11:30am Limit of 15 Attendees FREE

MARCH 3 (TUESDAY): UNDERSTANDING AUTO AND HOME POLICIES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Speaker: Jennifer Mourain, Insurance Specialist at LA Department of Insurance, will discuss how to interpret your auto and homeowner's policies and what is a Policyholders Bill of Rights.
10:00am – 11:00am Limit of 40 Attendees FREE

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

1111 Canal St, New Orleans, LA 70112
The World's Most Haunting Love Story is inspired by Gaston Leroux's 1910 novel, Le Fantôme de l'Opéra, Andrew Lloyd Webber's The Phantom of the Opera tells the story of a mysterious masked figure who lurks beneath the Paris Opera House, exercising a reign of terror over all who inhabit it. The Phantom of the Opera is widely considered one of the world's most beautiful and spectacular musicals. Since 1986, it has played to over 160 million people in 205 cities, fifty-eight territories, and twenty-one languages. Phantom is a global phenomenon! Enjoy brunch at Caffe Latte Da, featuring classic breakfast: Omelets, Pancakes, Bacon, and Eggs.
Departure Time: 8:30am Approximate Return Time: 5:00pm
Limit of 50 Attendees \$115pp

MARCH 9 (MONDAY): 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

MARCH 10 (TUESDAY): HEALTHIER EATING TOGETHER

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Let's cook up some fun! Join our fun gathering where we'll share vibrant, health-focused recipes and lifestyle tips. Let's swap ideas to nourish our mind, body, and spirit.
10:00am – 12:00pm Limit of 40 Attendees FREE

MARCH 12 (THURSDAY): WILLIAMSBURG SENIOR LIVING COMMUNITY

5445 Government Street, Baton Rouge, LA 70806

Personal Transportation

Speaker: Tonia Griffin, Marketing Director. We'll enjoy a tour of the facility so you can see why Williamsburg Senior Living Community is the place for you. Whether you are looking for independent living or assisted living. Lunch will be provided by Williamsburg.

10:00am – 12:30pm

Limit of 20 Attendees

FREE

MARCH 17 (TUESDAY): DOE'S RESTAURANT

3723 Government St, Baton Rouge, LA 70806

Personal Transportation

Doe's is home to some of the best USDA prime steaks in Baton Rouge and known for its hot tamales. Choose from a wide selection including steaks, shrimp, catfish, oysters, salads, and more. They offer something to please every palate.

11:00am – 1:00pm

Limit of 25 Attendees

ON YOUR OWN

MARCH 19 (THURSDAY): MOVIE - BREADWINNER

AMC Theater located at 16040 Hatteras Ave, Baton Rouge, LA 70816

Personal Transportation

The Breadwinner is a comedy about a supermom that 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

MARCH 20 (FRIDAY): AARP DEFENSIVE DRIVING CLASS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Charlotte Collins, AARP Defensive Driving Instructor. This Defensive Driving Class is for our members. By taking the AARP Driving Class, you may be eligible for a discount on your automobile insurance. The class is a four-hour session, running from 9:00am to 1:30pm, with a break included.

Pay AARP Representative with cash or check at the meeting.

9:00am – 1:30pm

Limit of 20 Attendees

\$20 for AARP Members /\$25 for non-AARP Members

MARCH 27 - 29 (FRIDAY - SUNDAY): ROAD TRIP – WINGS OVER MERIDIAN

Join us for a 2-night, 3-day trip filled with the amazing Blue Angels Air Show, The Mississippi Arts & Entertainment Center, lunch at the Historical Weidmann's Restaurant. We will tour the city with a step-on guide and tour the Jimmie Rodgers Museum. Single \$774, Double \$574, Triple \$498, Quad \$474
Departs 6:00am Ochsner Cancer Center 17050 Medical Center Drive

Returns at approximately 5:30pm

Limit of 40 Attendees

UPCOMING EVENTS:

APRIL 30 (THURSDAY): SUMMER BBQ KICKOFF

Get ready for a massive regional bash! All four areas are uniting for food, games (cornhole, bingo, pickleball, you name it!), and tons of fun!

UPCOMING TRIPS:

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.

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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