

Baton Rouge Calendar of Events

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

RSVP 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



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

OCTOBER 1 (WEDNESDAY): INTERNATIONAL DAY OF OLDER PERSONS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

The International Day of Older Persons, observed annually on October 1st, aims to recognize the contributions of older people and raise awareness about the issues affecting their lives. It's a day to celebrate the wisdom and knowledge of older individuals. Come and enjoy a day of information, fun, and games.

11:00am – 2:00pm

Limit of 45 Attendees

FREE

OCTOBER 2 (THURSDAY): LUNCHBOX SERIES: SHIP 2026 DISCUSSION/Q&A FOR 2026 INSURANCE PLANS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker Vicki Dufrene, SHIP Director

The Senior Health Insurance Information Program (SHIP), housed within the Louisiana Department of Insurance, is the state health insurance assistance program for seniors and Medicare beneficiaries in Louisiana. SHIP provides objective counseling in all areas of the senior insurance market so that beneficiaries can better understand their Medicare coverage options and benefits. Vicki will cover the changes in the major insurance plans with a non-biased approach. Bring your lunch and join us in person at the clinic or if you prefer to join via zoom, email or call the office and I will send you the link to join us from home.

12:00pm – 1:00 pm

Limit of 45 Attendees

FREE

OCTOBER 7 (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

OCTOBER 11-12 (SATURDAY - SUNDAY): ANGOLA PRISON RODEO AND NATCHEZ MAKERS MARKET

Join us for an exciting weekend getaway to historic **Natchez** & the famous **Angola Prison Rodeo**. A weekend of sightseeing, shopping, all kinds of crafts, foods, and adventure at the prison rodeo. See you on the bus.

7:00am – 7:00pm

Limit of 40 Attendees

Single \$424/ Double \$339, Triple \$314/ Quad \$298

OCTOBER 14 (TUESDAY): GREENOAKS MEMORIAL PARK

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speakers: Patrick Ford, Family Service Manager and Gretchen Varnell, Certified Funeral Celebrant with Greenoaks Memorial Park and Funeral Home, a Dignity Memorial® provider. They will host a free in-person informational seminar and discuss how to protect your loved ones by planning your life celebration in advance.

11:00am – 12:00pm

Limit of 40 Attendees

FREE

OCTOBER 16 (THURSDAY): MONTHLY MEETING WESTERN THEME – BOOTS ON THE GROUND

14214 Old Hammond Hwy, Baton Rouge, LA 70816

Personal Transportation

Grab your western attire with those pretty boots and let's have a grand ole time. Pictures with a Backdrop. Line Dancing, games and more. Menu is chicken pasta, green beans, salad, bread pudding, tea, lemonade and water.

11:00am – 2:00pm

Limit of 75 Attendees

\$20pp

OCTOBER 17 (FRIDAY): WASHINGTON PARISH COUNTRY FAIR

Franklinton, Louisiana

Since its humble beginning in 1911 in a local livery stable, this county/parish fair has steadily grown bigger and better each successive year. Today, based on attendance records, it is believed to be the largest county/parish free fair in the USA. It is the second oldest Parish Fair in Louisiana. Enjoy the excellent exhibits of cut flowers, homemaking, livestock, and agricultural products. Enjoy the Old McDonald's Farm and activities that never seem to cease on the stage. We will experience the magic of the Midway and the excitement of the PRO Rodeo. Something for everyone...family fun, art, agriculture, musical entertainment, and food.

8:30am – 5:30pm

Limit of 54 Attendees

\$41pp

OCTOBER 23 (THURSDAY): MOVIE – TBA

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

Personal Transportation

Pay \$7.50 at the theater and enjoy a snack pack for \$5.50 (drink, popcorn).

10:00am

Limit of 75 Attendees

ON YOUR OWN

OCTOBER 24 (FRIDAY): TJ RIBS RESTAURANT

2324 S Acadian Thruway, Baton Rouge, LA 70808

Personal Transportation

TJ Ribs serves the world's best baby back ribs, fresh seafood and Cajun-inspired comfort food. A Baton Rouge original for over 30 years.

11:00am – 1:00pm

Limit of 20 Attendees

ON YOUR OWN

OCTOBER 28 (TUESDAY): PRIME SENIOR PLACEMENT

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Crystal Lacy, LPN. Navigating care options can be complex as there are various types of services designed to meet different needs. Understanding the distinctions between care homes, assisted living, memory care skilled nursing, and home-based services can help individuals and families make informed decisions. Crystal will also discuss home health, hospice, and various therapy options.

10:00am – 11:00am

Limit of 40 Attendees

FREE

Our Departure for Baton Rouge trips is always at the following location unless noted otherwise.

17050 Medical Center Dr, Baton Rouge, LA 70816, in front of the Cancer Center

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.

For Additional Information Contact:

Cassie Broussard, Program Coordinator

cabroussard@ochsner.org

office: 225-755-4984

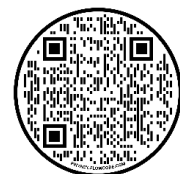
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Ochsner 65Plus Clinic

Golden Opportunity

7949 Jefferson Hwy, Suite B

Baton Rouge LA 70809



Scan QR code for
the GO website.