



October 2026

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 regularly for calendar updates. From time to time, we may add timely information or exciting new activities after the Calendar of Events has been distributed. To register, please scan the QR code to the right to access Cloud, our convenient online registration system, or enter the following address in your web browser: www.ochsner.org/gologin



Unless otherwise noted, all Baton Rouge day and extended bus trips depart from the front of the Ochsner Cancer Center, 17050 Medical Center Drive, Baton Rouge, LA 70816.

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. Join us for gentle, supportive movement designed to promote relaxation and overall well-being. Regular exercise can support a healthy sleep-wake cycle, while Chair Yoga and Tai Chi may help improve strength and balance, ease arthritis and joint discomfort, and build confidence in everyday movement.

10:30am – 11:00am

Limitation of Each Event Varies

FREE

OCTOBER 6 (TUESDAY): WHY AM I DISORGANIZED?

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Presenter: Alyssa Trosclair, MBA, CPO. Discover which organizing skills you may be missing and learn a practical five-step process for creating and maintaining order. Alyssa will help us look beyond surface clutter, identify common challenges, and develop strategies that support a calmer, more organized home. Snacks will be provided.

10:00am – 12:00pm

Limit of 30 Attendees

FREE

OCTOBER 7 (WEDNESDAY): CULINARY RUN -THE COLONEL'S CLUB

2857 Perkins Road, Baton Rouge, LA 70808

Personal Transportation

Dine at The Colonel's Club, named Best New Restaurant by *225 Magazine*. Set in a historic 1936 former airplane hangar, it offers modern elegance and a special \$19.36 lunch menu featuring dishes such as Korean beef skewers and jumbo shrimp piccata.

11:00am - 1:00pm

Limit of 25 Attendees

ON YOUR OWN

OCTOBER 8 (THURSDAY): UNLOCK THE POWER OF AI

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Presenter: Torrence "T-Mack" Mack, The Tech Traveler. Learn practical tips for confidently using phones, tablets, and other devices. T-Mack makes technology approachable and empowering for older adults. Snacks will be provided.

10:00am – 12:00pm

Limit of 30 Attendees

FREE

OCTOBER 9 (FRIDAY): DAY TRIP: MITCHELL FARMS PUMPKIN PATCH

650 Old U.S. 84, Collins, MS 39428

Enjoy a delightful day at one of Mississippi's largest pumpkin patches, featuring sunflowers, farm activities, seasonal treats, and pumpkins. Each guest will receive a complimentary pumpkin. Lunch will be on your own at Main Street Café & Catering, known for Southern favorites and delicious cakes.

7:30am - 5:30pm

Limit of 54 Attendees

\$65pp

OCTOBER 13 (TUESDAY): LEGACY HOSPICE

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Presenter: Margie Melancon, Community Educator with Legacy Hospice. Learn how hospice supports comfort, quality of life, and meaningful care for individuals and families facing incurable illness. Snacks will be provided.

10:00am – 12:00pm

Limit of 30 Attendees

FREE

OCTOBER 15 (THURSDAY): EAT FIT- HEALTHY HOLIDAYS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Presenter: Allie Foreman, Nutrition Specialist. Learn practical ways to enjoy the holiday season while supporting your health. Allie will share mindful-eating strategies, tips for prioritizing favorite foods, and encouraging guidance for celebrating without guilt. Snacks will be provided.

10:00am – 12:00pm

Limit of 30 Attendees

FREE

OCTOBER 20 (TUESDAY): WILLIAMSBURG RETIREMENT HOME

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Presenter: Tonia Griffin, Director of Marketing. Discover Williamsburg Senior Living Community, offering attractive apartments, caring staff, and a welcoming environment for independent and assisted living.

10:00am – 11:00am

Limit of 30 Attendees

FREE

OCTOBER 21 (WEDNESDAY): DAY TRIP: WASHINGTON PARISH COUNTRY FAIR

Franklinton, Louisiana

Join us for a festive day at Louisiana's second-oldest parish fair. Browse impressive exhibits featuring flowers, homemaking, livestock, and agricultural products; enjoy the energy of Midway and the excitement of the PRO Rodeo; and take in art, music, food, and warm community traditions.

8:30am – 5:30pm

Limit of 54 Attendees

\$40pp

OCTOBER 22 (THURSDAY): GENTLEMEN'S BREW – CARDIOMETABOLIC HEALTH

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Kenny Cole, MD Ochsner Family Medicine. Gentlemen's Brew is a welcoming monthly gathering created especially for men, offering good conversation, camaraderie, coffee, breakfast, and practical guidance from expert speakers who understand men's health and life transitions. Dr. Cole will discuss cardiometabolic health, the important connection between the heart, blood vessels, and the body's metabolic processes, including how food is converted into energy. The presentation will conclude with an interactive question-and-answer session.

9:30am – 10:30am

Limit of 40 Attendees

FREE

OCTOBER 27 (TUESDAY): COFFEE BEAN CAFE

12177 Coursey Blvd, Baton Rouge, LA 70816

Personal Transportation

Start the day with warm conversation and a great cup of coffee. We invite you to relax, connect with friends, and enjoy a cheerful morning together. We look forward to seeing you there!

10:00am – 11:00am

Limit of 20 Attendees

ON YOUR OWN

OCTOBER 31 (SATURDAY): DAY TRIP: THE LION KING AT THE SAENGER THEATER **BOOKED**

Schedule Medical Appointments: For convenient scheduling without unnecessary delays, please use the dedicated Golden Opportunity phone line with the Ochsner Scheduling Department. Baton Rouge: 225-761-5824.

Ochsner On Call: For guidance regarding non-life-threatening health concerns, this complimentary nurse care line is available 24 hours a day, seven days a week. Please call 1-800-231-5257.

Virtual Suggestion Box: We value your ideas and feedback. To share a suggestion, copy the link below and paste it into your browser's address bar.

<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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