

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

SEPTEMBER 3 (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

SEPTEMBER 9 (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

SEPTEMBER 15 (MONDAY): COOKING WITH CHEF NINO AT OCHSNER 65 PLUS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Hosted By: Chef Nino, South Louisiana Chef and Author. Chef Nino will entertain you with his jokes while doing his cooking demonstration. Attendees will delight in the tastings of his culinary masterpiece.

10:30am – 11:30pm

Limit of 40 Attendees

FREE

SEPTEMBER 16 (TUESDAY): GEAUX NURSE COLLECTIVE

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Mia Mutz, RN, BSM. Join the meeting to get expert help and peace of mind with 1:1 nurse consultation, assistance with a healthcare crisis, and an explanation of medical and/or legal jargon. Do not wait until it's too late - taking advantage of readily available resources and engaging in early healthcare planning empowers individuals to navigate the complexities of the healthcare system with greater confidence and peace of mind.

10:00am – 11:00am

Limit of 40 Attendees

FREE

SEPTEMBER 18 (THURSDAY): MONTHLY MEETING - TAILGATING FOR THE NEW ORLEANS SAINTS

Ashley Manor - 14214 Old Hammond Hwy, Baton Rouge, LA 70816

Personal Transportation

On the third Thursday of each month, we will meet at Ashley Manor to have fun and enjoy engaging themed meetings. This month we ring in the new football season with a fantastic football-theme. We will huddle up for entertaining games, good food, and team photos. Dress in your black and gold to support the New Orleans Saints. If you're passionate about a different NFL team show your support and wear their team colors. If you were a cheerleader or football player grab your old uniform, jersey, or pompoms and show us your stuff. Our touchdown-worthy lunch of Jambalaya, White Beans, Cornbread, Blueberry White Chocolate Bread Pudding, Tea, Lemonade, and Water is sure to be a crowd pleaser.

11:00am – 2:00pm

Limit of 75 Attendees

\$20pp

SEPTEMBER 19 (FRIDAY): DAY TRIP - NEW ORLEANS TOUR

How much do you know about New Orleans? Known for its rich history, unique culture, and distinctive character our beloved New Orleans is a true melting pot of cultures; with influences from French, Spanish, African, and Caribbean traditions. From the famous French Quarter iron balconies and lively music scene to its delicious Creole and Cajun cuisine the city's charm is magical. A tour guide will join us for a ride along as we learn more about New Orleans, otherwise known as The Big Easy, the Crescent City, The Paris of the South, the City That Care Forgot, and the Birthplace of Jazz. Laissez les bons temps rouler!

8:30am – 5:00pm

Limit of 54 Attendees

\$75pp

SEPTEMBER 23 (TUESDAY): NEORA SKINCARE

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Cindy Barnes, Neora Representative. Neora, is the anti-aging skincare company and wellness company focused on combining science and nature to deliver effective and holistic products. Customers send their pictures in showing results proving that the product works! Live your best version of you!

10:00am – 11:30pm

Limit of 40 Attendees

FREE

SEPTEMBER 24 (WEDNESDAY): DUKE'S SEAFOOD AND STEAKHOUSE

2591 S Range Ave, Denham Springs, LA 70726

Personal Transportation

Duke's offers solid seafood dishes with ample variety in a casual and comfortable setting. When seafood is not your thing, there are plenty of beef and chicken entrees to satisfy your taste buds. Get out of the house and join us to enjoy each other's company and meet new friends over a delicious meal.

11:00am – 1:00pm

Limit of 20 Attendees

ON YOUR OWN

SEPTEMBER 25 (THURSDAY): MOVIE - TBA

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

Personal Transportation

Pay \$6.92 at the theater and enjoy a snack pack for \$5.50 (drink, popcorn).

10:00am

Limit of 75 Attendees

ON YOUR OWN

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:

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ochsner.org/go

Ochsner 65Plus Clinic
Golden Opportunity
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Baton Rouge LA 70809



Scan QR Code for
the GO website.