



September 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 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 has 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**



Mail Baton Rouge Registrations to:

Ochsner 65 Plus – Attn: Golden Opportunity – 7949 Jefferson Hwy, Suite B – Baton Rouge, LA 70809

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, helping arthritis, reduces joint pain, and decreases fear of falls.

10:30am – 11:30am

Limitation of Each Event Varies

FREE

SEPTEMBER 8 (TUESDAY): WORKSHOP ON CREATIVE GIFT-WRAPPING TECHNIQUES

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Instructor: Charlotte Collins. One of our very own members will be showcasing her skills in gift wrapping and bow making. Are your gift-wrapping techniques missing that WOW factor, or do you want to learn how to gift wrap like a pro? Materials & supplies all included, but feel free to bring your own gifts to wrap, wrapping paper, and adornments. Snacks will be provided.

10:00am – 12:00pm

Limit of 30 Attendees

FREE

SEPTEMBER 14 (MONDAY): CAPITAL REGION CRIME STOPPERS – 225-344-STOP & BEYOND BARS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speakers: Lt. Don Coppola and Lt. Jonny Dunham, Capital Region Crime Stoppers. Join us for an eye-opening presentation and learn how you can report crimes anonymously to help keep our community safe. You will also hear from the powerful Beyond Bars initiative, featuring vetted trustees who share real-life stories to help deter youth violence and inspire positive change. Do not miss this impactful session on community safety and prevention. Snacks will be provided.

11:00am – 12:30pm

Limit of 40 Attendees

FREE

SEPTEMBER 16 (WEDNESDAY): OCHSNER MD ANDERSON CANCER CENTER

Ochsner Hospital Classroom, 17000 Medical Center Dr. Baton Rouge, LA

Personal Transportation

Speaker: Jay Brooks, MD Ochsner Hematology & Oncologist. In his presentation, Dr. Brooks will highlight the impactful collaboration between Ochsner Health and MD Anderson Cancer Center. Through the Ochsner MD Anderson Cancer Center, patients receive world-class care based on the same rigorous protocols and standards utilized in Houston, Texas. This collaboration provides local patients with access to some of the nation's most advanced cancer treatments—right in our own community.

10:00am – 11:30pm

Limit of 40 Attendees

FREE

SEPTEMBER 17 (THURSDAY): GENTLEMEN'S BREW - VACCINES & PREVENTATIVE HEALTH

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Chad Braden, MD Ochsner Family Medicine. Gentlemen's Brew, a monthly event exclusively for men. This series connects men with great camaraderie and practical guidance. Each month, join us for coffee, breakfast, and casual conversation with expert speakers who understand men's health and life transitions. Dr. Braden will present on vaccinations and proactive healthcare for men. An interactive Q&A session will conclude the presentation.

9:30am – 10:30am

Limit of 40 Attendees

FREE

SEPTEMBER 18 (FRIDAY): DAY TRIP: NEW ORLEANS LOWER NINTH WARD TOUR & LUNCH AT PARKWAY BAKERY

17050 Medical Center Drive, Baton Rouge, LA 70816

Personal Transportation

We will have a step-on guide with us as we tour the Lower Ninth Ward. Touring this historic neighborhood offers a powerful look at one of New Orleans' most resilient communities. You'll see ongoing rebuilding efforts that highlight the strength and determination shown after Hurricane Katrina. Our guide will share meaningful insight into the area's history, culture, and recovery, including firsthand stories that bring experience to life. Lunch will be at the famous Parkway Bakery, known for its iconic New Orleans po'boys.

Depart 8:30am/Return 5:00pm

Limit of 40 Attendees

\$75pp

SEPTEMBER 22 (TUESDAY): DON'S SEAFOOD

Don's Seafood - 136 Rushing Rd E, Denham Springs, LA

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. Enjoy a grilled, fried, or on ice-Cajun meal for everyone.

11:00am - 1:00pm

Limit of 24 Attendees (FIRM)

ON YOUR OWN

SEPTEMBER 23 (WEDNESDAY): COFFEE BEAN CAFE

Coffee Bean Café - 12177 Coursey Blvd, Baton Rouge, LA

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 24 (THURSDAY): CHARCUTERIE CLASS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Instructor: Kymeesha Jacobs. Learn how to make your very own Charcuterie Box, it is the latest craze of entertainment. WOW your friends when they see what you can do. Learn the pairing of meats, cheeses, fruits, and sweets.

11:00am

Limit of 20 Attendees

\$25pp

UPCOMING DAY TRIPS

OCTOBER 9 (FRIDAY): MITCHELL FARMS PUMPKIN PATCH

NOVEMBER 6 (FRIDAY): CHRISTMAS MARKET IN KENNER

UPCOMING EXTENDED TRIPS

DECEMBER 15 – 19, 2026 (TUESDAY – SATURDAY): CHRISTMAS IN NEW YORK CITY

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.



Scan QR Code for
the GO website.