

May 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
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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. 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

MAY 5 (TUESDAY): DAY TRIP – DAY ON THE TRAIN

Mobile, AL
Hop on the train for a day of fun and excitement! Choo, Choo! We will have a wonderful time strolling downtown Mobile, AL - we will shop, eat, and visit places downtown. Lunch on your own. Amtrack will not honor substitutions for this trip. No refunds will be given if you cannot attend. Bus Departs from Ochsner Cancer Center 17050 Medical Center Drive: 5:00am
Approximate return time: 11:00pm Limit of 52 Attendees \$90pp

MAY 7 – 8 (THURSDAY- FRIDAY): ROAD TRIP – GULF COAST CHINESE LANTERN FESTIVAL

Bellingrath Gardens Theodore, AL
Let's take an overnight trip to experience the Chinese Lantern Festival at Bellingrath Gardens. The spectacular sights will leave you in absolute amazement. Every time we go, I am blown away by something new—the *ahh's* and *ooo's* never stop. We will stop in Ocean Springs for lunch on your own, then continue on to the Hampton Inn, where we'll spend the night. At 5:00 PM, we will depart for the magnificent world of color awaiting us at the festival. The display features more than forty towering light sculptures, dazzling plants, animals, imaginative creatures, and stunning moments at every turn. It is truly a magical experience. Double Occupancy \$285pp / Single Occupancy \$335pp
Bus Departs from Ochsner Cancer Center 17050 Medical Center Drive: 9:00am.
Bus returns at approximately 1:00pm Limit of 50 Attendees

MAY 11 (MONDAY): 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

MAY 12 (TUESDAY): HEALTHIER EATING TOGETHER

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Join us for a fun and flavorful get-together focused on healthier eating habits. We will share recipes and swap ideas that are good for the body and soul. Refreshments will be served.
11:00am – 12:00pm Limit of 40 Attendees FREE

MAY 14 (THURSDAY): SPRING TEA AT LAKE HOUSE RECEPTION CENTER

12323 Old Hammond Hwy, Baton Rouge, LA 70816

Personal Transportation

Come celebrate with us in the classiest way, why not feel like royalty for the day? It is our Spring Tea Party, filled with fun, laughter, and charming moments. Bring your cell phone so you can capture the memories and share them along the way. Lunch includes assorted sandwiches, scones, tea bread, various desserts, and tea.

11:00am – 2:00pm

Limit of 125 Attendees

\$25pp

MAY 18 (MONDAY): GO SOLE MATES

Mall of Louisiana 6401 Bluebonnet Blvd Baton Rouge LA 70836

Personal Transportation

Strut your stuff and step up your health and become a “Sole Mate” by walking in the mall for exercise. Mall walking provides a safe, climate-controlled, and accessible environment to improve physical health—such as reducing blood pressure and lowering the risk of heart disease, stroke, and falls—while promoting social interaction, mental well-being, and cognitive stimulation. It offers a low-impact exercise option that is free and available regardless of weather. All main entrances open at 10:00am. We will meet on the 2nd floor in the food court to start walking.

10:00am – 11:00am

Unlimited Attendees

FREE

MAY 19 (TUESDAY): BUFFET OF LOUISIANA

9626 Airline Hwy Suite C-2-A, Baton Rouge, LA 70815

Personal Transportation

Buffet of Louisiana is Baton Rouge’s newest destination for Chinese buffet and Asian cuisine. They are committed to delivering a delicious dining experience with a wide variety of freshly prepared dishes made from quality ingredients. Guests can enjoy everything from classic Chinese favorites to flavorful Asian specialties, including ramen noodles, sushi, a Mongolian grill, and an array of traditional Chinese dishes. The cost for a buffet and drink is \$17.17 plus tax.

11:00am - 1:00pm

Limit of 25 Attendees

ON YOUR OWN

UPCOMING TRIPS:

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

A holiday trip to NYC is pure magic, featuring iconic sights like the Rockefeller Center Christmas Tree, dazzling Fifth Avenue store windows the Rockettes at Radio City Music Hall, the Statue of Liberty, and more. The city sparkles with festive cheer, making it a truly unforgettable winter wonderland. Single \$5,198 / Double \$4,198 / Triple \$4,148. Last day to register is April 8, 2026 and full payment due September 16, 2026. Call Cindy Chambers at Pearson’s Travel World, 225-926-3752.

Please make sure that I have your correct email address. I have created a new spreadsheet and may have lost some along the way.

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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