

South Shore Calendar of Events

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REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, March 16th at 8:00am on the CLOUD. 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 South Shore Registrations to the address above. It is also the pickup location for Day Trips.

*****MONDAYS & WEDNESDAYS: HEALTH, WELLNESS, AND MOVEMENT**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation
Speaker: Candice Carr, Ochsner Health and Fitness Coach. The focus this month is April Showers Bring Calmer Powers – Stress Less This Spring. We'll reflect on current lifestyle habits and set new, realistic goals using the SMART goal framework, customized to your personal health and wellness goals. Movement class immediately follows the Health & Wellness class, and features gentle, senior-friendly exercises that combine both seated and standing movements with modifications. Health & Wellness Education Dates and Topics: **April 1 - No Class. April 6 & 8** - Explore what anxiety is, how it affects daily life, and practical tools to help reduce stress, calm the mind, and regain a sense of control. **April 13 & 15** - Depression is an illness and often requires treatment to improve. It is a type of mood disorder that affects how you feel, think, and manage daily activities. This week, we will discuss ways to recognize depression and explore strategies that support mental health, emotional balance, and healing. **April 20 & 22** - This class focuses on simple practical strategies to help calm the mind and support better rest. We will explore healthy sleep habits, relaxation techniques, and gentle practices that may help you fall asleep more easily and stay asleep longer. **April 27 & 29** – This week focuses on the power of positivity.

Health & Wellness class from 10:30am -11:00am

Movement class from 11:00am- 11:30am

Limit of 20 Attendees

FREE

*****APRIL 2 (THURSDAY): DAY TRIP – COMMANDER'S PALACE SPRINGTIME LUNCHEON**

Spring has sprung, and it is time to celebrate the blossoming season with great food, laughter, and delightful company. Join us for a leisurely guided driving tour of highlights of the Garden District and Magazine St enroute to our scrumptious three-course lunch at the iconic Commander's Palace in the heart of the beautiful Garden District. This is not just any lunch; it is a cherished New Orleans experience, featuring Chef Meg's Classic Creole dishes, spiced with love and tradition. Don your Spring hats and fascinators, dress in your spring best, and get ready for moments of wonder and camaraderie. Looking forward to celebrating the joys of this wonderful season together! Please note there is no elevator at the restaurant and the only access to the dining room is by a lot of stairs. Cost includes Garden District tour, luncheon, and transportation.

10:30am – 3:30pm

Limit of 32 Attendees

\$150pp

*****APRIL 3 (FRIDAY): TECHNOLOGY MADE EASY – HELP WITH ONLINE REGISTRATION**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd – Metairie, LA Personal Transportation
Back by request. This class guides you step by step through the process of navigating and registering online. The goal is for you to gain a comfort level to effortlessly browse events and secure your spots. Join us for an engagement session where technology meets community connection.

1:00pm – 2:00pm

Limit of 30 Attendees

FREE

*****APRIL 7 (TUESDAY): CELEBRATIONS & NEW MEMBER WELCOME**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd – Metairie, LA Personal Transportation
Come one, come all and welcome new members to Golden Opportunity also celebrate April birthdays and anniversaries. Let us eat cake, enjoy refreshments, and toast new friendships, good health, and happiness. Whether you have fifteen minutes or more, pop in so we can celebrate.

1:00pm – 3:00pm

Limit of 40 Attendees

FREE

*****APRIL 10 (FRIDAY): LONDON & PARIS HERE WE COME**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd – Metairie, LA Personal Transportation
Fun French for travelers’ workshop presented by Alliance Française of New Orleans, and pre-departure meeting for London & Paris travelers and interested non traveling members. This is an opportunity to connect with your fellow travelers, learn a few French phrases, ask questions, and get answers with Cindy Chambers. We’ll also review travel documents and medical forms as we get excited about London & Paris. Refreshments will be provided.

1:00pm – 3:00pm Registration is Required FREE

*****APRIL 14 (TUESDAY): LUNCH AT MR ED’S KENNER**

910 West Esplanade Ave. in Kenner Personal Transportation
Mr. Ed’s Seafood & Italian Restaurant in Kenner is proud to bring delicious home cooking to our members. They serve award winning Seafood and Italian dishes along with famous po-boys and fried chicken.

12:00pm – 2:00pm Limit of 30 Attendees ON YOUR OWN

*****APRIL 17 (FRIDAY): DAY TRIP – FRENCH QUARTER FESTIVAL**

Join your GO friends for an unforgettable day at the French Quarter Festival! We will start our day at the Jean Lafitte Jazz National Park Services, French Quarter Visitors Center with a cooking demo and small plate tasting with Chef Jay Kazi. Then head out to the festive celebration of live music, tantalizing food, and lively cultural experiences of the French Quarter Festival. Cost includes cooking demo and tasting with Chef Jay Kazi plus transportation.

11:00am – 5:00pm Limit of 30 Attendees \$55pp

*****APRIL 24 (FRIDAY): BOOK CLUB BREAKFAST AT CAFFÉ LATTE DA**

5860 Citrus Blvd Ste A, Harahan, LA Personal Transportation
This month, our book club is embracing the hauntingly beautiful tale of "The Phantom of the Opera." by Gaston Leroux. Whether it is your first read or you are revisiting this classic, prepare for a journey that grips the heart and stirs the soul.

10:00am – 11:30am Limit of 25 Attendees ON YOUR OWN

*****APRIL 25 (SATURDAY): DAY TRIP - LOUISIANA INTERNATIONAL FESTIVAL**

The Louisiana International Festival is a vibrant cultural celebration held annually in Lafayette, the heart of Louisiana. It highlights the rich diversity and unique cultural heritage of the state through a captivating blend of music, dance, cuisine, and art. Featuring performances from local and international artists. Culinary enthusiasts can savor a variety of traditional and contemporary dishes, while art lovers explore unique crafts and exhibits. Cost includes transportation.

10:00am – 8:00pm Limit of 50 Attendees \$65pp

*****APRIL 30 (THURSDAY): DAY TRIP – SUMMER BBQ KICKOFF AT RIVERS RETREAT CENTER**

We are uniting all four regions for a gathering focused on fellowship and friendly rivalry. Delight in great food, games, and the chance to win fun prizes. Enjoy activities like cornhole, bingo, tennis, swimming and more. Bring your own paddles if you’re interested in playing Pickleball and sunscreen with a towel if you’re swimming. **If you’re able, please bring your favorite lawn chair for maximum comfort.** Enjoy a traditional American barbecue feast for lunch. This will include barbeque chicken, sausage, baked beans, salad, dessert, tea, and water.

9:00am – 3:00pm Limit of 50 Attendees \$43pp

Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner Scheduling Department. South Shore: 504-842-6538

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.



Scan QR Code for the GO website.