

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, July 14 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 below, it is also the pickup location for Day Trips:
Ochsner 65 Plus – Attn: Golden Opportunity – 7060 Veterans Memorial Blvd. – Metairie, LA 70003

If you have changed your email address recently please email or call the office so we can update your information in our computer system.

*****EVERY MONDAY: CHAIR PILATES / EVERY WEDNESDAY: STRENGTH & STRETCH / EVERY FRIDAY: CHAIR CARDIO BLAST**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation
Instructor: Celeste Raibstein, Ochsner Health Coach. Chair Pilates is a gentle, low-impact exercise that helps build a strong core. Stretch and strength exercises can help maintain flexibility. Chair Cardio is a high-energy challenge for all fitness levels.
11:00am – 11:30am Limited of 8 FREE

*****AUGUST 1 (FRIDAY): LUNCHBOX SERIES – CURRENT MEDICARE SCAMS**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie Personal Transportation
Speaker: Sunny Lawless. Current Medicare scams often involve impersonating Medicare, Social Security, or a related organization to gain personal information or financial details. Scammers may also offer free or discounted services, medical equipment, or insurance, but ultimately require personal or financial information to be shared. It's crucial to be wary of unsolicited contacts, especially those requesting your Medicare number, or other personal information. Bring your lunch and join us in person to learn more on this important topic or join the meeting via zoom. Email or call the office and I will send you the link to join us from home.
12:00pm – 1:00pm Limit of 30 Attendees FREE

*****AUGUST 5 (TUESDAY): PAINT YOUR OWN POTTERY & SWEET TREATS**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie Personal Transportation
Speaker: Renee Yeaton, Wrenworks Art Studio. Join us for a creative pottery painting session. You'll choose a pre-made ceramic piece and paint it using special ceramic glazes. No experience needed—just bring your imagination! Finished pieces will be professionally kiln-fired and returned to you, ready for use or display. It's a fun and easy way to express yourself and create something lasting. Refreshments will be served.
1:00pm – 3:00pm Limit of 30 Attendees \$40pp

*****AUGUST 12 (TUESDAY): MEMBER APPRECIATION EVENT – HOUMA COMES TO GO SOUTH SHORE**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie Personal Transportation
Speaker: Angela Portier, Co-Owner of Faith Family Shrimp Company. In honor of Member Appreciation Month, Explore Houma comes to GO South Shore. You are invited to come out and get ready to learn about the bayou lifestyle as Angela will share fun details about her family's dried shrimp company, the same dried shrimp you see on the supermarket shelves when "making groceries." You can taste a little sample along with learning a few fun recipes for you to try at home. In honor of Member Appreciation Month, Explore Houma has also prepared a few collectible items for you to take home. It's going to be a fantastic experience, come out and give your Houma neighbors a warm South Shore Golden Opportunity Welcome! This is a great opportunity to extend an invitation to a non-GO member, family or friend, so they can experience the joy of being part of our amazing community. Refreshments will be served.
10:00am – 11:00am Limit of 30 Attendees FREE

*****AUGUST 13 (WEDNESDAY): DAY TRIP – VICTORY BELLES LUNCHEON AND WWII MUSEUM**

Step back into history and experience the Spirit and Stories of WWII at the National WWII Museum where authentic artifacts and heartfelt narrative connects you to the past. Our day includes a buffet-style lunch and the enchanting melodies of the Victory Belles performance. After the performance you will have a little more time to continue your visit of the museum. Cost includes, transportation, museum entrance, lunch and Victory Belles performance.

9:00am – Approximately 5:30pm

Limit of 45 Attendees

\$120pp

*****AUGUST 21 (THURSDAY): LUNCHTIME “WHO-DUN-IT” FUN - MURDER MYSTERY**

2150 Veterans Memorial Blvd, Kenner LA 70062

Personal Transportation

Join your GO friends for some lunchtime fun, filled with intrigue, comedy, and unscripted moments you don't want to miss! You'll tackle a hilarious and challenging crime while you feast on a fantastic lunch. The show is set in the present day and takes place in real time, and the actors and maybe one of their co-conspirators could be one of your GO friends. All scripts are based on actual cold cases. You will be seated with the performers and may not even realize it until they die...the performers, that is! The Detectives will enter the room and proceed to interrogate guests. JUST BEWARE! You may be a prime suspect!

1:00pm – 4:00pm

Limit 20 Attendees

\$85pp

*****AUGUST 28 (THURSDAY): BOOK CLUB BREAKFAST AND GO DAY AT CAFFE LATTE DA**

5860 Citrus Blvd Ste A, Harahan, LA

Personal Transportation

Join your “GO” friends for breakfast and share your thoughts on this month's book: “*The Alice Network*” written by Kate Quinn. PS...This is Golden Opportunity Day at Caffe Latte Da. Don't keep Golden Opportunity a secret, invite family members and friends to join the fun. This is a perfect opportunity to wear your GO T-shirt. Complimentary coffee will be available.

10:00am – 1:00pm

Limit of 30 Attendees

ON YOUR OWN

UPCOMING DAY TRIPS

SEPTEMBER 4, 2025: WEST BATON ROUGE MUSEUM AND FARM FAMILY PRESENTATION – \$115pp

SEPTEMBER 30, 2025: TIJON PERFUME/COLOGNE MAKING, BRUNCH AT COURT OF TWO SISTERS, NEW ORLEANS HISTORIC COLLECTION MUSEUM, CAFÉ BEIGNET- \$190pp

OCTOBER 4, 2025: TRAIN RIDE TO LOBLOLLY FESTIVAL, LAUREL, MS - \$95pp

UPCOMING ROAD TRIPS / EXTENDED TRIPS

OCTOBER: 10 - 25, 2025: NCL NYC TO NEW ORLEANS - 10 CARIBBEAN PORTS AND NEW YORK

OCTOBER 2-11, 2026: AMA WATERWAYS – MUNICH OKTOBERFEST, ROMANTIC DANBUE CRUISE

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.

For Additional Information Contact:

Sandra Pierre-Kazi, Program Coordinator
sandra.pierrekazi@ochsner.org
office: 504-429-2634
ochsner.org/go

Ochsner 65 Plus Clinic
Golden Opportunity
7060 Veterans Memorial Blvd.
Metairie, LA 70003



Scan QR Code for
the GO website.