

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, August 13 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: MOVEMENT AS MEDICINE**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA

Personal Transportation

Instructor: Candice Carr, Ochsner Health and Fitness Coach. Experience the series Movement as Medicine. Chair based exercises designed to improve stability, strength, endurance, and mobility.

11:00am - 11:30am

Limit of 20 Attendees

FREE

*****AUGUST 4 (TUESDAY): LUNCH & LEARN – LIFE IN THE A ZONE, AUTHOR CONVERSATION**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA

Personal Transportation

Speaker: Peggy Sweeney-McDonald is a Louisiana-born storyteller, actress, and creative producer. She is the creator and host of the popular *Life in the A-Zone* podcast, inspired by her bittersweet journey of caring for her mother with Alzheimer's. Peggy is also the author of *Meanwhile, Back at Café Du Monde... Life Stories About Food* (Pelican Publishing) and the creator of *Pink Cloud Moments™*, a collection of journals that celebrate grace, creativity, and the beauty of everyday life. You are invited to lunch, book signing, and a conversation with Peggy.

12:00pm – 2:00pm

Limit of 30 Attendees

FREE

*****AUGUST 6 (THURSDAY): DAY TRIP – NEW ORLEANS CULINARY LEGACY**

Treat yourself to a culinary glimmer at the beloved Dooky Chase Restaurant, where the vibrant spirit of New Orleans infuses every delectable bite. Step into this iconic landmark, surrounded by a tapestry of culture and history, as the aroma of Creole magic swirls around you like a soulful melody. Pull up a seat to where American History was made over a pot of gumbo.

11:00am – 2:00pm

Limit of 30 Attendees

\$70pp

*****AUGUST 7 (FRIDAY) UNLOCKING THE POWER OF AI WITH T-MACK THE TECH TRAVELER**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA

Personal Transportation

Host: Jared Bellow, Humana Medicare Expert Sales Professional. Speaker: Torrence T-Mack, Instructor with TDM Technologies International, LLC. Torrence is known nationwide as The Tech Traveler for Seniors. He is a dynamic technology educator who travels across fifty counties in Florida and throughout the Southeast, teaching older adults how to confidently use smartphones, computers, tablets, and now AI tools that can simplify everyday life. Refreshments will be served.

1:00pm – 2:00pm

Limit of 30 Attendees

FREE

*****AUGUST 13 (THURSDAY): DAY TRIP - A DELIGHTFUL CULINARY & THEATRICAL EVENING**

Picture yourself in a charming Creole townhouse overlooking Jackson Square, savoring a three-course dinner. Tableau serves up a feast that is a vibrant celebration of French-Creole culinary heritage. After you are wonderfully sated, a few steps off the courtyard is Le Petit Théâtre where the magic of New Orleans storytelling truly comes alive! The theater, with its vintage charm, is the perfect setting for the production "Ganking Mr. Guidry" set during the 1878 Louisiana sugarcane harvesting season. Together, this dinner and theater combo promises a cultural immersion into the downright beautiful essence of Louisiana.

4:30pm – 9:30pm

Limit of 30 Attendees

\$150pp

*****AUGUST 18 (TUESDAY): SOUTH SHORE LIMERS SOCIAL**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA

Personal Transportation

Calling all GO Limers to a FUN social, as we celebrate August birthdays, anniversaries, welcome new members or just because life is great! We will enjoy cake, refreshments and toast to good health and happiness.

1:00pm - 3:00pm

Registration is Required

FREE

*****AUGUST 20 (THURSDAY): DAY TRIP - COOLINARY THURSDAY WITH A RESTAURANT SURPRISE**

Get set for a delightful surprise adventure, as we continue to celebrate Coolinary season with a mysterious culinary escapade. Your taste buds are about to be tantalized at a special, yet undisclosed local spot, famed for its incredible and varied menu. Whether you eat everything or have dietary restrictions, there will be delicious options waiting just for you. Here's the scoop: you will pay for your own meal at the restaurant. However, to keep the location a secret, also to make getting there a breeze, the cost of transportation is all that you prepay.

11:00am – 1:00pm

Limit of 30 Attendees

\$45pp

LUNCH ON YOUR OWN

*****AUGUST 25 (TUESDAY): PETALS & PAINT WORKSHOP**

4621 West Napoleon Suite 106, Metairie

Personal Transportation

Petals & Paints Workshop is where art and nature collide. It will be an inspiring session where you will learn to craft and paint your very own shellacked flowers. This is the perfect opportunity to add a personalized touch to your decor or create a heartfelt gift. Learn how to give your flowers a stunning, glossy finish with shellac. Not only does it enhance the beauty of your creations, but it also adds durability, making your flowers last a lifetime. All necessary materials are included; all you need to bring is your creativity. Cost includes all materials and refreshments. See flyer for more details, call Tiff at (504) 251- 2249 to select your flower size, register, and pay.

1:00pm – 4:00pm

Limit of 20 Attendees

ON YOUR OWN

*****AUGUST 27 (THURSDAY): DAY TRIP - INVITE A FRIEND DAY TO OGDEN MUSEUM & LUNCH**

Step into a vibrant tapestry of Southern charm at the Ogden Museum, where art tells the rich stories of the United States' southern region. Imagine wandering through rooms filled with world-class artworks that capture the spirit, struggles, and soul of the South. The best part? This artistic odyssey comes to you courtesy of The Helis Foundation – meaning, no admission fee! What a treat, right? Once you are fascinated by the incredible docent lead art experience, we will take a quick stroll over to American Sector Restaurant & Bar at the WWII Museum to tantalize our tastebuds, where you will order off the menu and pay for your own meal. As a FYI, remember to save a little time to squeeze in a visit to the charming gift shops to grab a memento of the day. This is a great summertime activity to share your Golden Opportunity joy with a friend. Do not miss out—grab your friends and join us for a day of art, cuisine, and camaraderie!

10:00am – 3:30pm

Limit of 30 Attendees

\$45pp

LUNCH ON YOUR OWN

*****AUGUST 28 (FRIDAY): BOOK CLUB BREAKFAST AT CAFFÉ LATTE DA**

5860 Citrus Blvd Ste A, Harahan

Personal Transportation

Come and enjoy discussing this month's book, "*Hope Rises*", by David Baldacci over breakfast with friends.

10:00am - 11:30am

Limit of 25 Attendees

ON YOUR OWN

2026 UPCOMING DAY TRIPS:

October 3 (Saturday): Amtrak Train Ride to Laurel, MS - Loblolly Festival

October 9 (Friday): - Oktoberfest – Deutsches Haus

October 30 (Friday): Witchy Luncheon at Bourbon House Restaurant

November 11 (Wednesday): Amtrak Train Ride to New Iberia, Tabasco Factory Tour, and Lunch

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.

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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the GO website.