

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, November 10 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



*****DECEMBER 1 (MONDAY): VIDEO CHAIR PILATES WITH SANDRA**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation
Chair Pilates is a gentle, low-impact exercise that helps build a strong core and increases mobility and balance.

11:00am – 11:30am

Limit of 25 Attendees

FREE

*****DECEMBER 2 (TUESDAY): TECHNOLOGY TUESDAY - CELL PHONE PHOTO ALBUMS**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation
Do you have a ton of original photos in a box or stuck in an album? Learn how to upload the pictures to your cell phone and create albums. Having them handy on your cell phone allows you to show off pictures of the grand kids, trips you may have taken, or things you are proud of. You'll have great pictures on your phone just in time to show friends at the upcoming holiday parties.

10:30am – 11:30am

Limit of 30 Attendees

FREE

*****DECEMBER 3 (WEDNESDAY): DAY TRIP - REVEILLON DINNER & ST. LOUIS CATHEDRAL CONCERT**

You are invited to gather with Golden Opportunity friends as we kick off the Holidays in Style. We will begin the night by indulging your taste buds with a three-course dinner at Tableau, a Dickie Brennan's Restaurant. Our evening will take a musical turn with reserved seating at the magnificent St. Louis Cathedral for a Christmas concert. Get ready for an unforgettable evening filled with delicious flavors and soulful melodies. Cost Includes transportation, dinner, and concert.

2:30pm - 8:00pm

Limit of 75 Attendees

\$115pp

*****DECEMBER 5 (FRIDAY): VIDEO STRENGTH & STRETCH WITH SANDRA**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation
Stretching and strength exercises help maintain flexibility, which prevents falls and allows for greater independence. Together, these exercises improve posture, reduce muscle pain and stiffness, boost mood, and make daily activities easier to perform.

11:00am – 11:30am

Limit of 16 Attendees

FREE

*****DECEMBER 9 – 15: EXTENDED TRIP: BRANSON & OZARK – SANDRA OUT OF OFFICE**

For assistance, please contact Cindy Wilks. Email: cwilks@ochsner.org or Phone: (225) 236-5496

*****DECEMBER 16 (TUESDAY): BOOK CLUB BREAKFAST 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 Seamstress of New Orleans"* by Diane C McPhail.

10:00am – 11:30am

Limit of 20 Attendees

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*****DECEMBER 17 (WEDNESDAY): VIDEO STRENGTH & STRETCH WITH SANDRA**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA

Personal Transportation

Stretching and strength exercises help maintain flexibility, which prevents falls and allows for greater independence. Together, these exercises improve posture, reduce muscle pain and stiffness, boost mood, and make daily activities easier to perform.

11:00am – 11:30am

Limit of 25 Attendees

FREE

*****DECEMBER 18 (THURSDAY): DAY TRIP - TEA AT THE WINDSOR COURT & HOTEL LOBBY HOPPING**

December in New Orleans, where decorations adorn streetcars, homes, oak trees, and beyond. One of the best ways to get into the holiday spirit is to wander through the fully decked out lobbies of some of New Orleans' finest hotels. Your experience begins with afternoon tea at the Windsor Court, we will then meander to the elegant Roosevelt Hotel and the spectacular Ritz Carlton. We'll marvel entire forests worth of Christmas trees, sparkling lights, and gingerbread houses. Cost includes transportation and afternoon tea.

2:30pm - 8:00pm

Limit 30 Attendees

\$130pp

*****DECEMBER 22 (MONDAY): VIDEO CHAIR PILATES WITH SANDRA**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA

Personal Transportation

Chair Pilates is a gentle, low-impact exercise that helps build a strong core and increases mobility and balance.

11:00am – 11:30am

Limit of 16 Attendees

FREE

*****DECEMBER 23 – JANUARY 2: SANDRA OUT OF OFFICE**

For assistance, please contact Cindy Wilks. Email: cwilks@ochsner.org or Phone: (225) 236-5496

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.

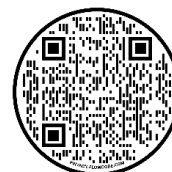
****Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. We accept cash, check, or credit card payments. Please check availability with the GO office before mailing a check and send separate checks for events. **RSVP 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.