December 2026
South Shore Calendar of Events

Sandra Pierre-Kazi, Golden Opportunity Program Coordinator
Ochsner 65 Plus - Attn: Golden Opportunity
7060 Veterans Memorial Blvd. - Metairie LA 70003
sandra.pierrekazi@ochsner.org office: 504-429-2634

Members: Bring a Friend!

Prospective members are warmly welcome. Advance registration is required.

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (marked ***) opens **Monday, November 16** at 8:00am on the CLOUD, our online registration system. To register, scan the QR code to the right or enter the following address in your web browser: **www.ochsner.org/gologin**

Mail South Shore Registrations to:
Ochsner 65 Plus – Attn: Golden Opportunity – 7060 Veterans Memorial Blvd. – Metairie, LA 70003

All SS Day and Extended Bus Trips depart Ochsner 65 Plus at 7060 Veterans Memorial Blvd. in Metairie.

*****MONDAYS & WEDNESDAYS: MOVEMENT AS MEDICINE**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie, LA — Personal Transportation

Join Candice Carr, Ochsner Health and Fitness Coach, for Movement as Medicine, a chair-based exercise class designed to help improve stability, strength, endurance, and mobility.

11:00am- 11:30am — Limit of 20 Attendees — FREE

*****DECEMBER 2 – 7: EXTENDED TRIP - CHRISTMAS IN OPRYLAND - SANDRA OUT OF OFFICE**

For assistance, please contact Cindy Wilks at cwilks@ochsner.org or by phone at (225) 236-5496.

*****DECEMBER 9 (WEDNESDAY): DAY TRIP – A TASTE OF JAPAN – LUNCH AT YATAI - NOCHI**

Explore the flavors of Japan while supporting future culinary professionals. Join your GO friends for lunch at Yatai, a limited-time Japanese pop-up restaurant at the ***New Orleans Culinary & Hospitality Institute (NOCHI)***. NOCHI's culinary students will prepare and serve dishes inspired by the vibrant street food culture of Osaka, Japan. Lunch is at your own expense, with proceeds benefiting the NOCHI Scholarship Fund.

Depart: 10:30am / Return: 2:00pm — Limit of 30 Attendees — $35pp

*****DECEMBER 10 (THURSDAY): HOLIDAY WELLNESS**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie, LA — Personal Transportation

Speaker: Jill Patent, LCSW, CCM. Holidays can bring both celebration and emotional challenges. Join us for a thoughtful presentation on managing holiday stress, coping with loss, and supporting emotional well-being. Explore meaningful ways to find comfort, maintain connections, and approach the season with hope. Refreshments will be served.

10:00am – 11:00am — Limit of 40 Attendees — FREE

*****DECEMBER 11 (FRIDAY): DAY TRIP - HOLIDAY BRUNCH & FESTIVE SHOPPING**

Enjoy a festive day of dining and shopping in Gonzales! Begin with a brunch buffet at ***Mike Anderson's* Seafood**, followed by an afternoon of indoor shopping at the ***Gonzales Holiday Market***. Browse unique gifts and seasonal finds from local vendors while sharing the holiday spirit with your GO friends.

Depart: 9:30am / Return: 6:00pm — Limit of 45 Attendees — $100pp

*****DECEMBER 15 (TUESDAY): SOUTH SHORE LIMERS CHRISTMAS SPARKLE PARTY**

Ochsner Medical Complex, 4430 Veterans Memorial Blvd, 3rd floor — Personal Transportation

Join your South Shore Limers for a festive Christmas celebration filled with music, conversation, and holiday cheer. Enjoy an afternoon of laughter and friendship as we celebrate the season and the memories we have shared. Refreshments will be served.

1:00pm – 3:00pm — Limit of 80 Attendees — $25pp



*****DECEMBER 17 (THURSDAY): BOOK CLUB BREAKFAST**

Caffe Latte Da, 5869 Citrus Blvd, Harahan, LA 70123 Personal Transportation

Gather with your GO friends for breakfast and a lively discussion of this month's selection, *Strangers in Time,* by David Baldacci. Set in London during World War II, the novel explores friendship, resilience, and the unexpected bonds that offer hope in difficult times. Share your insights and reflections of this unforgettable story.

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

*****DECEMBER 18 (FRIDAY): DAY TRIP – CHRISTMAS IN THE AIR SHOW AT BEAU RIVAGE**

Experience the magic of the holidays at ***Beau Rivage Resort & Casino in Biloxi!*** Enjoy ***Christmas in the Air,*** a festive production featuring special guest, Jake Hoot, winner of The Voice. The show brings together Rockette-inspired dance numbers, talented singers, elaborate costumes, beloved Christmas classics, and appearances by Santa and his festive friends. Lively choreography and heartwarming moments make this a memorable seasonal outing. Before the 2:00pm performance, enjoy time for lunch on your own, shopping, or exploring the casino. The trip fee includes transportation and admission to the show.

Depart: 9:00am / Return: 6:00pm Limit of 45 Attendees $135pp

*****DECEMBER 22 (TUESDAY): SOUTH SHORE 2027 PROGRAM PLANNING SESSIONS**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie, LA Personal Transportation

Your voice matters! Help shape our 2027 calendar of events! Share your suggestions for day trips, restaurants, dining experiences, luncheon and social themes, guest speakers, and presentation topics. Your ideas will help us plan a year of friendship, discovery, and adventure that reflects members' interests. Morning and afternoon sessions will cover the same topics; please register for the session that best fits your schedule. Refreshments will be served.

Morning: 10:00am - 11:30am / Afternoon: 1:30pm – 3:00pm Limit of 35 Attendees FREE

2027 UPCOMING EXTENDED TRIPS:

MARCH: ROAD TRIP – SAVANNAH & CHARLESTON
APRIL: EXTENDED TRIP – RCL CRUISE FROM NEW ORLEANS TO BARCELONA
SEPTEMBER: ROAD TRIP – ARK ENCOUNTER
OCTOBER: EXTENDED TRIP – NCL CRUISE FROM ROME TO LISBON
DECEMBER: OVERNIGHT TRIP – CHRISTMAS AT BELLINGRATH

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.

Scan QR Code for the GO website.