

South Shore Calendar of Events

Sandra Pierre-Kazi, Golden Opportunity Program Coordinator
Ochsner 65 Plus - Attn: Golden Opportunity
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2026 Renewal Fees are due before 02/28/26 for your membership to remain active. To participate in 2026 activities, you must be an active member. You can renew online via the Cloud: www.ochsner.org/gologin You can also mail (\$20 per person) to the GO office. Thank You to those who have submitted payment already.



REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, January 12 at 8:00am on the CLOUD. Scan the qr code at the above 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 AS MEDICINE**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation
Speaker: Candice Carr, Ochsner Health and Fitness Coach. In February we focus on a Healthy Start to a Healthy Heart! Learn how being active & keeping your weight in a healthy range plays a powerful role in managing high blood pressure, this is an hour-long session of Wellness and Exercise coaching. Dates and topic are listed below.

FEBRUARY 2ND & 4TH: The basics of high blood pressure and possible complications: Learning what it means to have high blood pressure and how you manage it to avoid dangerous complications.

FEBRUARY 4TH: Special guest exercise coach, see details below.

FEBRUARY 9TH & 11TH: Nutrition changes that may help manage high blood pressure. Learn to make smart choices for meals and snacks, taking an active step toward healthier blood pressure levels.

FEBRUARY 23RD: Staying active and maintaining a healthy weight. Let's talk Movement as medicine.

FEBRUARY 25TH: Guest Speaker: Mary Yu M.D. Internal Medicine, Ochsner 65 Plus. Heart Health. Immediately following the Health & Wellness Sessions, Candice Carr will guide participants through exercises which will blend gentle seated and standing movements designed to improve balance, build strength, and enhance overall stability.

10:30am – 11:30am

Limit of 20 Attendees

FREE

*****FEBRUARY 3 (TUESDAY): DAY TRIP – DINNER AT MANDINA'S RESTAURANT AND ELLIS MARSALIS CENTER FOR MUSIC PRESENTING SHARON MARTIN IN CONCERT**

Sharon Martin is a true gem of the New Orleans jazz scene! Her vocal style is often described as rich, soulful, and deeply rooted in the traditions of jazz and blues. She's known for her ability to convey emotion through her voice, weaving stories with her heartfelt and powerful delivery. Influenced by the vibrant music culture of New Orleans, Sharon effortlessly blends traditional jazz with contemporary elements, creating a sound that is both classic and fresh. Her performances often exhibit a dynamic range; she can swing with high-energy numbers and then melt into tender ballads with equal finesse. It will be a great treat to experience her live in concert at the iconic Ellis Marsalis Center for Music. Prior to concert we will stop for dinner **on your own** at Mandina's Restaurant, 3800 Canal St. The restaurant offers a menu featuring a mix of Italian & Cajun-Creole seafood, steaks & pasta. Cost includes transportation and concert.

3:15pm – 8:15pm

Limit of 30 Attendees

\$50pp

*****FEBRUARY 4 (WEDNESDAY): MOVE BABY MOVE WITH AARON PALMER**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie Personal Transportation
Instructor: Aaron Palmer. "Move Baby Move!" is back by popular demand! It's a fitness class that blends New Orleans music with movement, to enhance rhythm, balance, and coordination while seated. Get ready to groove towards better fitness with "Move Baby, Move!" Cash payment directly to instructor.
11:00am – 11:30am Limit of 20 Attendees \$5pp

*****FEBRUARY 10 (TUESDAY): DAY TRIP – MARDI GRAS MASK MAKING, COSTUMING & KING CAKE**

Experience the pageantry of Mardi Gras. Get creative making your very own beautifully, decorated wearable mask using jewels, beads, feathers, and other supplies provided. Have lots of fun dressing up in authentic costumes and indulging in a delicious king cake party at Mardi Gras Costume Museum. Cost includes transportation, museum entrance, mask making supplies, king cake, and soft drinks.
1:30pm – 4:30pm Limit of 50 Attendees \$75pp

*****FEBRUARY 12 – 19 (THURSDAY – THURSDAY): SANDRA OUT OF OFFICE**

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

*****FEBRUARY 20 (FRIDAY): A TAVOLA RESTAURANT & WINE BAR**

3413 Veterans Blvd, Metairie LA 70002 Personal Transportation
Chi mangia bene, vive bene...those who eat well, live well. A Tavola invites you to enjoy a taste of the Italian Coast, where the sea meets authentic Italian traditions. Come join your GO friends at the table for delicious food and wonderful company.
1:00pm – 3:00pm Limit of 30 Attendees ON YOUR OWN

*****FEBRUARY 24 (TUESDAY): TECHNOLOGY TUESDAY – ZOOM EXPLORERS**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation
Get ready to embark on a digital adventure as a Zoom Explorer. This engaging session is designed to guide you step-by-step through the magical world of Zoom. Whether it's connecting with loved ones, attending virtual events, or hosting your own online gatherings, we've got you covered. This will be a user friendly, easy-to-follow session to ensure you get comfortable with the ins and outs of Zoom.
10:00am – 11:00am Limit of 30 Attendees FREE

*****FEBRUARY 24 (TUESDAY): BIRTHDAY & ANNIVERSARY CELEBRATION**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd – Metairie, LA Personal Transportation
Celebrating a birthday or anniversary in February? Let's eat cake and toast to good health and happiness with light refreshments. Whether you have fifteen minutes or an hour, pop in so we can celebrate YOU!
1:00pm – 3:00pm Registration is Required FREE

*****FEBRUARY 27 (FRIDAY): BOOK CLUB BREAKFAST AT CAFÉ LATTE DA**

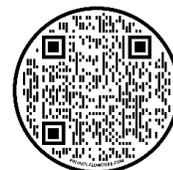
5860 Citrus Blvd Ste A, Harahan, LA Personal Transportation
Join "GO" friends for breakfast and share your thoughts on this month's book: *The Housemaid Is Watching* written by Frieda McFadden. A suspenseful roller-coaster thriller where secrets lurk in every corner of an elegant home, blending mystery and intrigue, hidden motives, murky waters of trauma, family secrets, and the deceptive calm of a suburban nightmare!
10:00am – 11:30am Limit of 25 Attendees ON YOUR OWN

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.