



REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) is available Monday, June 15 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. The topic this month is Movement as Medicine. Chair based exercises designed to improve stability, strength, endurance, and mobility.
11:00am- 11:30am Limit of 20 Attendees FREE

*****JULY 2 (THURSDAY): SOUTH SHORE LIMERS RED, WHITE, & BLUE SOCIAL**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd – Metairie, LA Personal Transportation
The summer sun is kicking it up a notch, and what better way to beat the heat than with delicious snowballs? Calling all South Shore members, join your friends for a cool afternoon where sweetness meets fun! We have a rainbow of flavors waiting to dazzle your taste buds. Whether you are a classic nectar cream lover or an adventurous coffee fanatic, there is a refreshing delight for everyone! Plus, It is the perfect time to wear your Red, White & Blue to celebrate July 4th, July birthdays, anniversaries, welcome new members or just because life is great. In addition, we will enjoy cake and other refreshments as we mingle with friends and enjoy a true southern summertime treat.
1:00pm – 3:00pm Limit of 40 Attendees FREE

*****JULY 9 (THURSDAY): DAY TRIP: BOUGHT FOR A SONG - A YOUNG NATION EXPANDS**

The Louisiana Purchase agreement, signed by Napoleon Bonaparte, will be on display as part of America's celebration of the 250th anniversary of the Declaration of Independence. Do not miss this rare opportunity to view this historic document right here in your backyard. A visit to the Louisiana Old State Capitol, awe inspiring Gothic Revival architecture castle-like appearance sets the stage for a grand day to Baton Rouge. The interiors are just as breathtaking, with grand staircases and vibrant stained-glass windows flooding the halls with colorful light. But the pièce de résistance of this day trip is the display of the original 1803 papers signed by Napoleon Bonaparte. Each document tells a tale of the past, and seeing Napoleon's signature will feel like we are uncovering secrets whispered through the ages. After soaking up the history, we wander into the gift shop. It is a treasure trove of curiosities, from handcrafted souvenirs, books on Louisiana's history, and unique trinkets that capture the essence of our visit. As the afternoon sun stands high, it is time for a well-deserved break. We head to Capital City Grill for lunch on your own, great food, and a perfect setting to enjoy a leisurely lunch. With our hearts full and our minds brimming with newfound knowledge, we head back with cherished memories of a day well spent at the Louisiana Old State Capitol.
9:00am – 5:00pm Limit of 50 Attendees \$50pp

*****JULY14 (TUESDAY): LUNCH AT CARRABBA'S ITALIAN GRILL**

4641 Veterans Blvd - Metairie, LA 70006 Personal Transportation
Delicious Italian cuisine passed down from its founders' family recipes, Carrabba's Italian Grill uses only the best ingredients to prepare fresh and handmade dishes cooked to order in a lively exhibition kitchen.
12:00pm – 2:00pm Limit of 30 Attendees ON YOUR OWN

***** JULY 17 (FRIDAY): ORCHID & SUCCULENT FLORAL ARRANGEMENT WORKSHOP**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd – Metairie, LA Personal Transportation
Speaker: Stephanie Watson, Floral Designer at The Floral Underground. Step into the world of texture and contrast with an Orchid & Succulent floral arrangement class. Learn to blend style with delicate beauty as you create your own striking, long-lasting arrangement. This class is perfect for plant lovers of all levels. Cost includes all materials for a complete take-home floral arrangement. Refreshments provided.
1:00pm – 3:00pm Limit of 20 Attendees \$50pp

***** JULY 24 (FRIDAY): LUNCH AND LEARN – UNLOCKING EMOTIONAL INTELLIGENCE**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd – Metairie, LA Personal Transportation
Speaker: Jill Patent, LCSW, CCM. You'll learn the importance of understanding and expressing emotions. Understand how feelings influence overall health, discover ways to identify, and communicate emotions clearly, and gain simple tools to manage stress and improve relationships with family, friends, and caregivers. The session offers a supportive environment that encourages connection, reflection, and emotional well-being. Light Lunch included beginning at 11:00am.
11:00am – 12:30pm Limit of 32 Attendees FREE

***** JULY 31 (FRIDAY): BOOK CLUB BREAKFAST AT CAFFÉ LATTE DA**

5860 Citrus Blvd Ste A, Harahan, LA Personal Transportation
Next Year in Havana by Chanel Cleeton is this month's book club read. It is a captivating tale that takes readers on a historical and emotional journey through Cuba's complex history. The story alternates between two timelines—one following Elisa Perez, a sugar heiress from 1958, amidst the Cuban Revolution, and the other in 2017 with her granddaughter, Marisol Ferrera, who travels to Cuba to scatter Elisa's ashes. Through the stories of these two strong-willed women, the novel explores themes of love, loyalty, and the longing for home. It is a beautiful blend of romance and historical fiction, wrapped in the vibrancy and turmoil of Cuba.
10:00am - 11:30am Limit of 25 Attendees ON YOUR OWN

2026 UPCOMING DAY TRIPS:

August 6, 13, 20, 27 (Thursdays): Coolinary Thursdays

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

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

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

2026 UPCOMING TRIPS:

September 5 – 12, 2026: Texas - San Antonio, Fredericksburg, and San Marcos

October 22 - 28, 2026: Fall Foliage in the Ozarks and Mt Magazine

December 2 – 7, 2026: Country Christmas at Opryland Hotel

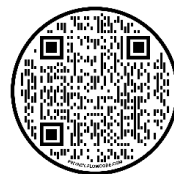
Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner Scheduling Department. South Shore: 504-842-6538

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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