

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, May 11 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: HEALTH, WELLNESS AND MOVEMENT**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation
Speaker: Candice Carr, Ochsner Health and Fitness Coach, presents Building Better Brain Health. **Health Coaching Topics** and Dates: **June 1st & 3rd – Mental and Social Activity** are powerful ways to support brain health and overall well-being. **June 8th & 10th – Brain-Healthy Diet** - Learn how a brain-healthy diet may help protect against serious health conditions such as heart disease, cancer, and osteoporosis. **June 15th & 17th - Sleep and Relaxation** - Learn how the power of sleep and stress hormones affect your body. **June 22nd & 24th – Physical Activity**- Learn how regular, consistent movement boosts brain health by improving mood, memory, and cognitive function. **June 29th – Health Management** - We will discuss the conditions linked to brain health and how they affect cognitive function. **Fitness Class** immediately follows Health Coaching, these classes encourage you to move with purpose, connect with others, and engage in movement designed to support brain function, memory, and overall mental clarity.

Health & Wellness Class from 10:30am -11:00am

Movement class from 11:00am- 11:30am

Limit of 20 Attendees

FREE

*****JUNE 3 (WEDNESDAY): DAY TRIP - COOKING DEMO WITH LUNCH, CONCERT, AND SHOPPING**

Speaker: National Park Services Arrowhead Band and Chef Jay Kazi. Are you ready for an extraordinary day packed with mouthwatering flavors, infectious music, and a dash of excitement? That is exactly what the Jean Lafitte National Park, French Quarter Visitor Center has in store for Golden Opportunity. Upon arrival you will be intrigued by the captivating Ranger talk. Once your curiosity is piqued, it's time to tantalize your tastebuds with an unforgettable cooking demo and lunch by Chef Jay Kazi. Now that your belly is happy and senses dancing with joy, the excitement continues with a musical escapade by the Arrowhead Jazz Band...surprise the Park Rangers are the musicians, they will have you tapping, clapping, and dancing along. But wait, there is more, we will board the bus then do a quick stop at the French Market for a little shopping therapy before finally heading back to reality. Cost includes Transportation, Demo with Lunch, and Concert.

9:15am – 4:30pm

Limit of 30 Attendees

\$65pp

*****JUNE 9 (TUESDAY): BLANKET MAKING WITH THE LOPA ORGANIZATION**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd – Metairie, LA Personal Transportation
Host: Lana Stevens, LOPA Community Educator. Let's unite for an amazing cause and create blankets for LOPA (Louisiana Organ Procurement Agency). This isn't just about blankets; it's about weaving warmth, support, and hope for those in need. Each stitch you make holds the power to bring comfort to families during challenging times. Your contribution matters, so join your friends for a good cause, enjoy refreshments, and turn this day into a memory of love and community.

1:00pm – 3:00pm

Limit of 25 Attendees

FREE

*****JUNE 11 (THURSDAY): LUNCH AT ST. MARY'S RESTAURANT**

4445 W Metairie Ave, Metairie, LA 70001

Personal Transportation

Let us do Lunch! St Mary's has a warm, inviting atmosphere that is perfect for catching up, sharing laughs, and of course, devouring fantastic food. The restaurant is renowned for Southern Hospitality and mouthwatering Cajun cuisine, with a heavy serving of soul satisfying goodness.

12:00pm – 2:00pm

Limit of 32 Attendees

ON YOUR OWN

*****JUNE 16 (TUESDAY): SOUTH SHORE "LIMERS" SOCIAL**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd – Metairie, LA Personal Transportation
Liming (verb) Trinidadian word: Definition - The "art of doing nothing," aimed at fostering social connections without a specific agenda. Calling all South Shore "Limers" (noun) to a FUN social, as we celebrate June birthdays, anniversaries, welcome new members or just because life is great! We will enjoy cake, refreshments and toast to good health, friendship, and happiness.
1:00pm – 3:00pm Registration is Required FREE

*****JUNE 18 – 19 (THURSDAY – FRIDAY): ROAD TRIP - GULF COAST CHINESE LANTERN FESTIVAL TRIP**

Relish in the Southern Charm of Mansions and Gardens. Your adventure kicks off with a relaxing motorcoach ride through picturesque landscapes, shifting from bustling cityscapes to open vistas. Arriving in Mobile, enjoy a self-paid lunch at Morrison's, followed by a moment to rest and reset at the Mobile Marriott. Evening brings the Gulf Coast Chinese Lantern Festival at Bellingrath Gardens, alive with colors, lights, and leisurely dining on your own at the Café or popups in the gardens. After a magical night, and rest at the hotel, wake up to a delightful breakfast. Before leaving Alabama, explore the highly photographed Bragg Mitchell Mansion, after a stop for lunch you will enjoy the marvels of Mobile Carnival Museum. As we bid farewell to Sweet Home Alabama we will make a stop at Buc-ee's for tasty snacks and of course their famous Beaver Nuggets.
10:00am - 11:30am Limit of 50 Attendees \$245pp SINGLE / \$320pp DOUBLE

*****JUNE 26 (FRIDAY): BOOK CLUB BREAKFAST AT CAFFÉ LATTE DA**

5860 Citrus Blvd Ste A, Harahan, LA Personal Transportation
Satire and humor are in store for the GO book club as we flip the pages on *Lula Dean's Little Library of Banned Books* by Kristen Miller. This satirical novel is set in Troy, Georgia, where Lula Dean bans books, she deems "pornography and propaganda" without even reading them. She fills her Little Free Library with "wholesome" reads like cake recipes, while Lindsey, daughter of Lula's rival Beverly, hides banned books inside. These secret reads, including gems like "Beloved" and "Anne Frank's Diary," change lives and open minds. As Lula and Beverly compete for mayor, the town faces its own dramas and transformations. The story humorously tackles censorship and community change, celebrating youth activism, and intellectual freedom. Enjoy good company and complimentary beverages.
10:00am - 11:30am Limit of 25 Attendees ON YOUR OWN

UPCOMING DAY TRIPS:

- JULY 9:** Day Trip - Louisiana Old State Capital
- AUGUST 6, 13, 20, 27:** Day Trip - Coolinary Thursdays
- OCTOBER 3:** Day Trip - Amtrak Train Ride to Laurel MS - Loblolly Festival
- NOVEMBER 11:** Day Trip - Amtrak Train Ride to New Iberia and Tabasco Factory Tour and Lunch

2026 UPCOMING EXTENDED TRIPS:

- SEPTEMBER 5 - 12:** Extended Trip - Texas (San Antonio, Fredericksburg, And San Marcos)
- OCTOBER 22- 28:** Extended Trip - Fall in The Ozarks and Mt Magazine
- DECEMBER 2 – 7:** Extended Trip - Country Christmas at Opryland Hotel

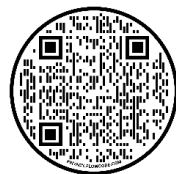
Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner. Scheduling Department. South Shore: 504-842-6538

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 it 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.