

## South Shore Calendar of Events

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Ochsner 65 Plus - Attn: Golden Opportunity  
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### **REGISTRATION REQUIRED FOR ALL EVENTS**

Registration for new events (indicated with \*\*\*) available Monday, February 9<sup>th</sup> 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](http://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 Marching towards a healthier weight is the topic this month. Health & Wellness Session Dates and topics include **MARCH 2nd & 4<sup>th</sup>**: Learn how to make simple lifestyle changes, set realistic goals, and track progress in a healthy, manageable way. **MARCH 9th & 11<sup>th</sup>**: Learn how to eat the right foods in the right amounts by understanding portion control, making balanced meal choices. **MARCH 16th**: Learn how to put an end to mindless and emotional eating by building awareness around eating habits. **MARCH 18th**: Learn simple steps for staying active and why regular movement is an important part of weight management. **MARCH 23rd**: This class explores common plateaus and pitfalls in weight management. **MARCH 25th**: This class focuses on staying on track with weight management, no matter where you are in your journey.

The movement class immediately follows the Health and Wellness sessions. It features gentle, senior-friendly exercises that combine both seated and standing movements with modifications.

10:30am – 11:30am

Limit of 20 Attendees

FREE

### **\*\*\*MARCH 3 (TUESDAY): BIRTHDAY & ANNIVERSARY CELEBRATION**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd – Metairie, LA Personal Transportation  
Celebrating a birthday or anniversary in March? Let us 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 Required

FREE

### **\*\*\*MARCH 10 (TUESDAY): TECH TUESDAY AI WORLD: TOOLS, TIPS, AND STAYING SAFE**

Ochsner 65 Plus 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation  
Speaker: Zaid Sharfafudi. A friendly and simple class that explains what Artificial Intelligence (AI) is, how it works, and why it matters to you. No techy jargon, just easy-to-follow examples, and interactive demos to make understanding AI a breeze. A manual will be provided to attendees to help manage safekeeping of personal records and monthly planning.

1:00pm – 3:00pm

Limit of 30 Attendees

FREE

### **\*\*\*MARCH 12 (THURSDAY): DAY TRIP - PHANTOM OF THE OPERA AT THE SAENGER THEATRE**

"The Phantom of the Opera" is a mysterious, romantic, and thrilling tale set in the opulent backdrop of the Paris Opera House. It is centered around a disfigured musical genius, known as the Phantom, who dwells in the shadows of the opera house and becomes infatuated with the talented and beautiful soprano, Christine Daaé. As the Phantom mentors and grooms Christine for stardom, his obsession turns dangerous, leading to dramatic and suspense-filled confrontations. The atmosphere is rich with gothic allure, music that enchants, and a love triangle that captivates. Cost includes Tickets and Transportation.

12:00pm – 5:30pm

Limit of 50 Attendees

\$135pp

**\*\*\*MARCH 13 (FRIDAY): DAY TRIP – NEW ORLEANS BOOK FESTIVAL**

Get ready for the exciting New Orleans Book festival 2026, taking place on Tulane University's gorgeous uptown campus. A packed day filled with activities. The lineup is a booklover's dream, featuring over one hundred amazing authors. Plus, you may catch a glimpse of local stars like Emeril Lagasse and Clint Smith. This event is going to be one for the books! Food trucks will be on site for lunch options on your own. Cost includes Transportation.

11:00am – 4:30pm

Limit 50 Attendees

\$45pp

**\*\*\*MARCH 17 (TUESDAY): LUNCH AT LANDRY'S SEAFOOD HOUSE**

800 Lakeshore Drive, New Orleans LA 70124

Personal Transportation

Landry's Seafood House on Lake Pontchartrain, is where stunning waterfront views and bold Gulf Coast flavors come together in true New Orleans style! Perched right on the lake, the location offers a breezy, laid-back escape. Landry's delivers Southern hospitality with every bite. From blackened fish and buttery crab cakes to signature steaks, this is lakeside dining the Big Easy way.

12:00pm – 2:00pm

Limit of 30 Attendees

ON YOUR OWN

**\*\*\*MARCH 19 (THURSDAY): DAY TRIP - ST JOSEPH'S DAY ALTARS**

Every March 19, New Orleans Catholics celebrate St. Joseph's Day by constructing elaborate altars to honor the relief St. Joseph provided during a famine in Sicily. The tradition began in the late 1800s when Sicilian immigrants settled in New Orleans. Join your GO friends on a tour to several magnificent altars, with a stop for a private lunch, and shopping at Southern Food and Beverage Museum. This Museum was founded in 2004 as a place where the intersection between culture and food could be studied. It offers an exhibit for each of the Southern states, the curious and winding Galerie d'Absinthe, and the Museum of the American Cocktail. Cost includes tour, transportation, and lunch.

9:00am – 4:30pm

Limit of 30 Attendees

\$105pp

**\*\*\*MARCH 20 (FRIDAY): CRAFTING, EASTER HAT, FACINATORS, AND TOP-HATS**

Ochsner 65 Pus 7060 Veterans Memorial Blvd, Metairie LA 70003

Personal Transportation

Magical Millinery Workshop: Crafting Easter Hats, Fascinators, and Top Hats. Join us for a whimsical day of creativity and style at our "GO Magical Millinery Workshop," where you will craft your own enchanting Easter hat, fascinators, or Gentleman's Top Hat. In this interactive class, led by our very own GO member Melinda Richard a master crafter, you will: Design Your Dream. What to Bring: hats, fascinators, glue gun, and extension cords if you have one, lots of flowers, feathers, jewels, and any embellishments you love. Let your imagination soar to create a one-of-a-kind masterpiece just in time to wear for Spring. Whether you are a novice or seasoned crafter, this event promises to be a delightful experience filled with creativity and laughter. Cost includes arts & craft supplies, and refreshments.

1:00pm – 3:00pm

Limit of 20 Attendees

\$20pp

**\*\*\*MARCH 27 (FRIDAY): BOOK CLUB BREAKFAST AT CAFFÉ 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 Proving Ground* by Michael Connelly. A gripping legal thriller that takes readers into the intense world of defense law, following the relentless and brilliant defense attorney Mickey Haller as he navigates high-stakes courtroom drama and personal dilemmas. It's fast-paced and suspenseful!

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

**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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