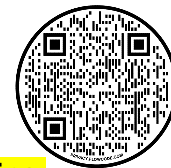


REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) is available Monday, April 13th 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. This months Health & Wellness Coaching focuses on Mental Health. A fun, supportive class designed to nourish the **mind, body, and soul**. Improve mood, boost cognitive function, and reduce stress through intentional movement in an encouraging, judgement-free environment, immediately follows the Health & Wellness Coaching. Come move, connect, and feel your best! Health & Wellness Education Dates and topics: **Monday, May 4th & Wednesday, May 6th** - Mental Wellness: Mental Wellness is key to overall well-being. Join us as we discuss anxiety and depression, signs and symptoms, treatment options, lifestyle changes, and simple ways to boost your mood. **Monday, May 11th** – No Class. **Wednesday, May 13th** – Learn to eat mindfully. Healthy eating is not just about what you eat, it is about how you eat. Mindful eating helps you slow down, tune into your body, and build a healthier, more balanced relationship with food. **Monday, May 18th & Wednesday, May 20th** - Food and mood - What is the connection? The food you eat can affect your mood. Eating a nutrient-rich diet may help reduce symptoms of depression and boost your emotional well-being. **Monday, May 25th & Wednesday, May 27th** – Emotional eating, kick the habit: Emotional eating happens when we use food to cope with feelings instead of physical hunger. Learn to recognize your triggers, pause, and check in with your emotions using the HALT method, and discover mindful strategies.

Health & Wellness Class from 10:30am -11:00am Movement Class from 11:00am- 11:30am
Limit of 20 Attendees FREE

*****MAY 4 (MONDAY): SKINCARE LUNCH & LEARN**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation
Speaker: Cindy Martrain, Mary Kay Consultant. You are invited to a Glow & Hydrate pampering session with Mary Kay, using products on either your face or hands. Relax while luxuriating. The time is yours to focus on a healthier you. A lite lunch will be served.

Lite Lunch 12:00pm – 1:00pm Glow & Hydrate Pampering Session 1:00pm – 2:00pm
Limit of 30 Attendees FREE

*****MAY 5 (TUESDAY): HABANERO'S RESTAURANT - CINCO DE MAYO – VIVA LA FIESTA**

3413 Veterans Memorial Blvd, Metairie, LA 70002 Personal Transportation
Get ready to spice up your day with a Cinco de Mayo celebration at Habaneros in Metairie. Join your friends for a lunch fiesta full of flavor and laughter. Oh, what fun...Taco Tuesday is on Cinco de Mayo.
12:00pm – 2:00pm Limit of 30 Attendees ON YOUR OWN

*****MAY 11 (MONDAY): INSPIRING HEALTHY LIVES - CHEF NINO**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation
Comedy cooking, with healthy options. Chef Nino says it best, “If you want to feel better tomorrow you got to start eating better today”.

10:30am Limit of 40 Attendees FREE

*****MAY 14 (THURSDAY): DAY TRIP – FISHING VILLAGES, FORGOTTEN CULTURES, AND COASTAL CUISINE ALONG THE GREAT MISSISSIPPI**

Enjoy a fresh and immersive perspective on one of the most distinctive landscapes, cultures, and ways of life in the world shaped by the Great Mississippi River. Adventure downriver through the New Orleans neighborhoods of Bywater and the 9th Ward to coastal communities of St. Bernard along the historic Bayou Road. Visit the Mississippi River Observation Center at Docville Farm for commanding views and an enhanced understanding of the river's influence on the region. Understand and see the importance of Spanish governance and cultural influences at the Islenos Museum and Village. Learn of the largest coastal wetlands restoration effort underway in the world to protect these coastal communities. Enjoy a fresh seafood lunch, non-seafood options will also be available. Enjoy a bayou side chat with a local Islenos oysterman and learn of his way of life beyond the floodwalls.

10:00am – 4:30pm

Limit of 50 Attendees

\$135pp

*****MAY 15 (FRIDAY): SOUTH SHORE “LIMERS” SOCIAL**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd – Metairie, LA Personal Transportation
Come one come all for a FUN social as we celebrate May birthdays, anniversaries 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

*****MAY 18 – 28 (MONDAY – THURSDAY): LONDON & PARIS TRIP - SANDRA OUT OFFICE**

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

*****MAY 29 (FRIDAY): BOOK CLUB BREAKFAST AT CAFFÉ LATTE DA**

5860 Citrus Blvd Ste A, Harahan, LA Personal Transportation
This month, GO Book Club is diving into the thrilling world of *Nash Falls* by David Baldacci, the first book in the gripping Walter Nash duology that hit the shelves in 2025. This novel explores themes of identity, betrayal, and the high stakes of justice, it is sure to keep you on the edge of your seat with its cliffhanger finish and a perfect setup for an exciting sequel. Complimentary coffee will be available.

10:00am – 11:30am

Limit of 25 Attendees

ON YOUR OWN

UPCOMING 2026 DAY TRIPS:

JUNE 4: Day Trip - Cooking Demo with Lunch and Concert by Park Rangers, Arrowhead Jazz Band

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

UPCOMING 2026 TRIPS:

JUNE 18 – 19: Overnight Trip - Gulf Coast Chinese Lantern Festival at Bellingrath Gardens

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 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.