



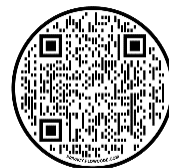
November 2026

South Shore Calendar of Events

Sandra Pierre-Kazi, Golden Opportunity Program Coordinator
Ochsner 65 Plus - Attn: Golden Opportunity
7060 Veterans Memorial Blvd. - Metairie LA 70003
sandra.pierrekazi@ochsner.org office: 504-429-2634

REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, October 12 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:

Ochsner 65 Plus – Attn: Golden Opportunity – 7060 Veterans Memorial Blvd. – Metairie, LA 70003

All SS Day and Extended Bus Trips depart Ochsner 65 Plus at 7060 Veterans Memorial Blvd. in Metairie.

*****MONDAYS & WEDNESDAYS: HEALTH, WELLNESS, AND MOVEMENT**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA

Personal Transportation

Instructor: Candice Carr, Ochsner Health and Fitness Coach. Movement as Medicine is a chair-based exercise class designed to help improve stability, strength, endurance, and mobility.

11:00am- 11:30am

Limit of 20 Attendees

FREE

*****NOVEMBER 3 (TUESDAY): GENTLEMEN'S BREW: YOUR MOBILITY MATTERS**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA

Personal Transportation

Speaker: Chelsea Hill, Ochsner Injury Prevention Coordinator, Trauma Services. You're invited to an exclusive, men-only morning of great coffee, pastries, and meaningful conversation focused on staying steady on your feet and maintaining your independence.

10:00am – 11:00am

Limit of 40 Attendees

FREE

*****NOVEMBER 5 (THURSDAY): LSU AgCENTER – DIABETES AND THE HOLIDAYS**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA

Personal Transportation

Speaker: Elisabet Trujillo, LSU AgCenter. Join us for an engaging presentation filled with practical tips, healthy holiday strategies, recipe ideas, and simple ways to manage diabetes while keeping your health on track and still enjoying the flavors and traditions of the season!

10:00am - 11:00am

Limit of 40 Attendees

FREE

*****NOVEMBER 6 (FRIDAY): SOUTH SHORE LIMERS SOCIAL – A CELEBRATION OF FRIENDSHIP**

Ochsner Medical Complex – Clearview, 4430 Veterans Memorial Blvd

Personal Transportation

Celebrate the season with a festive Thanksgiving birthday, anniversary, and just because life is good. Come gather with friends for an afternoon filled with seasonal treats, laughter, conversation, and the joy of being together. We will give thanks for the many blessings that make South Shore Region so special.

1:00pm – 3:00pm

Limit of 80 Attendees

FREE

*****NOVEMBER 7 (SATURDAY): DAY TRIP: LION KING AND DINNER AT DOOKY CHASE RESTAURANT**

Step into the breathtaking world of Disney's *The Lion King* during a spectacular matinee performance at the historic Saenger Theatre. Be swept away by magnificent costumes, unforgettable music, dazzling choreography, and the timeless story that has captivated audiences around the world. Following the show the experience continues with dinner at the legendary Dooky Chase's Restaurant, where celebrated Creole cuisine, southern hospitality, and New Orleans history come together beautifully. Join your GO friends for an extraordinary day filled with theatrical magic, iconic flavors, and wonderful memories. Cost includes Orchestra level theatre tickets, transportation, and dinner.

Departure Time: 1:00pm / Return Time 8:30pm

Limit of 50 Attendees

\$225pp

*****NOVEMBER 10 (TUESDAY): MEDICARE 101 - 2027 UPDATES - KNOW YOUR OPTIONS**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie Personal Transportation
Get ready for Medicare 2027! Join SHIP for an informative Medicare 101 session covering the latest updates, coverage options, and important changes for the coming year. Bring your questions for live question-and-answers following the presentation, enjoy a light lunch and a craft project before vendor showcase by insurance providers. You will also hear brief presentations from the providers highlighting available plans, benefits, and services. This valuable full day of Medicare 101 programming will help you better understand your options and confidently make informed healthcare decisions.

10:30am – 3:00pm

Limit of 40 Attendees

FREE

*****NOVEMBER 11 (WEDNESDAY): DAY TRIP: AMTRAK TO AVERY ISLAND**

A journey of flavor, heritage & natural beauty. Travel by train, explore by coach. Enjoy a scenic train ride, explore the rich history and flavor of Tabasco, savor lunch on your own, and take in the natural beauty of Jungle Gardens. Cost includes Amtrak fare and motorcoach transportation, and self-guided tour entrance.

7:00am – 7:00pm

SOLD OUT

\$105pp

*****NOVEMBER 17 (TUESDAY): EAT FIT – HEALTHY HOLIDAY EATING**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie, LA 70003 Personal Transportation

Speaker: Erin Arceneaux, Eat Fit Program Coordinator. Learn practical strategies to navigate the holiday season with balance, confidence, and enjoyment. This session will explore mindful and healthy eating approaches for Thanksgiving and Christmas, including realistic behavior tips to help fuel your body well while still enjoying favorite holiday traditions. Participants will also discover easy ingredient swaps and recipe ideas that can boost nutrition without sacrificing flavor. Gain helpful tools to support energy, well-being, and a positive relationship with food throughout the holiday season.

1:00pm – 2:00pm

Limit of 35 Attendees

FREE

*****NOVEMBER 18 (WEDNESDAY): THANKSGIVING LUNCHEON BUFFET**

Brick Oven Café, 2805 Williams Blvd, Kenner, LA 70062 Personal Transportation
Celebrate the season of gratitude with your Golden Opportunity family and friends at a festive Thanksgiving Buffet Luncheon. Gather around the table and enjoy a delicious Thanksgiving-inspired buffet while sharing laughter, friendship, and the warmth of the season. It's a wonderful opportunity to connect with your friends, make new ones, and give thanks for all the memories we have created throughout the year. Come hungry, bring your holiday spirit and join as we celebrate good food, great friends, and all the blessings that make being a member of Golden Opportunity something special.

11:30am - 2:00 pm

Limit of 50 Attendees

\$45pp

*****NOVEMBER 19 (THURSDAY): BOOK CLUB BREAKFAST –THIS MONTH'S BOOK, THE BLACK ECHO**

Caffe Latte Da, 5860 Citrus Blvd, Harahan LA 70123 Personal Transportation
Enjoy breakfast and lively discussion of The Black Echo by Michael Connelly, which introduces LAPD detective Harry Bosch as he investigates the mysterious death of a fellow Vietnam veteran. Enjoy complimentary coffee or beverage of your choice, great company, and a suspenseful mystery.

10:00am – 11:30am

Limit of 25 Attendees

FREE

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

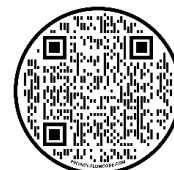
Ochsner On Call: A 24/7 free nurse care line for non-life-threatening issues, the number is 1-800-231-5257.

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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the GO website.