

South Shore Calendar of Events

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, September 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 below, it is also the pickup location for Day Trips:
Ochsner 65 Plus – Attn: Golden Opportunity – 7060 Veterans Memorial Blvd. – Metairie, LA 70003



CHAIR PILATES and STRENGTH & STRETCH

All Chair Cardio Classes will look a little different for a while. We will notify everyone when a new Health Coach is hired, and regular classes resume. Thank you for your patience! Please see the description below on the calendar for Chair Pilates and Strength & Stretch Class Dates & Times.

*****OCTOBER 1 (WEDNESDAY): MEMBER MEETUP & INTERNATIONAL DAY OF OLDER PERSONS CELEBRATION**

Ochsner 65 Plus - 7060 Veterans Memorial Blvd

Personal Transportation

Meetup/Open House event in honor of International Day of Older Persons! Come at your leisure, for an unforgettable experience filled with joy, learning, and connection. Explore a variety of tables showcasing products and services and dive into fun and engaging fitness activity. Celebrate health and friendship together! Gain valuable insights from our experts. Engage in thought-provoking conversations about wellness, community, and living intentionally. Enjoy a cooking demo and learn how to whip up something "Simple & Delicious." At 1:00pm the Canasta group invites you to stay and learn or play.

10:00am – 12:30pm

Open House

FREE

*****OCTOBER 2 (THURSDAY): LUNCHBOX SERIES - SHIIP 2026 INSURANCE PLANS**

Ochsner 65 Plus - 7060 Veterans Memorial Blvd

Personal Transportation

Speaker Vicki Dufrene, SHIIP Director The Senior Health Insurance Information Program (SHIIP), housed within the Louisiana Department of Insurance, is the state health insurance assistance program for seniors and Medicare beneficiaries in Louisiana. SHIIP provides objective counseling in all areas of the senior insurance market so that beneficiaries can better understand their Medicare coverage options and benefits. Vicki will cover the changes in the major insurance plans with a non-biased approach. Bring your lunch and join us in person at the clinic or if you prefer to join via zoom, email or call the office and I will send you the link to join us from home.

12:00pm – 1:00pm

Limit of 40 Attendees

FREE

OCTOBER 3 (FRIDAY) & OCTOBER 27 (MONDAY): CHAIR PILATES

Ochsner 65 Plus - 7060 Veterans Memorial Blvd

Personal Transportation

Join us for a video guided Chair Pilates workout. The seated position reduces stress on joints, making it a safe and effective option for various fitness levels and those recovering from injuries. Chair Pilates helps to strengthen the core muscles and improves balance and coordination.

11:00am

Limit of 16 Attendees - Seats are on a First Come, First Serve Basis

FREE

*****OCTOBER 4 (SATURDAY): DAY TRIP – ALL ABOARD THE AMTRAK TRAIN TO LAUREL, MS**

All aboard the Amtrak train! Feel the spirit of travel in the air as you unwind and relax on your one-way rail journey from New Orleans to Laurel. As the day concludes, you'll be whisked away in the comfort of a private motorcoach for a relaxing ride back to Ochsner 65 Plus in Metairie.

7:30am – 7:30PM approximate time

Waitlist Only

\$95pp

*****OCTOBER 6 (MONDAY): CHEF NINO DEMONSTRATION**

Ochsner 65 Plus - 7060 Veterans Memorial Blvd, Metairie LA 70003

Personal Transportation

Chef Nino is stirring things up a "dash of Dis, a few giggles, and whole lot of Dat."

10:30am – 11:30am

Limit of 40 Attendees

FREE

*****OCTOBER 7 (TUESDAY): DAY TRIP - DOWN ON THE BAYOU, DISCOVERING HOUMA, LOUISIANA**

Experience Louisiana's Bayou Country in Terrebonne Parish. Enjoy a leisurely lunch at Coco Marina, as you marvel at the stunning views of the Gulf of Mexico. After Lunch we will visit Faith Family Shrimp Company, the suppliers of Wild Caught American Gulf shrimp, and witness firsthand how their dried shrimp is made. Your day will end under the watchful eyes of local artists from the Terrebonne Fine Arts Guild as you Paint your Own "Down on the Bayou Shrimp Boot" souvenir.

10:00am – 7:00pm

Limit of 38 Attendees

\$135pp

OCTOBER 8 (WEDNESDAY) & OCTOBER 29 (WEDNESDAY): STRENGTH & STRETCH

Ochsner 65 Plus - 7060 Veterans Memorial Blvd

Personal Transportation

Join us for a video guided Strength and Stretch workout that helps maintain flexibility. These exercises provide a low-impact, stable option for increasing range of motion and preventing stiffness and injury.

11:00am

Limit of 16 Attendees - Seats are on a First Come, First Serve Basis

FREE

*****OCTOBER 9 – 24: EXTENDED TRIP: NCL CRUISE – SANDRA OUT OF OFFICE**

For assistance, please contact Cindy Wilks, email: cwilks@ochsner.org or phone: (225) 270-2625.

*****OCTOBER 28 (TUESDAY): BOOK CLUB BREAKFAST AT CAFFE LATTE DA**

5860 Citrus Blvd Ste A, Harahan, LA

Personal Transportation

Join your "GO" friends for breakfast and share your thoughts on this month's book: *"he Borrowed Life of Frederick Fife"* by Anne Johnston.

10:00am – 11:30am

Limit of 20 Attendees

ON YOUR OWN

*****OCTOBER 29 (WEDNESDAY): LUNCH AT BONEFISH GRILL RESTAURANT**

4848 Veterans Memorial Blvd, Metairie LA 70006

Personal Transportation

Join your GO friends for lunch at Bonefish Grill, the restaurant specializes in hand-cut, wood-grilled specialties with selections of seafood, chicken and steak made with the freshest, highest-quality ingredients. Lots of amazing choices on their Hooked-on Lunch menu including the \$14.90 Prix Fixe options.

1:00pm – 3:00pm

Limit of 35 Attendees

ON YOUR OWN

*****OCTOBER 30 (THURSDAY): HUMANA - MEDICARE 101, 2026 UPDATES**

Ochsner 65 Plus - 7060 Veterans Memorial Blvd, Metairie

Personal Transportation

Speaker: Mike Le. Market Point Sales Agent. He will discuss Special Election Period, the difference between HMO and PPO, differences between original Medicare and Medicare Advantage. Lunch will be provided after presentation.

11:00am – 1:00pm

Limit of 40 Attendees

FREE

*****OCTOBER 31 (FRIDAY): DAY TRIP – SPOOKTACULAR WITCHY LUNCHEON**

Prepare for an afternoon of magical enjoyment, laughter and a whimsical three-course luncheon. Celebrate the mystical day with your Golden Opportunity friends. Enjoy the echoes of laughter and let the good times roll, at Dickie Brennan's Bourbon House Restaurant – the perfect spot for a bit of charm and a sprinkle of magic! Expect delightful dishes, spectacular conversations, fun surprises. This is a gathering you won't want to miss. Dress Code: Embrace your playful spirit, hats and whimsical costumes encouraged.

10:15am – 3:00pm

Limit of 25 Attendees

\$115pp

****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.

For Additional Information Contact:

Sandra Pierre-Kazi, Program Coordinator

sandra.pierrekazi@ochsner.org

office: 504-429-2634

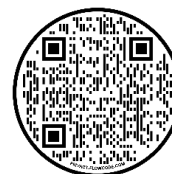
ochsner.org/go

Ochsner 65 Plus Clinic

Golden Opportunity

7060 Veterans Memorial Blvd.

Metairie, LA 70003



Scan QR code for
the GO website.