

*Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles*

**RSVP REQUIRED FOR ALL EVENTS**

Registration for new events (indicated with \*\*\*) available Monday, August 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](http://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**



**\*\*\*EVERY MONDAY: CHAIR PILATES / EVERY WEDNESDAY: STRENGTH & STRETCH / EVERY FRIDAY: CHAIR CARDIO BLAST**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA Personal Transportation  
Instructor: Celeste Raibstein, Ochsner Health Coach. Chair Pilates is a gentle, low-impact exercise that helps build a strong core. Stretching and strength exercises can help maintain flexibility. Chair Cardio will be a high-energy challenge for all fitness levels. Remember event is limited to 16 participants and it is a first come event.  
11:00am – 11:30am Limit to 16 Attendees FREE

**\*\*\*SEPTEMBER 2 (TUESDAY) BALANCE AND STABILITY EXERCISES TO PREVENT FALLS**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie Personal Transportation  
Speaker: Candice Carr, Humana Health Educator. Falls are a big deal, especially for older adults. Learn what puts you at risk for falls, ways to prevent falls, tips to fall proof your home and much more! Learn balance and strength exercises to improve mobility and let go of the fear of falling.  
1:00pm – 3:00pm Limit of 40 Attendees FREE

**\*\*\*SEPTEMBER 4 (THURSDAY): WEST BATON ROUGE MUSEUM & GRANDMOTHER MARGUERITE'S TRUNK**

West Baton Rouge Museum is an educational resource committed to researching, collecting, preserving, and presenting artifacts, documents, art objects, and the like that reflect the history and cultural heritage of West Baton Rouge Parish and surrounding area. Enjoy a day trip to experience Grandmother Marguerite's Trunk, an interactive depiction of 1880s Farm Family. We'll discuss plantation life, churn butter, wash on a wash board and try other 19th century chores and make a traditional craft to keep. In addition, you will enjoy the following three exhibits:

1. Creole Folktales: Local artists illustrate their favorite folktale on sugarcane paper.
2. The Art of Jonathan Mayers: Jonathan is a local Creole artist born and raised in Baton Rouge.
3. Creole Reframed: Photography of Cecile Baudier Smetana, a French photographer who immersed herself in Louisiana culture.

Cost includes Museum entrance, Grandmother Marguerite's Trunk experience, Lunch, and Transportation.  
9:00am – 6:00pm Limit of 38 Attendees \$115pp

**\*\*\*SEPTEMBER 9 (TUESDAY): GETTING READY FOR MEDICARE**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie Personal Transportation  
Speaker: Susan Guidroz, Community Relations Manager, Ochsner Health Plan. "If you are turning 65 or are about to retire and have questions about Medicare, we can help. Join Ochsner Health Plan for an educational meeting to learn how Medicare works and what to expect.  
11:00pm – 12:00pm Limit of 40 Attendees ON YOUR OWN

**\*\*\*SEPTEMBER 9 (TUESDAY): HEARING HEALTH AND SCREENINGS**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie Personal Transportation  
Speaker: Tony Goyette, Hearing Instrument Specialist, Crescent City Hearing. Please join Mr. Goyette for a presentation on Hearing Health and the connection to your overall Health. He not only has the professional training to provide audiological testing, but he also has hearing loss himself which gives him a unique perspective to share. Hearing loss is connected to several medical conditions, most significantly is the correlation to cognitive decline. You will learn about that connection as well as others. Hearing screenings will also be offered, so come join us to learn more about your hearing health.  
2:00pm – 3:00pm Limit of 40 Attendees FREE

**\*\*\*SEPTEMBER 11 (THURSDAY): ORMAND MANOR RESTAURANT**

13786 River Road • Destrehan LA 70047

Personal Transportation

Join your GO friends for a delightful lunch at the charming Ormand Manor restaurant. A promise of a leisurely afternoon filled with good food, great company, and beautiful surroundings. It's the perfect setting to relax, mingle, and indulge in some delicious delicacies. CASH PAYMENT ONLY!

12:00pm – 2:00pm

Limit of 30 Attendees

ON YOUR OWN

**\*\*\*SEPTEMBER 12 (FRIDAY): HEARING LOSS AND DEMENTIA – EXPLORING THE CONNECTION**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie

Personal Transportation

Speaker: Denise Gordy, Outreach Coordinator, The Carrollton. Hearing loss is increasingly recognized as a potentially modifiable risk factor for dementia. Research suggests a strong link between hearing loss and cognitive decline, with individuals experiencing hearing loss having a higher risk of developing dementia compared to those with normal hearing.

12:00pm – 1:00pm

Limit of 40 Attendees

ON YOUR OWN

**\*\*\*SEPTEMBER 14 (SUNDAY): WAITRESS MUSICAL AT JEFFERSON PERFORMING ARTS CENTER**

6400 Airline Drive, Metairie LA 70003

Personal Transportation

Meet your GO friends at JPAC for a slice of INSPIRATION with Sara Bareilles' uplifting musical celebrating friendship, motherhood, and the magic of a well-made pie. Jenna, a waitress and expert pie maker, is stuck in a small town and a loveless marriage. Faced with an unexpected pregnancy, Jenna fears she may have to abandon the dream of opening her own pie shop until a baking contest in a nearby county and the town's handsome new doctor offer her a tempting recipe for happiness. Supported by her quirky crew of fellow waitresses and loyal customers, Jenna summons the secret ingredient— COURAGE!

1:30pm – 4:30pm

Limit of 45 Attendees

\$50pp

**\*\*\*SEPTEMBER 25 (THURSDAY): 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: "The Women" written by Kristin Hannah.

10:00am – 11:30am

Limit of 30 Attendees

ON YOUR OWN

**\*\*\*SEPTEMBER 30 (TUESDAY) DAY TRIP – ART & ANTIQUES, FRAGRANCE, & FLAVORS**

Get ready for an extraordinary day! Your adventure begins with a harmonious blend of activities: half of the group will dive into creativity at the Tijon workshop, crafting your unique fragrances in an inspiring perfume and cologne-making session. Meanwhile, the other half will soak in the rich history and stories on a guided tour at the New Orleans Historic Collection (HNOC), where the past beautifully intertwines with the present. Once the morning activities are complete, the entire group will gather for a lavish jazz brunch at the legendary Court of Two Sisters, savoring the vibrant flavors together. After brunch, you can squeeze in a little time to pop into an art gallery or antique shop, then it's time to flip-flop! Those who visited the museum will now head to the perfume/cologne workshop, and the fragrance makers will venture to explore the fascinating New Orleans historic collection. As the day unfolds, we will regroup at Café Beignet for delicious, sweet treats and possibly a little time to stroll Royal St. Your day includes, Court of Two Sisters Jazz brunch, Tijon perfume/cologne workshop, transportation, guided tour of HNOC, (Note: Café Beignet will be at your cost.)

9:15am – 6:30pm

Limit of 24 Attendees

\$190pp

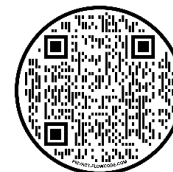
**\*\*Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. We accept cash, check, or credit card payments. Please check availability with the GO office before mailing a check and send separate checks for events. **RSVP 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  
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ochsner.org/go

Ochsner 65 Plus Clinic  
Golden Opportunity  
7060 Veterans Memorial Blvd.  
Metairie, LA 70003



Scan QR Code for  
the GO website.