



September 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
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REGISTRATION REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, August 3rd 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: ENERGIZING PLAYTIME WARM-UP & MOVEMENT AS MEDICINE**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA

Personal Transportation

Energizing playtime warm-up with Sandra; Playtime and a simple walk with a friend can provide significant health benefits. Meet your GO friends for a fun energizing warm up before Movement as Medicine exercise session with Candice Carr Ochsner Health/Fitness Coach, Movement as Medicine is a Chair based exercises class to improve stability, strength, endurance, and mobility. No Class September 7th & 14th.

10:30am- 11:30am

Limit of 20 Attendees

FREE

*****SEPTEMBER 3 (THURSDAY): CONTAINER GARDEN WORKSHOP AT PERINO'S GARDEN CENTER**

Perino's Garden Center - 3100 Veterans Memorial Blvd, Metairie

Personal Transportation

Come meet the Perino's Home & Garden Center experts for a delightful Container Garden Workshop, where your green thumb gets to shine with hands-on experience. Whether you are a seasoned gardener or a budding enthusiast, or love, but kill every plant you touch, this workshop is perfect for you. Want to bring your own container? Go for it! Or, if you prefer, you can choose from a variety of beautiful containers available on-site. You will have the freedom to select from a variety of plants, flowers, and herbs, so you can create your one-of-a-kind masterpiece. Expert guidance will be available to help you cultivate the perfect mini garden. Payment for selected containers, plants, and materials will be made on-site.

10:00am – 11:30am

Limit of 20 Attendees

ON YOUR OWN

*****SEPTEMBER 10 (THURSDAY): LUNCH AT GOLDEN CORRAL BUFFET & GRILL**

Golden Corral Buffet & Grill - 3920 Williams Blvd, Kenner, LA 70065

Personal Transportation

Perfect lunch spot for a hearty food adventure that won't break the Bank!

12:00pm – 2:00pm

Limit of 50 Attendees

ON YOUR OWN

*****SEPTEMBER 11 (FRIDAY): GENTLEMEN'S BREW: PROSTATE HEALTH**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA

Personal Transportation

Speaker: Tyler Baker, MD Ochsner Internal Medicine. Join Dr. Baker for a men's only coffee, breakfast, casual conversation, and Q&A about your Prostate health.

8:00am – 9:00am

Limit of 40 Attendees

FREE

*****SEPTEMBER 12 (SATURDAY): DAY TRIP – NOLA RIVER FEST SECONDLINE PARADE BY PEDICAB**

Ever wanted to be in a Parade? Participating is more fun! Calling all South Shore members to second line by Pedi Cab from Jackson Square along the riverfront ending at the New Orleans Jazz Museum to celebrate the cultural, economic, environmental & inspirational impacts and contributions of the Mississippi River to the Crescent City, and the entire Gulf South region. NOLA River Fest is an indoor/outdoor festival which includes live music, presentations and panels, delicious local food vendors. Cost includes transportation and Pedicab.

Bus Departs 10:00am/Return 5:00pm

Limit of 30 Attendees

\$75pp

*****SEPTEMBER 14 (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 – 11:30am

Limit of 40 Attendees

FREE

*****SEPTEMBER 15 (TUESDAY): SOUTH SHORE LIMERS – MOVING ON UP!**

Ochsner Health Center, 4430 Clearview Pkwy, Metairie LA, **3rd Floor**

Personal Transportation

Hello South Shore Limers! You are Invited to an unforgettable all white with a splash of color afternoon at our new rooftop liming spot, where the views are as expansive as our love for life. Cheers to celebrating birthdays and anniversaries, welcoming new members while enjoying small bites, sipping on refreshing drinks, and soaking in amazing city views. Bring your good vibes, best stories, photos if you choose, and a readiness to toast to all the wonderful things life has blessed you with. It's not just a party; it's a celebration of life!

1:00pm - 3:00pm

Registration is Required

FREE

*****SEPTEMBER 22 (TUESDAY): LUNCH & LEARN – SIMPLE WAYS TO PREVENT FALLS AT HOME**

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA

Personal Transportation

Speaker: Chelsea Hill, MPH, Injury Prevention Coordinator, Ochsner Medical Center Trauma Services. Did you know that falls are the leading cause of trauma admissions at Ochsner Medical Center New Orleans, and that most falls happen right at home? The good news is that many falls can be prevented with simple changes. Join us for this interactive Lunch & Learn focused on practical strategies to help you stay safe, active, and independent. You'll learn how to identify common fall hazards throughout your home, discover easy and affordable home modifications to reduce your risk of falling, and explore everyday habits that support balance, strength, and confidence. Whether you're looking to protect yourself or help a loved one safely at home, you'll leave with practical tips, a home safety checklist, and simple steps you can start using immediately. Enjoy a light lunch, ask questions, and gain valuable tools to help you continue living safely and independently.

12:00pm – 1:30pm

Limit of 40 Attendees

FREE

*****SEPTEMBER 25 (FRIDAY): BOOK CLUB BREAKFAST AT CAFFÉ LATTE DA**

Caffe Latte Da - 5860 Citrus Blvd Ste A, Harahan

Personal Transportation

Come enjoy discussing this month's book "*Before We Were Yours*" by Lisa Wingate over breakfast with friends. "*Before We Were Yours*" is a heart-wrenching and gripping novel that delves into a dark chapter of American history involving the Tennessee Children's Home Society scandal.

10:00am - 11:30am

Limit of 25 Attendees

ON YOUR OWN

*****SEPTEMBER 26 (SATURDAY): DAY TRIP – JOIN THE PARTY AT SON OF A SAILOR FEST**

It's 5'Oclock somewhere! Get on the bus and head to Mobile for a street festival featuring costumes and musical acts inspired by Jimmy Buffett and the area's unique and colorful coastal culture. Throw on a Hawaiian shirt and your favorite pair of flip-flops...questionable choice, but no one's judging, or get decked out in a Jimmy Buffett-inspired costume worthy of lost treasure, "*You're On Shore Leave, Sailor!*" Have some fun and let that parrot-head flag fly. Of course, no visit to Alabama is complete without a stop at Buc-ee's, so on the return we will make a pit stop. Cost includes Motorcoach to Mobile.

Bus Departs 8:30am/Return 7:00pm

Limit of 45 Attendees

\$75pp

2026 UPCOMING DAY TRIPS:

OCTOBER 3 (SATURDAY): AMTRAK TO LAUREL, MS - LOBLOLLY FESTIVAL

OCTOBER 9 (FRIDAY): OKTOBERFEST – NEW ORLEANS DEUTSCHES HAUS

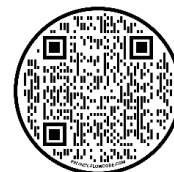
OCTOBER 30 (FRIDAY): WITCHY LUNCHEON AT BOURBON HOUSE RESTAURANT

Virtual Suggestion Box: To access, copy this link and place in the browser address bar to access.

<https://forms.cloud.microsoft/r/97SKr7GCr7?origin=lpLink>

****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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