

West Bank Calendar of Events

Sabrina Champagne, Golden Opportunity Program Coordinator
Ochsner 65Plus – Attn: Golden Opportunity
1963A Baratara Blvd. – Marrero, LA 70809
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RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, March 2nd 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



All West Bank Registrations should be mailed to:

Ochsner 65 Plus – Attn: Golden Opportunity – 1963 Baratara Blvd. – Marrero, LA 70072 - 504-208-5693

All WB Day And Extended Bus trips depart Ochsner 65 Plus 1963 Baratara Blvd. Marrero, LA

*****EVERY MONDAY: LINE DANCE CLASS**

1861 Ames Blvd. in Marrero, LA

Personal Transportation

Instructor: Margie Harris-Clark, "GO" Member. A fun way to exercise and socialize! Line dancing is the perfect way to stay active and healthy.

11:00am

Limit of 20 Attendees

FREE

*****EVERY TUESDAY & THURSDAY: BALANCE & STABILITY EDUCATION APRIL SHOWERS BRING CALMER POWERS – STRESS LESS THIS SPRING**

Ochsner 65 Plus Clinic, 1963 Baratara Blvd. in Marrero, LA

Personal Transportation

Instructor: Candice Car, Health Coach. **Week #1** - No Class. **Week #2** - Explore what anxiety is, how it affects daily life, and practical tools to help reduce stress, calm the mind, and regain a sense of control. **Week #3** - Depression is an illness and often requires treatment to improve. It is a type of mood disorder that affects how you feel, think, and handle daily activities. This week, we will discuss ways to recognize depression and explore strategies that support mental health, emotional balance, and healing. **Week #4** - This class focuses on simple practical strategies to help calm the mind and support better rest. We'll explore healthy sleep hygiene habits, relaxation techniques, and gentle practices that may help you fall asleep more easily and stay asleep longer.

10:30am – 11:00am

Limit of 25 Attendees

FREE

*****EVERY TUESDAY & THURSDAY: BALANCE, STABILITY, AND STRENGTH EXERCISE**

Ochsner 65 Plus Clinic, 1963 Baratara Blvd. in Marrero, LA

Personal Transportation

Instructor: Candice Car, Health Coach. The movement class features gentle, senior-friendly exercises that combine both seated and standing movements with modifications. The focus is on improving or maintaining a healthy weight, strength, balance, and flexibility through safe, controlled movements - all in a fun, supportive, and encouraging environment.

11:00am - 11:30am

Limit of 25 Attendees

FREE

*****APRIL 1 (WEDNESDAY): MONTHLY MEETING – HAPPY EASTER**

3711 Westbank Expressway, Harvey, LA

Personal Transportation

Hop in and let's have a 24-carrot day! Hard boiled or plastic, colored or chocolate the eggs are plentiful and filled with gifts. Menu: Corn and crawfish bisque, baked fish, dirty rice, broccoli and cheese, and carrot cake. Last day to pay for meeting is Thursday, March 26th.

Doors Open at 10:15am

Limit of 220 Attendees

\$22pp

*****APRIL 3 (FRIDAY): WALK WITH "GO"**

197 Westbank Expressway Suite 33, Gretna, LA

Personal Transportation

Walking is a type of cardiovascular physical activity which increases your heart rate. This improves blood flow and can lower blood pressure. Get out and get active and social.

Meet me at the food court at 10am.

10:00am

Unlimited Attendees

FREE

*****APRIL 6 (MONDAY): UNDERSTANDING HOME & AUTO INSURANCE**

Ochsner 65 Plus Clinic, 1963 Baratavia Blvd. in Marrero, LA

Personal Transportation

Speaker: Colby Billiot, Louisiana Department of Insurance. Do you know what is covered with your policies? It is important to review these documents annually to ensure you have adequate coverage. Understanding your home and auto insurance policies requires reviewing key documents to identify coverage. Each insurance policy is unique, and different types of insurance have different terminology. Learn the essentials of homeowners insurance, from understanding your policy to lowering costs and preparing for disasters, the Fortified Roof program, auto insurance tips, and more. There's a lot to read and learn. (Refreshments will be served)

10:00am

Limit of 40 Attendees

FREE

*****APRIL 7 (TUESDAY): SPRING SOCIAL**

Ochsner 65 Plus Clinic, 1963 Baratavia Blvd. in Marrero, LA

Personal Transportation

Nancy Agnelly, People's Health Representative. She will instruct a fun and creative way to decoupage a mason jar. Learn a decorative hobby, you can personalize anything. Come and create a unique piece of decorative art. (Refreshments will be served).

1:00pm

Limit of 40 Attendees

FREE

*****APRIL 9 (THURSDAY): A JAZZY AFFAIR – COURT OF TWO SISTERS**

Experience the ambiance, enjoy the jazz, and feast on the cuisine. The Court of Two Sisters is famed for its beautiful wisteria-blanketed courtyard and soothing fountains while jazzing to the live band. Enjoy a Cajun-Creole brunch while the jazz band fills the courtyard with music. After enjoying brunch, you can indulge yourself in the shops right outside on Royal Street.

Bus departs 10:00am

Limit of 50 Attendees

\$75pp

*****APRIL 10 & 24 (FRIDAY): PHASE 10 AND GAMES**

Ochsner 65 Plus Clinic, 1963 Baratavia Blvd. in Marrero, LA

Personal Transportation

Come out and socialize. This is a game day to utilize the community room. Get your group together or come alone, bring a snack and your favorite board game, and let's have some fun!

10:00am - 4:00pm

Limit of 40 Attendees

FREE

*****APRIL 13 (MONDAY): GOLDEN READERS – BOOK CLUB DISCUSSION**

Ochsner 65 Plus Clinic, 1963 Baratavia Blvd. in Marrero, LA

Personal Transportation

Join Golden Readers Book Club. We meet every month for discussion and to choose a new book.

1:00pm

Limit of 40 Attendees

FREE

*****APRIL 15 (WEDNESDAY): - MOVIE REVIEW – LEISURE SEEKERS**

Ochsner 65 Plus Clinic, 1963 Baratavia Blvd. in Marrero, LA

Personal Transportation

Travelling in their family Leisure Seeker vintage recreational vehicle, John and Ella Spencer take one last road trip from Boston to the Hemingway House in the Florida Keys before his Alzheimer's and her cancer can catch up with them.

1:00pm

Limit of 40 Attendees

FREE

*****APRIL 17- 27 (FRIDAY – MONDAY): HAWAII ALOHA ADVENTURE**

Immerse yourself in the rich culture, incredible landscapes, and delicious cuisine of Hawaii on this 7-day cruise. Explore an island every day of your vacation! From the lush, fragrant vegetation of Kauai to the Big Island’s dramatic volcanoes, famous surfing beaches of Oahu, and so much more. Each day will be spectacular, and every night will be legendary.

*****APRIL 30 (THURSDAY): SUMMER BBQ KICKOFF – THE RIVERS RETREAT CENTER**

We are uniting all four regions for a gathering focused on fellowship and friendly rivalry. Delight in great food, games, and the chance to win fun prizes. Enjoy activities like cornhole, bingo, tennis, swimming and more. Bring your own paddles if you’re interested in playing Pickleball and sunscreen with a towel if you’re swimming. **If you’re able, please bring your favorite lawn chair for maximum comfort.** Enjoy a traditional American barbecue feast for lunch. This will include barbeque chicken, sausage, baked beans, salad, dessert, tea, and water.

Bus departs 9:00am

Limit of 50 Attendees

\$43pp

NO BOWLING FOR APRIL

Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner Scheduling Department. West Bank: 504-371-9333

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

****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.