

*Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles*

**RSVP REQUIRED FOR ALL EVENTS**

Registration for new events (indicated with \*\*\*) available Monday, July 7<sup>th</sup> 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)



All West Bank Registrations should be mailed to:

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

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

**\*\*\*EVERY TUESDAY: CHAIR PILATES- EVERY THURSDAY: CHAIR CARDIO**

Ochsner 65 Plus Clinic, 1963 Barataria Blvd. Marrero, LA

Personal Transportation

Instructor: Celeste Raibstein, Ochsner Health Coach. Chair Pilates helps improve posture, range of motion, and overall well-being. Chair cardio helps improve cardiovascular health, strength, flexibility, and balance.

11:00am

Seats are on a first come first served basis

FREE

**\*\*\*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 MONDAY IN AUGUST: BUILDING BETTER BRAIN HEALTH SERIES**

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

Personal Transportation

Speaker: Candice Carr, Health Educator. Lifestyle habits have a profound impact on your brain health and risks for memory decline can be controlled. This 4-week series will cover the five foundations of brain health and offer tips for helping keep your brain functioning well.

**August 4 - Mental and Social Activity**

**August 18: Sleep & Relaxation**

**August 11 - A Brain-Healthy Diet**

**August 25: Physical Activity & Health Management**

1:00pm

Limit of 40 Attendees

FREE

**\*\*\*AUGUST 1 (FRIDAY): LUNCH BOX SERIES – CURRENT MEDICARE SCAMS**

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

Personal Transportation

Speaker: Sunny Lawless. Current Medicare scams often involve impersonating Medicare, Social Security, or a related organization to gain personal information or financial details. Scammers may also offer free or discounted services, medical equipment, or insurance, but ultimately require personal or financial information to be shared. It's crucial to be wary of unsolicited contacts, especially those requesting your Medicare number, or other personal information. Bring your lunch and join us in person to learn more on this important topic or join the meeting via zoom. Email or call the office and I will send you the link to join us from home.

12:00pm

Limit of 40 Attendees

FREE

**\*\*\*AUGUST 6 (WEDNESDAY): MEMBER APPRECIATION MONTHLY MEETING – WESTERN TRAIL RIDE**

3711 Westbank Expressway, Harvey, LA 70058

Personal Transportation

Time is one of the most valuable resources anyone can give. Thank you for your time with Golden Opportunity! Thank you for the adventures and the memories we create. Spending time together is always a joy. I can't express enough gratitude for your continuous dedication to "GO." Everyone's different and unique perspective adds to the great quality of being a Golden Opportunity member. (Appreciation door prizes will be given out.) Reminder: Food bank donations to help fight hunger are still being collected at every meeting.

WANTED: Saddle up! Calling all cowgirls and cowboys! These boots are made for walking so put your boots on the ground! Menu: Roast with gravy, roasted brabant potatoes, broccoli and cheese, mixed green salad, and sweet potato casserole.

Doors Open at 10:15am

Limit of 175 Attendees

\$21pp

**\*\*\*AUGUST 8 & 22 (FRIDAY): PHASE 10 AND GAMES**

Ochsner 65 Plus Clinic, 1963 Barataria 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

**\*\*\*AUGUST 12 (TUESDAY): DINE AROUND – MR. ED'S SEAFOOD & ITALIAN RESTAURANT**

1001 Live Oak St, Metairie, LA.

Dine around with me and let's head to Bucktown and get a taste of classic Mr. Ed's. They serve award winning seafood and Italian dishes, Po-boys, Fried Chicken and more. (\$25 covers transportation, lunch on your own.)

Bus departs 10:15am

Limit of 50 Attendees

\$25pp

**\*\*\*AUGUST 13 (WEDNESDAY): PRE-PLANNING**

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

Personal Transportation

Speaker: Nina Perry, Mothe Funeral Home- Come and have lunch while we discuss the funeral process, get ideas, and ask questions. It's always a good time to plan ahead. (Lunch will be provided.)

10:00am

Limit of 40 Attendees

FREE

**\*\*\*AUGUST 14 (THURSDAY): MOVIE REVIEW – THE ANGRiest MAN IN BROOKLYN**

Ochsner 65 Plus Clinic, 1963 Barataria Blvd., Marrero, LA

Personal Transportation

After learning that a brain aneurysm will kill him in about 90 minutes, a perpetually unhappy man (Robin Williams) struggles to come to terms with his fate and make amends with everyone he has ever hurt. Come enjoy a movie and popcorn. Honoring member appreciation, pizza will be served.

1:00pm

Limit of 40 Attendees

FREE

**\*\*\*AUGUST 19 (TUESDAY): CANDLE DECORATING**

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

Personal Transportation

Hosted By: Susan Guidroz, OHP Learn crafting candles, add a personal touch to your home, or just create something functional and beautiful. Come and mingle while learning a simple craft you can do at home.

1:00pm

Limit of 25 Attendees

FREE

**\*\*\*AUGUST 21 (THURSDAY): DAY TRIP - DINNER DETECTIVE MURDER MYSTERY**

The action happens all around you, and any person in the audience can end up being a part of the show, even YOU! It's a signature blend of intrigue, comedy, and spontaneity! Menu: Appetizer – Chef's Choice of small bite. Fresh Garden Salad with House Dress & Homemade Rolls w/ Butter. Choice Of Entrée: Blackened Chicken Breast, Sautéed Whitefish, Pasta Primavera. Dessert: Chocolate Chip & Walnut Bread Pudding with Caramel Sauce or Seasonal Chef's Selection. Water, Iced Tea, or Coffee (served upon request)

Bus departs 12:00pm

Limit of 25 Attendees

\$105pp

**\*\*\*AUGUST 26 (TUESDAY): BOWLING - I CAN'T BELIEVE IT'S NOT GUTTER**

3715 Westbank Expressway in Harvey, LA

Personal Transportation

Let the good times roll! Some are strikers and some are spare masters, it all adds up to a lot of laughter. Join the pin droppers as we strike a pose in our "GO" T-shirts. Join the fun and where your "GO" T-shirt.

12:00pm - 2:00pm

Limit of 48 Attendees

\$15pp

**If you have changed your email address recently please email or call the office so we can update your information in our computer system.**

**\*\*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:**

Sabrina Champagne, Program Coordinator  
sabrina.champagne@ochsner.org  
office: 504-208-5693  
ochsner.org/go

Ochsner 65 Plus Clinic  
Golden Opportunity  
1963A Barataria Blvd.  
Marrero, LA 70072



Scan QR Code for  
the GO website.