

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, July 6th 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 Barataria Blvd. – Marrero, LA 70072 - 504-208-5693

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

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

Marrero Community /Senior Center - 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, AND STRENGTH EXERCISE**

Ochsner 65 Plus Clinic, 1963 Barataria Blvd. in Marrero, LA Personal Transportation
Instructor: Candice Car, Health Coach. Movement as Medicine - This class will focus on chair-based exercises designed to improve stability, strength, endurance, and mobility.

11:00-11:30am

Limit of 30 Attendees

FREE

*****AUGUST 5 (WEDNESDAY): MONTHLY MEETING – ROARING BACK TO THE 20'S**

The Four Columns - 3711 Westbank Expressway in Harvey, LA Personal Transportation
Step back in time to an era of glitz, glamour, jazz, and good times! Dust off your flapper dress, pearls, suspenders, and fedoras as we celebrate the Roaring 20's. Shimmer your way into the twenties as we bring the 1920's back to life! Menu: Pork chop, jambalaya, green beans, potato salad, dinner roll, and carrot cake. Last day to pay for meeting is Thursday, July 30th. Food Bank donations to help fight hunger are collected at every meeting.

Doors Open at 10:15am

Limit of 250 Attendees

\$22pp

*****AUGUST 7 (FRIDAY): UNLOCKING THE POWER OF AI**

Ochsner 65 Plus Clinic, 1963 Barataria Blvd. in Marrero, LA Personal Transportation
Speaker: Torrence Mack, TDM Technologies. The Senior Tech Traveler will visit "GO" once again to get you updated on technology! The Power of Artificial Intelligence - TDM Technologies Intl, LLC travels across the Gulf Coast bringing engaging technology classes to seniors. Many are apprehensive about using technology, but it is important to explain the benefits. Snacks provided.

10:00am

Limit of 40 Attendees

FREE

*****AUGUST 13 - 14 (THURSDAY - FRIDAY): OVERNIGHT TRIP – SLOT MACHINE RETREAT**

Get ready to chase the thrill and ride the wave of luck at this Slot Machine Retreat! Leave your worries behind and step into a day full of entertainment, great company, and a chance to win BIG! Headed to Hollywood Casino, a vibrant, resort-style casino located in Bay St. Louis along the Mississippi Gulf Coast. This getaway includes casino excitement and coastal relaxation. You can spend time gaming, then unwind by the pool, float in the lazy river, enjoy great food, or take in the beautiful Gulf Coast surroundings. (Transportation, Hotel, and \$15 Free Play Included)

Bus departs 11:00am

Limit of 50 Attendees

\$175 DOUBLE PP /\$225 SINGLE PP

*****AUGUST 14 & 28 (FRIDAY): GAME ON – SOCIAL GAME DAY**

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. Light refreshments will be available.

10:00am - 4:00pm

Limit of 40 Attendees

FREE

*****AUGUST 17 (MONDAY): GOLDEN READERS – BOOK CLUB DISCUSSION**

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

Personal Transportation

Join Golden Readers book club. We meet every month for discussion and choose a new book. Light refreshments will be available.

1:00pm

Limit of 40 Attendees

FREE

*****AUGUST 20 (THURSDAY): MOVIE REVIEW – KNIVES OUT**

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

Personal Transportation

The circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there is one thing that renowned Detective Benoit Blanc knows for sure -- everyone in the wildly dysfunctional Thrombey family is a suspect. Now, Blanc must sift through a web of lies and red herrings to uncover the truth. A Hilarious, Who Done IT! Join us for a movie and popcorn.

1:00pm

Limit of 40 Attendees

FREE

*****AUGUST 22 (SATURDAY): DINE AROUND – BRUNCH AT MURIEL'S**

801 Chartres Street, NO, LA

Savor the flavor of creole cuisine and an elegant atmosphere. Immerse yourself in the rich culinary history with "GO" for brunch at Muriel's, Jackson Square. After brunch, we'll take a quick stroll through the New Orleans French Market. Please bring cash. Muriel's cannot do thirty separate tickets.

Bus departs 10:00am

Limit of 30 Attendees

BRUNCH ON YOUR OWN
TRANSPORTATION \$25pp

*****AUGUST 25 (TUESDAY): BOWLING – I CAN'T BELIEVE ITS NOT GUTTER**

Westside Bowling Lanes - 3715 Westbank Expressway in Harvey, LA

Personal Transportation

Strike up the fun with "GO" bowling league. If you are not a bowler, just come and hang out. Wear your Golden Opportunity T-shirt. Light refreshments will be available.

12:00pm

Limit of 48 Attendees

\$15pp

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

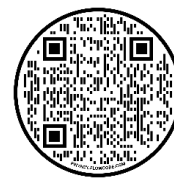
Ochsner On Call: A 24/7 free nurse care line for non-life-threatening issues, the number is 1-800-231-5257.

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

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

****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.