December 2026
West Bank Calendar of Events

Sabrina Champagne, Golden Opportunity Program Coordinator
Ochsner 65Plus – Attn: Golden Opportunity
1963A Barataria Blvd. – Marrero, LA 70072
sabrina.champagne@ochsner.org office: 504-208-5693

Members: Bring a Friend!
Prospective members are warmly welcome. Advance registration is required.

RSVP REQUIRED FOR ALL EVENTS
Registration for new events (indicated with ***) available **Monday, November 2nd** at 8:00am on the CLOUD. To register with ease, 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 1963 Barataria Blvd. Marrero, LA

*****EVERY MONDAY: LINE DANCE CLASS**
Marrero 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 AND THURSDAY: MOVEMENT AS MEDICINE / CHAIR CARDIO**
Ochsner 65 Plus Clinic - 1963 Barataria Blvd. Marrero, LA Personal Transportation
Instructor: Candice Carr, Ochsner Health and Fitness Coach. This class will focus on chair-based exercises designed to improve stability, strength, endurance, and mobility.
11:00am Seating is available on a first-come, first-served basis.

*****DECEMBER 3 (THURSDAY): MONTHLY MEETING – LIGHT UP THE SEASON**
Four Columns - 3711 Westbank Expressway, Harvey, LA Personal Transportation
Oh, the weather outside is frightful, but the coffee inside is so delightful, and since it's not going to snow, let's all hang out with "GO." Celebrate the season with your West Bank Golden Opportunity friends at our "Light Up the Season" holiday gathering. Wear your festive pajamas and enjoy coffee, pastries, and time together. Our Holiday Blessings collection will benefit Toys 4 Tots. Please bring new, unwrapped toys for children from infancy through age 12. The menu includes jambalaya, party wings, meatballs, sandwiches, deviled eggs, and bread pudding. The payment deadline for the meeting is **Thursday, November 19**. Food Bank donations are collected at every meeting to help fight hunger.
Doors Open at 10:15am Limit of 250 Attendees $22pp

*****DECEMBER 7 (MONDAY): SLEIGH THE HOLIDAYS WITH MARY KAY**
Ochsner 65 Plus Clinic - 1963 Barataria Blvd. in Marrero, LA Personal Transportation
Looking for stocking stuffers or a little something for yourself? Join us for a Mary Kay holiday event to explore gift ideas, enjoy a little pampering, check items off your Christmas list, and Sleigh the Holidays! Light refreshments will be served.
11:00am Limit of 40 Attendees FREE

*****DECEMBER 8 (TUESDAY): UNDERSTANDING ARTIFICIAL INTELLIGENCE – AI**
Ochsner 65 Plus Clinic - 1963 Barataria Blvd. in Marrero, LA Personal Transportation
Speaker: Mario Aranda, Golden Connection. Curious about artificial intelligence but unsure where to begin? In this guided introduction to AI we will explore its benefits and learn about using it wisely and responsibly. This session is part of the AI series. Light refreshments will be served.
1:00pm Limit of 40 Attendees FREE



*****DECEMBER 9 (WEDNESDAY): CHRISTMAS SOCIAL – FA-LA-LA-HOLIDAYS**

Ochsner 65 Plus Clinic - 1963 Barataria Blvd. in Marrero, LA — Personal Transportation

Host: Nancy Agnelly, Peoples Health. Celebrate the Christmas season and close out 2026 with friends and laughter as we enjoy a Christmas craft activity. Light refreshments will be served.

1:00pm — Limit of 40 Attendees — FREE

*****DECEMBER 10 (THURSDAY): ZERO PROOF THE HOLIDAYS – EAT FIT**

Ochsner 65 Plus Clinic - 1963 Barataria Blvd. in Marrero, LA — Personal Transportation

Speaker: Erin Arceneaux, Ochsner Eat Fit. Learn about festive zero-proof cocktails. Explore holiday recipes featuring alternatives to regular sugar, such as allulose, and colorful flavors such as cranberry, blood orange, and pomegranate. The session will also address sweetener choices and blood sugar considerations. Light refreshments will be served.

1:00pm — Limit of 40 Attendees — FREE

DECEMBER 11 (FRIDAY): DAY TRIP – HOLIDAY LEISURE

Shop, dine, and unwind on a trip to the Christmas Expo in Gonzales. Enjoy the sights and sounds of the season as you stroll through decorated displays and browse festive booths featuring gifts, holiday décor, treats, and unique treasures. After shopping, we'll gather for lunch at Mike Anderson's and enjoy the season with our Golden Opportunity family.

8:30am — Limit of 50 Attendees — $100pp

*****DECEMBER 14 (MONDAY): GOLDEN READERS – BOOK CLUB DISCUSSION**

Ochsner 65 Plus Clinic - 1963 Barataria Blvd. in Marrero, LA — Personal Transportation

Join the Golden Readers book club for our monthly discussion and selection of a new book. Celebrate the season with a Christmas sock gift exchange; bring a wrapped pair of socks to participate. Light refreshments will be available.

1:00pm — Limit of 40 Attendees — FREE

***** DECEMBER 15 (TUESDAY): BOWLING – I CAN'T BELIEVE IT'S NOT GUTTER**

3715 Westbank Expressway in Harvey, LA — Personal Transportation

Join Golden Opportunity for an afternoon at the bowling lanes. Bowl with fellow members or simply enjoy the company and cheer them on. Wear your Golden Opportunity T-shirt.

12:00pm — Limit of 48 Attendees — $15pp

*****DECEMBER 18 (FRIDAY): CANDLELIGHT CHRISTMAS**

Experience the beauty of the season at a candlelight concert featuring beloved Christmas classics and holiday melodies. Enjoy an opportunity to slow down, connect with friends, and celebrate the wonder of Christmas together. The outing also includes a chance to enjoy authentic Cajun cuisine in a festive Louisiana atmosphere. The meal is on your own.

Bus departs at 2:30pm — Limit of 30 Attendees — $100pp

*****WISHING YOU ALL A MERRY CHRISTMAS & A BLESSED NEW YEAR**

I will be out of the office December 20–25 and on a GO Extended Trip December 29–January 3. For assistance, please contact Cindy Wilks at cwilks@ochsner.org or by phone at (225) 236-5496.

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.