

## 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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**2026 Renewal Fees are due before 02/28/26 for your membership to remain active. To participate in 2026 activities, you must be an active member. You can renew online via the Cloud: [www.ochsner.org/gologin](http://www.ochsner.org/gologin) You can also mail (\$20 per person) to the GO office. Thank You to those who have submitted payment already.**



### **RSVP REQUIRED FOR ALL EVENTS**

Registration for new events (indicated with \*\*\*) available Monday, January 5th at 8:00am on the CLOUD. Scan the QR code to the above 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 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**

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

Personal Transportation

Instructor: Candice Car, Health Coach - Week #1, The basics of high blood pressure and complications - Learning what it means to have high blood pressure and what causes it may help you manage it better and avoid dangerous complications. Week #2, Nutrition changes that may help manage high blood pressure: Learn to make smart choices at meals and snacks so you can take an active step toward healthier blood pressure levels. Week #3, Mardi Gras (closed). Thursday. Medicines to help treat high blood pressure and manage stress. Learn tips for managing medicines and ways to reduce stress for keeping blood pressure stable. Week #4, Staying active and maintaining a healthy weight. Learn how being active & keeping your weight in a healthy range plays a powerful role in managing high blood pressure.

10:30 - 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 – Sign in sheet at the front desk. Senior-friendly exercise class blends gentle seated and standing movements designed to improve balance, build strength, and enhance overall stability. With a focus on safe, controlled motions, participants will gain confidence, improve mobility, and support everyday independence- all in a fun encouraging environment.

11:00am - 11:30am

Limit of 25 Attendees

FREE

### **\*\*\*FEBRUARY 4 (WEDNESDAY): MONTHLY MEETING – HAPPY MARDI GRAS**

3711 Westbank Expressway, Harvey, LA

Personal Transportation

It's time to crown a new King and Queen for 2026! Follow the second line all the way to Golden Opportunity! Every year we celebrate the season, a time of celebration before Lent. Catch the "GO" parade and be a part of the laughter, dancing, and let the good times roll. Menu: Fried fish, red beans and rice, green beans, green salad and almondine cake.

Doors Open at 10:15am

Limit of 200 Attendees

\$21pp

