

West Bank Calendar of Events

Sabrina Champagne, Golden Opportunity Program Coordinator

Ochsner 65Plus – Attn: Golden Opportunity

1963A Barataria Blvd. – Marrero, LA 70809

sabrina.champagne@ochsner.org office: 504-208-5693



Renewal Season is Upon Us!

We invite you to renew your
GO membership for 2026.

Renew online via the Cloud at www.ochsner.org/gologin.

Or mail a check (\$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, December 1st 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 1963 Barataria 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 SERIES**

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

Personal Transportation

Instructor: Candice Car, Health Coach - One fall can drastically change your daily lifestyle if you are injured. Learn balance and strength exercises to improve mobility and let go of the fear of falling. This series will include 4 weekly sessions, and you will slowly increase your strength over time to increase your daily activities. Week #1 -Building Confidence, Week # 2 - Building Strength, Week #3 - Building Awareness, Week # 4- Building a Support System

10:30- 11:00am

Limit of 20 Attendees - Sign In Sheet at the Front Desk

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 – After the weekly Education Series, join us for the exercise class.

11:00-11:30am

Limit of 20 Attendees - Sign In Sheet at the Front Desk

FREE

*****JANUARY 7 (WEDNESDAY): MONTHLY MEETING – BLING IN THE NEW YEAR**

3711 Westbank Expressway, Harvey, LA

Personal Transportation

Life won't sparkle unless you do, it's a New Year so let's SHINE! Denim, Diamonds, and Pearls or whatever sparkles! Here's to a sparkling New Year filled with Golden Opportunity! Menu: Broccoli and cheese soup, roast with gravy, mashed potatoes, green beans, and black forest cake.

Doors Open at 10:15am

Limit of 200 Attendees

\$21pp

***** JANUARY 8 (THURSDAY): – WALK WITH “GO”**

197 Westbank Expwy Suite 33, Gretna, LA

Personal Transportation

It's a New Year, let's get moving! Mall walking and window shopping with GO" and friends. Get out and get active and social. It's a comfortable and safe place to walk. Meet me in the food court at 10am.

10:00am

Unlimited Attendees

FREE

***** JANUARY 14 (WEDNESDAY): NEW ORLEANS PELICANS**

The Pelicans continue to provide world-class entertainment on the court. On January 14th, the New Orleans Pelicans have reserved the game ball presentation for Golden Opportunity.

Bus departs 5:30pm

Limit of 25 Attendees

\$65pp

***** JANUARY 16 (FRIDAY): MOVIE REVIEW – PALMER**

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

Personal Transportation

After 12 years in prison, former high school football star Eddie Palmer returns home to put his life back together. He forms an unlikely bond with Sam, an outcast boy from a troubled home, but Eddie's past threatens to ruin his new life and family. Come and enjoy popcorn and a movie!

1:00pm

Limit of 40 Attendees

FREE

***** JANUARY 19 (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.

1:00pm

Limit of 40 Attendees

FREE

***** JANUARY 21 (WEDNESDAY): MOVE BABY MOVE**

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

Personal Transportation

Get physically active with Aaron Palmer! His innovative exercise program that combines music with evidence-based movements to give you a full-body workout. All while seated in a chair and having FUN! Move Baby, Move will help increase your levels of muscular strength, muscular endurance, flexibility, and fitness. Aaron Palmer will help you utilize music to activate those motor skills while seated. Move baby and come join this class to jump start your journey to health and wellness. Register for class in advance and pay when you arrive.

10:00am

Limit of 25 Attendees

\$5pp

***** JANUARY 22 (THURSDAY): DINE AROUND – MANDINA'S RESTAURANT**

3800 Canal Street, NO, LA

Join "GO" as we dine around! Italian it is! Madina's features a varied menu featuring a mix of Italian & Cajun-Creole seafood, steaks & pasta. \$25 fee includes transportation, lunch is on your own.

Bus departs at 11:15am

Limit of 25 Attendees

\$25pp

***** JANUARY 23 (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

***** JANUARY 27 (TUESDAY): WB BOWLING – I CAN'T BELIEVE ITS NOT GUTTER**

3715 Westbank Expressway in Harvey, LA

Personal Transportation

Two months off, we should all be rolling STRIKES, no gutter balls, and bumper rails. I would like to form teams, so show up and let's get the "GO" league rolling! If you are not a bowler, just come and hang out. Wear your Golden Opportunity T-shirts.

12:00pm

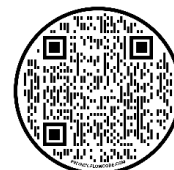
Limit of 48 Attendees

\$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.

****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.