



July 2026

West Bank Calendar of Events

Sabrina Champagne, Golden Opportunity Program Coordinator
Ochsner 65Plus – Attn: Golden Opportunity
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Independence Day honors the birth of American freedom, commemorating the adoption of the Declaration of Independence. As we celebrate with parades, barbecues, and dazzling fireworks, it is a time to reflect on the values of liberty and unity. Golden Opportunity would like to wish everyone a safe, joyful, and memorable Fourth of July!

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, June 8th 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 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, AND STRENGTH EXERCISE**

Ochsner 65 Plus Clinic, 1963 Baratara 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.

11:00am-11:30am

Limit of 25 Attendees

FREE

*****JULY 1 (WEDNESDAY): MONTHLY MEETING – STARS AND STRIPES PICNIC**

3711 Westbank Expressway, Harvey, LA

Personal Transportation

Wear your patriotic colors and join the 4th of July picnic. A festive picnic style social with games, laughter, music, and delicious food. As we celebrate the 4th of July, all that is needed is Red, White, and You! Light up the celebration with your sparkles! Menu: Barbecue chicken, baked mac & cheese, corn, dinner roll, salad, and dessert. Last day to pay for meeting is Thursday, June 25th.

Food Bank donations to help fight hunger are collected at every meeting.

Doors Open at 10:15am

Limit of 250 Attendees

\$22pp

JULY 3 (FRIDAY): HAPPY INDEPENDENCE DAY

The Golden Opportunity office will be closed in observance of the holiday.

*****JULY 8 - 9 (WEDNESDAY - THURSDAY): WB OVERNIGHT TRIP – LEGACY MUSEUM**

Montgomery, Alabama is our destination. Arriving in Montgomery we will stop for lunch at Martha's Place, a local gem and nationally known destination for southern comfort food. After lunch we will have a step on guide that will educate and enlighten us as we visit historical landmarks. We will check in to the Hampton Inn for the night, located conveniently across the street from restaurants & shopping. The next morning, enjoy an energizing breakfast, before we spend the morning at the Legacy Museum and National Memorial to Peace and Justice. Here you will encounter three spaces and one powerful experience.

Bus departs 7:00am

Limit of 45 Attendees

Double:\$320pp / Single:\$375pp

*****JULY 10 & 17 (FRIDAY): WALK WITH "GO"**

197 Westbank Expressway Suite 33, Gretna, LA

Personal Transportation

Mall walking fosters friendships, improves cardiovascular health, and offers a calm atmosphere. Get out, get active, and get social. Meet me at the food court at 10am.

10:00am

Unlimited Attendees

FREE

*****JULY 10 & 24 (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. Light refreshments will be available.

10:00am - 4:00pm

Limit of 40 Attendees

FREE

*****JULY 13 (MONDAY): CHEF NINO**

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

Personal Transportation

Chef Nino returns with his healthy eating tips and emphasizes that laughter is essential. A unique blend of cooking and comedy. Chef Nino enjoys sharing joy through food, spices, and humor!

10:30am

Limit of 40 Attendees

FREE

*****JULY 15 (WEDNESDAY): HURRICANE PREPAREDNESS WITH A TWIST**

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

Personal Transportation

Host: Savanna Heller with LCMC. Let's talk about it! Are you prepared? How to prepare? Do you have all the essentials? What is essential? Savanna will make this discussion educational and fun with door prizes, giveaways, and light refreshments. Let's get prepared to weather the storm!

10:00am

Limit of 40 Attendees

FREE

*****JULY 16 (THURSDAY): DINE AROUND - BLUE BAYOU RESTAURANT**

717 Canal Street, New Orleans, LA 70130

Blue Bayou Restaurant and Oyster Bar will delight your tastebuds while creating a serene bayou ambiance. Local Louisiana cuisine, with fresh seafood, and Southern classics. (Lunch on your own)

Bus departs 11:00am

Limit of 25 Attendees

\$25pp

*****JULY 20 (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 to choose a new book. Light refreshments will be available.

1:00pm

Limit of 40 Attendees

FREE

*****JULY 22 (WEDNESDAY): SUMMER SOCIAL**

Ochsner 65 Plus Clinic, 1963 Barataria Blvd. in Marrero, LA Personal Transportation
Join "GO" for a delightful afternoon of creativity and companionship. It is a Summer Social, enjoy
great company, delicious snacks, and a fun, easy craft project to take home.
1:00pm Limit of 40 Attendees FREE

*****JULY 23 (THURSDAY): MOVIE REVIEW – LAST VEGAS**

Ochsner 65 Plus Clinic, 1963 Barataria Blvd. in Marrero, LA Personal Transportation
Aging pals Billy (Michael Douglas), Paddy (Robert De Niro), Archie (Morgan Freeman), and Sam
(Kevin Kline) have been best friends since childhood. When Billy finally proposes to his much-younger
girlfriend, all four friends go to Las Vegas to celebrate the end of Billy's longtime bachelorhood and
relive their glory days. However, the four quickly realize that the intervening decades have changed
Sin City and tested their friendship in ways they had not imagined. Join us for a movie and popcorn.
1:00pm Limit of 40 Attendees FREE

*****JULY 28 (TUESDAY): WB BOWLING – I CAN'T BELIEVE ITS NOT GUTTER**

3715 Westbank Expressway in Harvey, LA Personal Transportation
Strike up some 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

2026 UPCOMING DAY TRIP:

OCTOBER 22 (THURSDAY): THE LION KING – SAENGER THEATRE

2026 UPCOMING ROAD TRIP AND EXTENDED TRIPS:

AUGUST 13-14, 2026 (THURSDAY – FRIDAY): THE PERFECT GETAWAY–SLOT MACHINE RETREAT

SEPTEMBER 6 – 11 (SUNDAY – FRIDAY): MEMPHIS/ CHICAGO ON THE TRAIN

DECEMBER 29 - JANUARY 2 (TUESDAY – SATURDAY): ROSE PARADE

Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner
Scheduling Department. Baton Rouge: 225-761-5824

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.**