



June 2026

West Bank Calendar of Events

Sabrina Champagne, Golden Opportunity Program Coordinator
Ochsner 65Plus – Attn: Golden Opportunity
1963A Baratavia Blvd. – Marrero, LA 70809
sabrina.champagne@ochsner.org office: 504-208-5693

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, May 4th 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 Baratavia Blvd. – Marrero, LA 70072 - 504-208-5693

All WB Day And Extended Bus trips depart Ochsner 65 Plus 1963 Baratavia 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 - BUILDING BETTER BRAIN HEALTH**

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

Personal Transportation

Instructor: Candice Car, Health Coach. **Week #1** Mental and Social Activity – Both are powerful ways to support brain health and overall well-being. Engage in learning, conversation, and meaningful connections that help strengthen brain cells and networks that support memory and thinking skills.

Week #2 Brain-Healthy Diet - Learn how a brain-healthy diet may help protect against serious health conditions such as heart disease, cancer, and osteoporosis. We will explore how proper nutrition can influence the risk of dementia and support long-term cognitive health. **Week #3** Sleep and Relaxation - Learn how the power of sleep and stress hormones affect your body. You will learn simple, practical ways to relax, sleep management techniques, and how to better manage daily stress. **Week #4** Physical Activity - Learn how regular, consistent movement boosts brain health by improving mood, memory, and cognitive function. It also helps reduce the risk of chronic conditions like dementia.

Staying active supports both your mind and overall well-being without turning to food. **Week #5** Health Management - We will discuss the conditions linked to brain health and how they affect cognitive function. Learning to manage these conditions through regular screenings, taking medications, and staying connected to your healthcare team is essential for maintaining brain health.

10:30am – 11:00am

Limit of 25 Attendees

FREE

*****EVERY TUESDAY & THURSDAY: BALANCE, STABILITY, AND STRENGTH EXERCISE**

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

Personal Transportation

Instructor: Candice Car, Health Coach. In these movement classes, you will move with purpose, connect with others, and engage in encouraging exercises designed to support brain function, memory, and overall mental clarity. Come move, connect, and feel your best while giving your brain the boost it deserves.

11:00am -11:30am

Limit of 25 Attendees

FREE

***** JUNE 3 (WEDNESDAY): MONTHLY MEETING – ALL THINGS DISNEY**

3711 Westbank Expressway, Harvey, LA Personal Transportation
Put on your glass slippers and jump in the pumpkin coaches. Beauty and the Beast, Mickey and Minnie, or Snow White, don't forget the Dwarfs! Makes no difference who you are! Creating the magic of Disney to brighten your day and remind you of the magic within us all. Menu: Roast, mashed potatoes with gravy, mixed vegetables, dinner roll, salad, and dessert. Last day to pay for meeting is Thursday, May 28th. Food Bank donations to help fight hunger are collected at every meeting.
Doors Open at 10:15am Limit of 250 Attendees \$22pp

***** JUNE 4-11 (THURSDAY - THURSDAY): EXTENDED TRIP - SAN FRANCISCO & NAPA VALLEY**

I will be out of the office June 4th – June 11th. If you need assistance please call Cindy Wilks, Senior Development Manager, at 225-236-5496.

***** JUNE 12 & 26 (FRIDAY): PHASE 10 AND GAMES**

Ochsner 65 Plus Clinic, 1963 Baratavia 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

***** JUNE 15 (MONDAY): AUTHOR EVENT - LIFE IN THE A ZONE**

OHC – 2500 Belle Chasse Hwy, Gretna, LA Personal Transportation
Host: Peggy Sweeney-McDonald will speak on her book. Life in the A – Zone, a heartfelt, uplifting memoir about the emotional journey of caring for a parent with Alzheimer's. After 36 years away Peggy returned home to Louisiana to help care for her mother and discovered what she calls "the A Zone", a space filled with love, grief, laughter, exhaustion, and unexpected grace. Menu: Baked chicken, mashed potatoes & gravy, green beans, dinner roll, and cookie.
11:00am Limit of 30 Attendees \$17pp

***** JUNE 16 (TUESDAY): VIRTUAL GROCERY TOUR**

Ochsner 65 Plus Clinic, 1963 Baratavia Blvd. in Marrero, LA Personal Transportation
Host: Sheraden Gagliano, Dietician. Join us for a virtual, aisle-by-aisle tour designed to transform your shopping experience. Learn practical tips for making healthier decisions in every department and discover what a truly healthy shopping trip looks like. Light refreshments will be available.
1:00pm Limit of 40 Attendees FREE

***** JUNE 17 (WEDNESDAY): DAY TRIP – WWII VICTORY BELLES**

In times when the world feels uncertain and heavy with conflict and war, let us join together to celebrate those who serve and have served. Music, spirit, and patriotism of the Victory Belles! Come together to enjoy uplifting entertainment with classic songs of the World War II era. Their performance is a beautiful tribute to our history and to the courage of our troops past and present. (Matinee Buffet)
Bus departs 10:45am Limit of 50 Attendees \$66pp

*****JUNE 18 (THURSDAY): MOVIE REVIEW – THE SENIOR**

Ochsner 65 Plus Clinic, 1963 Baratavia Blvd. in Marrero, LA Personal Transportation
At age 59, Mike Flynt may be too old to be on a college football field, but not too old to feel the weight of unfinished business. After four decades, he returns to his alma mater to take the hit that changed everything. Bruised, doubted, and nearly broken, he pushes for one more game, not for glory, but for the teammates he lost, the family he fractured, and the ending he still believes is possible. Come and enjoy movie and popcorn.
1:00pm Limit of 40 Attendees FREE

*****JUNE 19 & 26 (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 and get active and social. Meet me at the food court at 10am.
10:00am Unlimited Attendees FREE

*****JUNE 23 (TUESDAY): WB BOWLING – I CAN’T BELIEVE ITS NOT GUTTER**

3715 Westbank Expressway in Harvey, LA Personal Transportation
Strike up some fun with our “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

*****JUNE 29 (MONDAY): GOLDEN READERS – BOOK CLUB DISCUSSION**

Ochsner 65 Plus Clinic, 1963 Baratavia 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

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.