

## West Bank Calendar of Events

Sabrina Champagne, Golden Opportunity Program Coordinator  
Ochsner 65Plus – Attn: Golden Opportunity  
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### **RSVP REQUIRED FOR ALL EVENTS**

Registration for new events (indicated with \*\*\*) available Monday, February 2nd 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](http://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: INSPIRING HEALTHY LIVES - BALANCE & STABILITY EDUCATION - MARCH TOWARD A HEALTHIER WEIGHT**

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

Personal Transportation

Instructor: Candice Car, Health Coach. **Week #1:** Learn how to make simple lifestyle changes, set realistic goals, and track progress in a healthy, manageable way to support weight management and overall wellness.

**Week #2:** Learn how to eat the right foods in the right amounts by understanding portion control, making balanced meal choices, and developing healthier eating habits without restriction. **Week #3:** Learn how to put an end to mindless and emotional eating by building awareness around eating habits, identifying triggers, and practicing mindful techniques that support overall well-being. **Week #4:** Learn simple steps for staying active and why regular movement is an important part of weight management. Participants will leave with ideas they can easily fit into their daily routine to help maintain a healthy weight and feel their best.

10:30am- 11am

Limit of 25 Attendees

FREE

### **\*\*\*EVERY TUESDAY & THURSDAY: INSPIRING HEALTHY LIVES - BALANCE, STABILITY, AND STRENGTH EXERCISE - MARCH TOWARD A HEALTHIER WEIGHT**

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

Personal Transportation

Instructor: Candice Car, Health Coach. The movement class features gentle, senior-friendly exercises that combine both seated and standing movements with modifications. The focus is on improving or maintaining a healthy weight, strength, balance, and flexibility through safe, controlled movements - all in a fun, supportive and encouraging environment.

11:00-11:30am

Limit of 25 Attendees

FREE

### **\*\*\*MARCH 4 (WEDNESDAY): MONTHLY MEETING: HAPPY ST. PATRICK'S DAY – MAY LUCK BE WITH YOU**

3711 Westbank Expressway, Harvey, LA

Personal Transportation

"Each petal on the shamrock brings a wish your way: Good health, good luck, and happiness for today and every day." "May your blessings outnumber the shamrocks that grow and may trouble avoid you wherever you go." Menu: Spaghetti and meatballs, corn, mixed green salad, garlic bread, and strawberry shortcake.

Last day to pay for meeting is Thursday, Feb. 26<sup>th</sup>. **Please note the cost increase, effective March 1<sup>st</sup>.**

Doors Open at 10:15am

Limit of 200 Attendees

\$22pp

**\*\*\*MARCH 6 (FRIDAY): INSPIRING HEALTHY LIVES - WALK WITH "GO"**

197 Westbank Expy Suite 33, Gretna, LA

Personal Transportation

Let's get moving! Mall walking can be a good form of exercise because it's a safe, comfortable way to get moving. Malls are usually clean, level, and comfortable, and they offer easy access to amenities like restrooms and water. Get out and get active and social. Meet me in the food court at 10am.

10:00am

Unlimited Attendees

FREE

**\*\*\*MARCH 9 (MONDAY): INSPIRING HEALTHY LIVES - CHEF NINO**

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

Personal Transportation

Comedy cooking, with healthy options. Chef Nino says it best, "If you want to feel better tomorrow you got to start eating better today".

10:30am

Limit of 40 Attendees

FREE

**\*\*\*MARCH 11 (WEDNESDAY): HAWAII INFORMATIONAL MEETING**

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

Personal Transportation

Its almost time to leave your cares behind. Join this informational meeting before we partake in this spectacular Hawaiian scenery. Pearson's Travel will meet to answer questions and provide information on WB's 2026 Hawaii Trip.

1:00pm

Limit of 30 Attendees

FREE

**\*\*\*MARCH 12 (THURSDAY): DAY TRIP - A PIECE OF SOUTHERN HISTORY**

All aboard the train ride into Sweet Home Alabama! A relaxing train ride will end in Mobile, Alabama. Our bus will be waiting once we get off the train. While in downtown Mobile, enjoy lunch on your own in the downtown area. It's a unique dining destination! After lunch we'll take a fully narrated trolley tour that will take us down the moss covered streets and through Mobile's history. After exploring Mobile's history and being a tourist in the downtown area, our motorcoach awaits to take us back on a relaxing ride home. Not before one last stop at your favorite past time, Bucee's!

Bus departs at 6:00am

Limit of 50 Attendees

\$100pp

**\*\*\*MARCH 13 & 27 (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!

10:00am - 4:00pm

Limit of 40 Attendees

FREE

**\*\*\*MARCH 16 (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 choose a new book.

1:00pm

Limit of 40 Attendees

FREE

**\*\*\*MARCH 18 (WEDNESDAY): INSPIRING HEALTHY LIVES- CELEBRATE NUTRITION**

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

Personal Transportation

Speaker: Sheraden Gagliano, Ochsner Eat Fit. Sheraden will discuss fiber and fluids, the dynamic duo for digestive health. March has been recognized as National Nutrition Month. The purpose is to provide nutritional education and encourage healthy food choices. Let's focus on individual needs for healthy habits for a lifetime. (Refreshments will be served.)

10:00am

Limit of 40 Attendees

FREE

**\*\*\*MARCH 19 (THURSDAY): LET'S GET CONNECTED WITH "GO"**

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

Personal Transportation

Get on the cloud, part 2. Don't feel left behind, come and learn how to access the cloud. I will teach you the simple steps to have Golden Opportunity information at your fingertips! Knowledge becomes power when you apply it.

1:00pm

Limit of 40 Attendees

FREE

