



May 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 \*\*\*) is available Monday, April 6th 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: BALANCE & STABILITY EDUCATION - MENTAL HEALTH MATTERS

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

Personal Transportation

Instructor: Candice Car, Health Coach - **Week #1** - Mental Wellness: Mental wellness is key to overall well-being. Join us as we discuss anxiety and depression, signs and symptoms, treatment options, lifestyle changes, and simple ways to boost your mood. **Week #2** - Learn to Eat Mindfully: Healthy eating is not just about what you eat, it is about how you eat. Mindful eating helps you slow down, tune into your body, and build a healthier, more balanced relationship with food. **Week #3** - Food and mood- What is the connection? The food you eat can affect your mood. Eating a nutrient-rich diet may help reduce symptoms of depression and boost your emotional well-being. **Week #4** - Emotional Eating, Kick the Habit: We sometimes use food to cope with feelings instead of physical hunger. Learn to recognize your triggers, pause, and check in with your emotions using the HALT method, and discover mindful strategies to satisfy your needs without turning to food. No Class May 28<sup>th</sup>.

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. Fun, supportive movement class designed to nourish the mind, body, and soul. Improve mood, boost cognitive function, and reduce stress through intentional movement in an encouraging, judgement-free environment. Come move, connect, and feel your best!

11:00am - 11:30am

Limit of 25 Attendees

FREE

### \*\*\*MAY 1, 22, & 29 (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

**\*\*\*MAY 6 (WEDNESDAY): MONTHLY MEETING – WB HAT DERBY SOCIAL**

3711 Westbank Expressway, Harvey, LA Personal Transportation  
It's time for the most exciting derby! The horses of Golden Opportunity are ready to run in the annual derby. In the stands are the hat divas donning their most fabulous hat for the hat contest. Come and place your bets on the "GO" thoroughbreds. Menu: Fried chicken, mac & cheese, mixed vegetables, potato salad, and almondine cake. Last day to pay for meeting is Thursday, April 23rd.  
Food Bank donations to help fight hunger are collected at every meeting.  
**Doors Open at 10:15am** Limit of 250 Attendees \$22pp

**\*\*\*MAY 7 (THURSDAY): "GO" AT TWILIGHT – LADIES OF SOUL**

Join us for a beautiful and easy-going evening. An evening of music and soulful entertainment. Twilight Thursdays and Ladies of Soul in City Park's Pavillion.  
Bus Departs at 4:00pm Limit of 50 Attendees \$40pp

**\*\*\*MAY 8 & 22 (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

**\*\*\*MAY 12 (TUESDAY): WB BLANKET MAKING WITH LOPA ORGANIZATION**

Ochsner 65 Plus Clinic, 1963 Baratavia Blvd. in Marrero, LA Personal Transportation  
Host: Lana Stevens, LOPA Community Educator. Are you longing to make a difference in someone's life? Do you enjoy learning a new hobby or craft? If you answered yes to these questions, please join us as we make comfort blankets for future donor families. No experience necessary, if you can use scissors, you can make these comfort blankets. Enjoy light refreshments during the meeting.  
1:00pm Limit of 30 Attendees FREE

**\*\*\*MAY 14 – 15 (THURSDAY – FRIDAY): WB ROAD TRIP – BELLINGRATH GARDENS CHINESE LANTERN FESTIVAL**

Join Golden Opportunity for a fun filled overnight trip to visit Bellingrath Gardens and see the spectacular sights of the Gulf Coast Chinese Lantern Festival. Our first stop will be in Ocean Springs for lunch on your own. After lunch we will continue our drive to the Hampton Inn, Tillmans Corner. At 5:00pm we will board the bus for Bellingrath Gardens. You will receive a voucher for dinner at the Magnolia Café and your entrance to the gardens. Enjoy the gardens and gift shop! Next morning, enjoy breakfast at your leisure before we depart at 9:00am. Registration Deadline is April 20, 2026. Double Occupancy: \$265pp / Single Occupancy: \$325pp. Contact Cindy Chambers at Pearson's Travel, 225-926-3752.

**\*\*\*MAY 18 (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

**\*\*\*MAY 21 (THURSDAY): EVENING DINNER & TOUR - NATIONAL WEATHER SERVICE**

Ochsner 65 Plus Clinic, 1963 Baratavia Blvd. in Marrero, LA Personal Transportation  
Join us for a delicious evening meal together at Olive Garden, known for its warm atmosphere, fresh salads, and pasta. After our meal, we will travel to NWS. The National Weather Service—New Orleans Weather Station will host an educational and informational tour showing the operation of weather forecasting. NWS launches weather balloons twice daily to gather vertical atmospheric data. These balloons, which rise over 100,000 feet, measure pressure, temperature, humidity, and wind speed to improve weather models and forecasts for the region. The launches are 5am and 5pm.  
(Meal on your own.)  
2:00pm Limit of 25 Attendees \$25pp

**\*\*\*MAY 26 (TUESDAY): WB BOWLING – I CAN'T BELIEVE IT'S 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.

12:00pm

Limit of 48 Attendees

\$15pp

**\*\*\*MAY 27 (WEDNESDAY): MOVIE REVIEW – THE HOUSEMAID**

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

Personal Transportation

It is based on the 2022 novel of the same name by Freida McFadden, and stars Sydney Sweeney, Amanda Seyfried, and Brandon Sklenar. In the film, Millie Calloway, a young woman with a troubled past, becomes the live-in maid for a wealthy family whose household hides dark secrets.

1:00pm

Limit of 40 Attendees

FREE

**UPCOMING TRIPS:**

**JULY 8 – 9, 2026: WB ROAD TRIP - LEGACY SEEKERS IN MONTGOMERY, ALABAMA**

Step back in time and forward into the future! This will be a vibrant celebration of our shared heritage as we focus on history, honoring contributions, and celebrating the enduring legacy of our ancestors. Double Occupancy \$320pp / Single Occupancy \$375pp, last day to register and full payment due June 1, 2026. Call Sabrina Champagne with Golden Opportunity, 504-208-5693.

**SEPTEMBER 6 – 11, 2026: WB EXTENDED TRIP - ADVENTURES BY RAIL TO CHICAGO AND MEMPHIS**

All Aboard! Enjoy this musical adventure through the American heartland as we travel to the "Windy City" of Chicago where we explore iconic spots along the way. Then we're back on the train for an adventure to Memphis, where the history is rich, music is soulful, and the food is bursting with flavor. Single \$1,978pp, Double \$1,678pp / Triple \$1,548pp / Quad \$1,498pp. Last day to register is June 1, 2026, and full payment is due July 2, 2026. Call Aurora Milliet with Tours by Aurora, 504-914-7209.

**DEC. 29, 2026 – JAN. 2, 2027: WB EXTENDED TRIP - NEW YEAR'S TOUR TO THE TOURNAMENT OF ROSES PARADE**

This is a bucket list trip for sure! Experience the world-famous Tournament of Roses parade with prime, reserved seating to witness spectacular floral floats, marching bands, and equestrian displays. Enjoy a New Year's Eve celebration, Rose Parade float decorating tour, Catalina Island, and more. Single \$3,195pp / Double \$2,795pp / Triple \$2,695pp / Quad \$2,595pp (Pricing does not include airfare, airlines have not released pricing yet). Last day to register is July 29, 2026, full payment due on September 10, 2026. Call Aurora Milliet with Tours by Aurora, 504-914-7209.

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

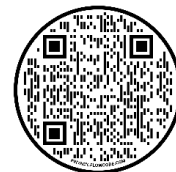
**Ochsner On Call:** A 24/7 free nurse care line for non-life-threatening issues, the number is 1-800-231-5257.

**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.



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the GO website.