

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, October 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



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

***** NOVEMBER 4 & 18 (TUESDAY): CHAIR PILATES WITH SABRINA**

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

Personal Transportation

Chair Pilates is a gentle, low-impact, full-body exercise option that will keep you active, more flexible, and having more energy, regardless of your age. Regular Pilates will help you get more mobile, more balanced, and maintain a great quality of life, as well as relieve stress and tension.

11:00am

Limit of 12 Attendees

FREE

*****NOVEMBER 5 (WEDNESDAY): MONTHLY MEETING – GIVING THANKS FOR ANOTHER YEAR ON THE "GO"**

3711 Westbank Expressway, Harvey, LA 70058

Personal Transportation

Get in early and place your bets on the Turkey Trot! There are so many things to be thankful for this year. Expressing gratitude and thanks for gathering every month with "GO" is one of those reasons we are thankful. Wishing you a harvest of blessings, good health, and good times celebrating Thanksgiving. Menu: Roasted turkey with gravy, cornbread dressing, peas royal, chicken and sausage gumbo, and apple cobbler.

Doors Open at 10:15am

Limit of 175 Attendees

\$21pp

*****NOVEMBER 6 (THURSDAY): MOVE BABY, MOVE**

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

Personal Transportation

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.

10:00am

Limit of 30 Attendees

FREE

*****NOVEMBER 7 & 21 (FRIDAY): PHASE 10 AND GAMES**

Ochsner 65 Plus Clinic, 1963 Baratara 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

*****NOVEMBER 9 & 10 (SUNDAY - MONDAY): ROAD TRIP – PARAGON CASINO**

Nestled in the heart of Louisiana, Paragon Casino Resort is an oasis of entertainment and relaxation. This top-tier resort has something for everyone. Enjoy the casino, splash in the indoor pool, have a spa day, play a round of golf, watch a movie, catch a concert, or stroll through the atrium's alligator habitat. Wear your Saints gear. Saints vs. Panthers!

Bus departs at 10:00am

FULL

*****NOVEMBER 11 (TUESDAY): DINE AROUND – CREOLE HOUSE**

509 Canal St. New Orleans, LA

Personal Transportation

Join “GO” as we dine around! The Creole House has the perfect dining atmosphere in the oldest existing building on Canal Street. Their menu offers Creole and Cajun cuisine that will dazzle your taste buds.. After lunch we will ride the streetcar to the Riverwalk where we will spend some time shopping or browsing. (This event requires a lot of walking, the seating in the restaurant is on the second floor with no elevator. The cost for the streetcar is \$1.25 please have exact change.)

Bus departs at 11:15am

Limit of 25 Attendees

\$25pp

*****NOVEMBER 12 (THURSDAY): LET’S GET CONNECTED TO THE CLOUD**

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

Personal Transportation

Speaker: Sabrina Champagne, GO Program Coordinator. Stay connected with Golden Opportunity and learn to navigate the cloud so you always know the latest info with Golden Opportunity. If you feel unsure or have questions, this class will help you become more familiar with the CLOUD.

1:00pm

Limit of 40 Attendees

FREE

*****NOVEMBER 13 (FRIDAY): DISCUSSION AND Q & A – HUMANA 2026 UPDATES**

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

Personal Transportation

Speaker: Connie Ramos, Humana Rep. Significant changes to insurance plans undergo changes from year to year, which can affect coverage, costs, and providers This meeting is provided for you to understand how changes to your insurance coverage might affect you and to assist in making the best choices for your healthcare needs.

1:00pm

Limit of 40 Attendees

FREE

*****NOVEMBER 14 (FRIDAY): DAY TRIP – GLOBAL WILDLIFE / RIPS ON THE LAKE**

Embark on an outdoor adventure and explore wildlife wonders on an open wagon. Get face to face with free roaming bison, giraffes, zebras, camels, and much more. The wagon tour is a touch and teach experience of the value of wildlife conservation. The Global Wildlife Center is one of the largest free-roaming wildlife preserves of its kind in the country. Located in Folsom, Louisiana and home to over 2,000 exotic, endangered, and threatened animals from all over the world. We'll enjoy lunch at Rip's on the Lake after our wildlife adventure. Here we will delight in New Orleans food with a beautiful view! (Lunch on your own)

Bus departs 7:00am

Limit of 50 Attendees

\$60pp

*****NOVEMBER 17 (MONDAY): COOKING WITH CHEF NINO**

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

Personal Transportation

Cooking doesn't have to be dull and lifeless. Chef Nino turns it into a fun and humorous experience! You can easily transform a stressful time in the kitchen into something funny while cooking with Chef Nino.

10:30am

Limit of 40 Attendees

FREE

*****NOVEMBER 17 (MONDAY): GOLDEN READERS – BOOK CLUB DISCUSSION**

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

Personal Transportation

Join our book club! We meet every month for discussion then choose a new book for the next month.

1:00pm

Limit of 40 Attendees

FREE

*****NOVEMBER 19 (WEDNESDAY): THANKSGIVING SOCIAL WITH CRAFTS**

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

Personal Transportation

Join me in the community room for a festive craft session. We will create a Thanksgiving craft to celebrate the holiday. Get crafty for an afternoon of friends, food, and creative fun! (light refreshments will be served).

1:00pm

Limit of 40 Attendees

FREE

*****NOVEMBER 20 (THURSDAY): MOVIE REVIEW – SURVIVING CHRISTMAS**

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

Personal Transportation

A wealthy executive, Drew Latham (Ben Affleck) has no close relationships and becomes nostalgic for his childhood home as Christmas approaches. When he visits the house and finds another family living there, he offers the residents, Tom Valco (James Gandolfini) and his wife, Christine (Catherine O'Hara), a large sum of money to pretend they are his parents. Soon Drew tests the couple's patience, and when their daughter, Alicia (Christina Applegate), arrives things get increasingly tense. Come and enjoy popcorn and a movie!

1:00pm

Limit of 40 Attendees

FREE

*****NOVEMBER 25 (TUESDAY): BOWLING – I CAN'T BELIEVE ITS NOT GUTTER**

3715 Westbank Expressway in Harvey, LA

Personal Transportation

Spare me some time as we strike up the lanes. There are strikers and gutter rollers, we have bumper rails and splitters. Most of all we definitely have a good laugh! If you are not a bowler, just come and hang out.

12:00pm

Limit of 48 Attendees

\$15pp

UPCOMING DAY TRIPS

DECEMBER 18 (THURSDAY): HOTEL HOPPING SLEIGH RIDE - FULL

UPCOMING ROAD TRIPS / EXTENDED TRIPS

DECEMBER 7 – 13, 2025 (SUNDAY – SATURDAY): CHRISTMAS IN THE SMOKEY MOUNTAINS –
WAITLIST ONLY

JANUARY 14, 2026 (WEDNESDAY): PELICANS VS. NETS

FEBRUARY 5 - 8, 2026 (THURSDAY – SUNDAY): BEADS, BLISS, AND HISTORY

APRIL 17 – 25, 2026 (FRIDAY – SATURDAY): ALOHA ADVENTURE - HAWAII

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.

For Additional Information Contact:

Sabrina Champagne, Program Coordinator
sabrina.champagne@ochsner.org
office: 504-208-5693
ochsner.org/go

Ochsner 65 Plus Clinic
Golden Opportunity
1963A Barataria Blvd.
Marrero, LA 70072



Scan QR Code for
the GO website.