

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) is available Monday, October 5th 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 Barataria Blvd. – Marrero, LA 70072 - 504-208-5693

All WB Day And Extended Bus trips depart Ochsner 65 Plus 1963 Barataria Blvd. Marrero, LA

*****EVERY MONDAY: LINE DANCE CLASS**

Marrero Senior Center - 1861 Ames Blvd. in Marrero, LA

Personal Transportation

Instructor: Margie Harris-Clark, "GO" Member. Come enjoy a fun way to exercise, socialize, and stay active. Line dancing is a wonderful opportunity to move, connect, and support your health.

11:00am

Limit of 20 Attendees

FREE

*****EVERY TUESDAY AND THURSDAY: MOVEMENT AS MEDICINE / CHAIR CARDIO**

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

Personal Transportation

Instructor: Candice Carr, Ochsner Health and Fitness Coach. Movement as Medicine is a chair-based exercise class designed to support stability, strength, endurance, and mobility in a safe and encouraging setting.

11:00am

Seats are available on a first-come, first-served basis.

*****NOVEMBER 4 (WEDNESDAY): MONTHLY MEETING – HARVEST OF THANKSGIVING**

Four Columns - 3711 Westbank Expressway, Harvey, LA

Personal Transportation

Gather in gratitude as we celebrate the season together. Enjoy heartwarming moments, laughter, wonderful company, and the spirit of Thanksgiving. Connect with others as we share appreciation for the blessings in our lives. Menu: Broccoli and cheese soup, turkey with gravy, cornbread dressing, green beans, and bread pudding with praline sauce. The last day to pay for the meeting is **Wednesday, October 28th**. Food Bank donations to help fight hunger are collected at every meeting.

Doors Open at 10:15am

Limit of 250 Attendees

\$22pp

NOVEMBER 5 (THURSDAY): DAY TRIP - FALL HARVEST AT MITCHELL FARMS

Enjoy a delightful fall outing at Mitchell Farms! Take in the beauty of the harvest season on a working farm, surrounded by sunflowers, pumpkins, and other seasonal favorites as you explore the grounds. Fresh air and beautiful fall scenery make this a relaxing and memorable day. Lunch on the farm will be catered by Main Street Café, a local restaurant.

8:00am

Limit of 50 Attendees

\$90pp

*****NOVEMBER 6 (FRIDAY): 2027 DISCUSSION AND Q&A – MEDICARE UPDATES**

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

Personal Transportation

Speaker: Angela Pigford, Domingo & Associates Representative. Learn what is new in Medicare for 2027 and receive important information to help you make informed decisions about your health and wellness.

10:00am

Limit of 40 Attendees

FREE

*****NOVEMBER 9 (MONDAY): CHEF NINO**

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

Personal Transportation

Chef Nino returns with healthy eating tips and plenty of humor. This lively program blends cooking, comedy, and encouragement as Chef Nino shares joy through food, spices, and laughter. Join us for a fun and uplifting experience in the kitchen!

10:30am

Limit of 40 Attendees

FREE

*****NOVEMBER 10 (TUESDAY): MEDICARE SCAM ALERT**

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

Personal Transportation

Speaker: Angela Pigford, Domingo & Associates Representative. Stay informed and learn how to protect yourself from Medicare scams during Open Enrollment. Medicare has long been a target for scammers, especially from October 15 through December 7, when enrollees may make changes to their plans. This presentation will share helpful reminders and practical tips to help you stay alert.

1:00pm

Limit of 40 Attendees

FREE

*****NOVEMBER 11 (WEDNESDAY): DINE AROUND – WALK ON’S – REP YOUR TEAM**

Walk On’s - 4436 Veterans Memorial Boulevard Metairie, LA

Wear your favorite team colors, jersey, T-shirt, hat, or gear and join us for a fun lunch at Walk-On’s.

Whether you cheer for the NFL, NBA, MLB, college, or high school teams, come enjoy this month’s dine-around at Walk-On’s, a sports bistro featuring a large Cajun-inspired menu. Lunch on your own.

Bus departs 11:30am

Limit of 30 Attendees

\$25pp

*****NOVEMBER 12 (THURSDAY): LIFE IN THE A ZONE- ALZHEIMER’S AWARENESS MONTH**

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

Personal Transportation

Speaker: Peggy Sweeney-McDonald, author and actress. *Life in the A Zone* is a heartfelt and 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 place filled with love, grief, laughter, exhaustion, and unexpected grace. This program is designed to encourage caregivers and families and remind them they are not alone.

1:00pm

Limit of 40 Attendees

FREE

*****NOVEMBER 13 & 27 (FRIDAY): SOCIAL HUB – GAME DAY**

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

Personal Transportation

Come socialize and enjoy a welcoming game day in the community room. Gather your group or come on your own, bring a snack and your favorite board game, and enjoy a fun day together. Light refreshments will be *available*.

10:00am - 4:00pm

Limit of 40 Attendees

FREE

*****NOVEMBER 16 (MONDAY): GOLDEN READERS – BOOK CLUB DISCUSSION**

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

Personal Transportation

Join the Golden Readers Book Club for monthly discussion and fellowship as we share thoughts on each book and select our next read. Light refreshments will be available.

1:00pm

Limit of 40 Attendees

FREE

*****NOVEMBER 18 (WEDNESDAY): BRAIN HEALTH - ALZHEIMER’S AWARENESS MONTH**

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

Personal Transportation

Speaker: Latoya Smith, AARP Representative. Your path to a healthier brain begins with everyday choices that add up over time. No pressure. No perfection—just positive steps that fit your life. Join us to learn practical ways to take charge of your brain health.

10:00am

Limit of 40 Attendees

FREE

*****NOVEMBER 19 (THURSDAY): MOVIE REVIEW – STILL ALICE - ALZHEIMER'S AWARENESS**

MONTH Ochsner 65 Plus Clinic - 1963 Barataria Blvd. in Marrero, LA Personal Transportation

Still Alice tells the story of Dr. Alice Howland, a renowned linguistics professor at Columbia University, as she faces an early-onset Alzheimer's diagnosis. As Alice works to hold on to her sense of self, her family navigates the challenges of this life-changing journey alongside her. Join us for this meaningful movie review, along with popcorn.

1:00pm

Limit of 40 Attendees

FREE

*****NO BOWLING IN NOVEMBER - I CAN'T BELIEVE IT'S NOT GUTTER**

*****HAPPY THANKSGIVING - GRATEFUL FOR YOU TODAY AND ALWAYS**

I will be out of the office November 20th – December 1st. For immediate assistance, please contact Cynthia Wilks, Program Manager, at 225-236-5496.

UPCOMING DAY TRIPS:

DECEMBER 11 (FRIDAY): CHRISTMAS EXPO & MIKE ANDERSON'S – HOLIDAY LEISURE

DECEMBER 18 (FRIDAY): CONCERT AND DINNER – CANDLELIGHT CHRISTMAS

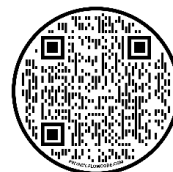
Schedule Medical Appointments without delays by using the GO dedicated phone line with the Ochsner Scheduling Department. West Bank: 504-371-9333

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

Virtual Suggestion Box: To access the Virtual Suggestion Box, copy the link below and paste it into your browser's address bar. <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.