

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, September 1st 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

CHAIR PILATES and CHAIR CARDIO

All Chair Cardio Classes are currently on hold and Chair Pilates will look a little different for a while. We will notify everyone when a new Health Coach is hired, and regular classes resume. Thank you for your patience! Please see the description below on the calendar for Chair Pilates Class Dates & Times.

*****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

*****OCTOBER 1 (WEDNESDAY): MONTHLY MEETING – HAPPY HALLOWEEN - GHOULISH GATHERING**

3711 Westbank Expressway, Harvey, LA 70058

Personal Transportation

Trick or Treat, come get a seat! Join the Boo-tiful Witches, Ghosts and Goblins, and enjoy a lot of fun! A meeting of hocus pocus and mummy mania. Make sure you leave the pumpkin patch on time and fly over to this Ghoulish Gathering! Dress to impress for the costume contest. Menu: Baked fish, dirty rice, mixed vegetables, broccoli & cheese soup, and cheesecake with cherry topping.

Doors Open at 10:15am

Limit of 175 Attendees

\$21pp

*****OCTOBER 2 (THURSDAY): LUNCHBOX SERIES: SHIIP 2026 DISCUSSION/Q&A FOR 2026 INSURANCE PLANS**

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

Personal Transportation

Speaker Vicki Dufrene, SHIIP Director - The Senior Health Insurance Information Program (SHIIP), housed within the Louisiana Department of Insurance, the state health insurance assistance program for seniors and Medicare beneficiaries in Louisiana. SHIIP provides objective counseling in all areas of the senior insurance market so that beneficiaries can better understand their Medicare coverage options and benefits. Vicki will cover the changes in major insurance plans with a non-biased approach. Bring your lunch and join us in person at the clinic or if you prefer to join via zoom, email or call the office and I will send you the link to join us from home.

12:00pm

Limit of 40 Attendees

FREE

*****OCTOBER 4 (SATURDAY): DAY TRIP – AMTRAK TRAIN TO LAUREL MS. – LOBLOLLY FEST**

Here is your boarding pass for a train ride to Laurel, MS. We will meet at Ochsner 65 plus clinic in Marrero and take a Shuttle to the New Orleans Amtrak Station. All Aboard the Amtrak Crescent! Relax and enjoy a mix of scenery including urban landscapes, swamps, and eventually the rolling hills of Mississippi. We will spend the day in Laurel Mississippi at the Loblolly Festival. An annual festival celebrating Laurel's heritage as a sawmill town. Enjoy live music, arts and craft vendors, and an array of festival food.

Bus departs 7:30am

Limit of 50 Attendees

FULL

*****OCTOBER 6 (MONDAY): PAMPER YOURSELF WITH MARY KAY**

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

Personal Transportation

Cindy Martrain, Mary Kay Representative. She will provide products for you to sample. Come and enjoy the amenities and treat yourself to a little pampering. Mary Kay is not only cosmetics, it is skincare, fragrances, and nutritional supplements.

11:00am

Limit of 40 Attendees

FREE

*****OCTOBER 7 (TUESDAY): BEATING THE HOLIDAY BLUES**

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

Personal Transportation

Speaker: Jaime Marsiglia, Licensed Professional Counselor. Holiday Blues are only temporary. Feelings of anxiety, loneliness, or sadness can affect anyone. Holidays are typically a time to look back on the previous year, so try to do so positively. Let's discuss how to stay on top of your mental health!

10:00am

Limit of 40 Attendees

FREE

OCTOBER 7 (TUESDAY) & OCTOBER 14 (TUESDAY): CHAIR PILATES

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

Personal Transportation

Join us for a video guided chair Pilates workout. The seated position reduces stress on joints, making it a safe and effective option for various fitness levels and those recovering from injuries. Chair Pilates helps to strengthen the core muscles and improves balance and coordination.

11:00am

Seats are on a first come, first serve basis

FREE

*****OCTOBER 10 & 24 (FRIDAY): PHASE 10 AND GAMES**

Ochsner 65 Plus Clinic, 1963 Barataria 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

*****OCTOBER 13 (MONDAY): SHIIP 2026 DISCUSSION AND Q&A – UPDATES FOR 2026**

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

Personal Transportation

Speaker: Vickie Dufrene, SHIIP Representative. SHIIP stands for the Senior Health Insurance Information Program. SHIIP counselors are not licensed insurance agents and do not sell insurance or endorse any specific plans or companies. It's a free service that provides unbiased information and counseling to Medicare beneficiaries, their families, and caregivers on Medicare-related topics and how to avoid fraud. An unbiased synopsis of all insurance plan changes and updates for 2026 will be held.

10:00am

Limit of 40 Attendees

FREE

*****OCTOBER 16 (THURSDAY): DAY TRIP – ST. FRANCISVILLE TOUR**

St. Francisville is a small southern town with a big personality. First stop, we will step into history at the Rosedown Plantation. The main house, historic gardens, 13 historic buildings, and 371 remaining acres of Rosedown Plantation are preserved as a state historic site. Rosedown is one of the most documented and intact plantation complexes in the Southern United States. It is known for its extensive formal gardens surrounding the house. The Iron Horse Café welcomes "GO" for lunch with their culinary flair and hospitality. Following lunch, we will have a step on guide tour us through St. Francisville before heading home.

Bus departs at 7:30am

Limit of 40 Attendees

FULL

*****OCTOBER 17 (FRIDAY): 2026 DISCUSSION AND Q&A – PEOPLES HEALTH PLAN UPDATES**

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

Personal Transportation

Speaker: Christine Cooney, Peoples Health Rep. Insurance plans undergo significant changes from year to year which can affect coverage, costs, and providers. This meeting is 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.

10:00am

Limit of 40 Attendees

FREE

*****OCTOBER 20 (MONDAY): GOLDEN READERS – BOOK CLUB DISCUSSION**

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

Personal Transportation

1:00pm

Limit of 40 Attendees

FREE

*****OCTOBER 21 (TUESDAY): DINE AROUND – THE BLUE CRAB RESTAURANT**

7900 Lakeshore Dr, New Orleans, LA

Dine around with “GO,” as we explore different restaurants. This month we are headed to the west end, to The Blue Crab restaurant serving the finest Louisiana seafood. The menu will delight your tastebuds as we dine overlooking the beautiful Lake Pontchartrain.

Bus departs at 11:15am

Limit of 25 Attendees

\$25pp

*****OCTOBER 23 (THURSDAY): MOVIE REVIEW – HOCUS POCUS**

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

Personal Transportation

After moving to Salem, Mass., teenager Max Dennison (Omri Katz) explores an abandoned house with his sister Dani (Thora Birch) and their new friend, Allison (Vinessa Shaw). After dismissing a story Allison tells as superstitious, Max accidentally frees a coven of evil witches (Bette Midler, Sarah Jessica Parker, Kathy Najimy) who used to live in the house. Now, with the help of a magical cat, the kids must steal the witches' book of spells to stop them from becoming immortal. Come and enjoy popcorn and a movie!

10:00am

Limit of 40 Attendees

FREE

*****OCTOBER 28 (TUESDAY): WB 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

NOVEMBER 14 – GLOBAL WILDLIFE / RIPS ON THE LAKE – \$60pp

DECEMBER 18 - HOTEL HOPPING SLEIGH RIDE - \$50pp

UPCOMING ROAD TRIPS / EXTENDED TRIPS

NOVEMBER 9 – 10, 2025: PARAGON OVERNIGHT GETAWAY - DOUBLE OCCUPANCY - \$65pp

DECEMBER 7 – 13, 2025: CHRISTMAS IN THE SMOKEY MOUNTAINS - WAITLIST ONLY

APRIL 17 – 25, 2026: 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.