

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) is available Friday, September 4th 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**

Personal Transportation

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

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: CHAIR PILATES / EVERY THURSDAY: CHAIR CARDIO**

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

Personal Transportation

Instructor: Candice Carr, Ochsner Health and Fitness Coach. Movement as Medicine. This class will focus on chair-based exercises designed to improve stability, strength, endurance, and mobility.

No class October 19th – 23rd.

11:00am

Seats Are On A First Come First Served Basis

*****OCTOBER 3 (SATURDAY): DAY TRIP – TRAIN TO LAUREL, MS. LOBLOLLY FESTIVAL**

Here is your boarding pass for a train ride to Laurel, MS. 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, MS 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. Travel together, make memories, and enjoy a wonderful day out! We will meet at Ochsner 65 Plus Clinic Marrero, take a shuttle to the New Orleans Amtrak Station, and enjoy a relaxing shuttle back home.

Bus departs 7:30am

Limit of 50 Attendees

\$100pp

*****OCTOBER 7 (WEDNESDAY): MONTHLY MEETING – MONSTER MASH**

Four Columns - 3711 Westbank Expressway, Harvey, LA

Personal Transportation

Out from his coffin, Drac's voice did ring, seems he was troubled by just one thing. Opened the lid and shook his fist, and said, "Whatever happened to my Transylvania twist?" It's now Monster Mash! And it's a graveyard smash! The Monster Mash! (Costumes will be judged.) Menu: Chicken parmesan over pasta, buttered broccoli, mixed green salad, garlic bread, and apple cobbler. Last day to pay for the meeting is Thursday, October 1st. Food Bank donations to help fight hunger are collected at every meeting.

Doors Open at 10:15am

Limit of 250 Attendees

\$22pp

*****OCTOBER 9 & 23 (FRIDAY): SOCIAL HUB – GAME DAY**

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! Light refreshments will be available.

10:00am - 4:00pm

Limit of 40 Attendees

FREE

*****OCTOBER 12 (MONDAY): GOLDEN READERS – BOOK CLUB DISCUSSION**

Ochsner 65 Plus Clinic - 1963 Barataria Blvd. in Marrero, LA Personal Transportation
Join Golden Readers book club. We meet every month for discussion and choose a new book. Light refreshments will be available.
1:00pm Limit of 40 Attendees FREE

*****OCTOBER 15 (THURSDAY): MOVIE REVIEW – DEATH BECOMES HER**

Ochsner 65 Plus Clinic - 1963 Barataria Blvd. in Marrero, LA Personal Transportation
Years after losing her husband to a former friend, a novelist returns looking mysteriously radiant. When both women discover a potion promising eternal life, they soon learn that immortality comes at a price. Join us for a movie and popcorn!
1:00pm Limit of 40 Attendees FREE

*****OCTOBER 16 (FRIDAY): 2027 DISCUSSION AND Q & A – PEOPLES HEALTH**

Ochsner 65 Plus Clinic - 1963 Barataria Blvd. in Marrero, LA Personal Transportation
Presenter: Christine Cooney, Peoples Health Representative. Step into 2027 with confidence. Join us for an open enrollment seminar on People's Health. Info and guidance on all 2027 insurance plan questions.
10:00am Limit of 40 Attendees FREE

*****OCTOBER 18 (SUNDAY): DAY TRIP - ANGOLA RODEO & CRAFT FESTIVAL**

Get ready for an exciting day at Angola Prison Rodeo and Craft Show. Browse the huge arts, crafts, and food booths all prepared by inmates. Experience the thrills of the rodeo as participants take on daring events in the arena. Come ready to explore as we visit the Louisiana Angola Rodeo.
Bus departs 9:00am Limit of 40 Attendees \$80pp

*****OCTOBER 19 (MONDAY): 2027 DISCUSSION AND Q&A – HUMANA HEALTH PLAN**

Ochsner 65 Plus Clinic - 1963 Barataria Blvd. in Marrero, LA Personal Transportation
Presenter: Chris Harris, Humana Representative. Step into 2027 with confidence. Join us for an open enrollment seminar on Humana. Info and guidance on all 2027 insurance plan questions will be presented.
10:00am Limit of 40 Attendees FREE

*****OCTOBER 22 (THURSDAY): DAY TRIP - THE LION KING – SAENGER**

Bus departs at 10:30am - Ochsner 65 Plus Clinic, 1963 Barataria Blvd. in Marrero, LA

BOOKED

*****OCTOBER 27 (TUESDAY): BOWLING – I CAN'T BELIEVE ITS NOT GUTTER**

Westside Lanes - 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

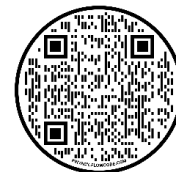
Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner Scheduling Department. West Bank: 504-371-9333

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

Virtual Suggestion Box: To access, copy this link and place it in the browser address bar to access.
<https://forms.cloud.microsoft/r/97SKr7GCr7?origin=IprLink>

****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.**