

*Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles*

**RSVP REQUIRED FOR ALL EVENTS**

Registration for new events (indicated with \*\*\*) available Monday, August 4<sup>th</sup> 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 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 TUESDAY: CHAIR PILATES / EVERY THURSDAY: CHAIR CARDIO**

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

Personal Transportation

Instructor: Celeste Raibstein, Ochsner Health Coach. Chair Pilates helps improve posture, range of motion, and overall well-being. Chair cardio helps improve cardiovascular health, strength, flexibility, and balance.

11:00am

Seats are on a first come, first serve basis

FREE

**\*\*\*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

**\*\*\*SEPTEMBER 1 (MONDAY): HAPPY LABOR DAY**

Office will be closed in observance of the holiday.

**\*\*\*SEPTEMBER 3 (WEDNESDAY): MONTHLY MEETING – WHO DAT NATION**

3711 Westbank Expressway, Harvey, LA 70058

Personal Transportation

Calling all Saints fans! Who Dat wearing Black and Gold! "Black and gold, when paired together, often symbolize luxury, sophistication, and a sense of timeless elegance." If you're a Who Dat Fan, let's rise for the occasion, another NFL season! Menu: Fried chicken, red beans & rice, green beans, mixed green salad, and carrot cake.

Doors Open at 10:15am

Limit of 175 Attendees

\$21pp

**\*\*\*SEPTEMBER 9 (TUESDAY): THE MIND DIET – FOODS THAT FIGHT DEMENTIA**

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

Personal Transportation

Speaker: Candice Carr, Health Educator. The MIND diet focuses on dietary components, including brain-healthy food groups that help decrease cognitive decline. It's lifestyle habits that would help improve the health of both mind and body in order to reduce risks of developing neurological conditions.

1:00pm

Limit of 40 Attendees

FREE

**\*\*\*SEPTEMBER 9 (TUESDAY): THE MIND DIET – BRAIN TEASER**

Your brain has everything to do with who you are and what you do. It's important to challenge your mind to help support mental fitness and health.

2-2:30pm

Limit of 40 Attendees

FREE

**\*\*\*SEPTEMBER 10 (WEDNESDAY): DAY TRIP – NEW ORLEANS MUSEUM OF ART**

NOMA is New Orleans' oldest fine arts institution and most ambitious cultural convener. Experience and immerse yourself in the works of art from antient to modern times. You'll also be free to explore the eleven-acre Besthoff Sculpture Garden, a mature existing landscape of pines, magnolias, and live oaks surrounding two lagoons. Lunch at your leisure at Café NOMA.

Bus departs 11:30am

Limit of 25 Attendees

\$25pp

**\*\*\*SEPTEMBER 11 (THURSDAY): DINE AROUND – THAI D-JING RESTAURANT**

93 5<sup>th</sup> Street, Gretna, LA

Personal Transportation

Join me at a new local hot spot in Gretna. Thai D-Jing has vibrant and authentic flavors, a blend of sweet, sour, and spicy. Thai is similar to Chinese with a culinary style added.

12:00pm

Limit of 25 Attendees

ON YOUR OWN

**\*\*\*SEPTEMBER 12 & 26 (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

**\*\*\*SEPTEMBER 16 (TUESDAY): CREATIVE SPALSH OF FUN @ KEITH ECCLES ART STUDIO**

906 Derbigny St, Gretna, LA

Personal Transportation

If you missed the first masterpiece we created, this is part two. Golden Opportunity painting art class. Bring your drink, pizza will be served.

3:00pm

Limit of 20 Attendees

\$45pp

**\*\*\*SEPTEMBER 17 (WEDNESDAY): MOVIE REVIEW – THE BOY IN THE STRIPED PAJAMAS**

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

Personal Transportation

During World War II, 8-year-old Bruno (Asa Butterfield) and his family leave Berlin to take up residence near the concentration camp where his father (David Thewlis) has just become commandant. Unhappy and lonely, he wanders out behind his house one day and finds Shmuel (Jack Scanlon), a Jewish boy of his age. Though the barbed-wire fence of the camp separates them, the boys begin a forbidden friendship, oblivious to the real nature of their surroundings. Enjoy popcorn and a movie.

1:00pm

Limit of 40 Attendees

FREE

**\*\*\*SEPTEMBER - NO BOWLING THIS MONTH, BOWLING WILL RESUME OCTOBER 28TH**

**SEPTEMBER 19 – 30 (FRIDAY - TUESDAY): EXTENDED TRIP - GRAND CANYON & LAS VEGAS** This

Fun-Filled Trip Includes: 2 nights in the Grand Canyon, 2 nights at the Paris Las Vegas, Train ride to the Grand Canyon Tour of the Grand Canyon Southern Rim, Red Rock State Park and Scenic Highway in Sedona, Route 66 Car Museum, Big Texan Steak Ranch, Out of Africa Wildlife Park, Buc-ees, Old Town Plaza in Albuquerque, NM. Price Per Person - Single: 3,498/Double: \$2,689/Triple: \$2,389/Quad: \$2,249

**UPCOMING DAY TRIPS:**

**OCTOBER 16:** ST. FRANCISVILLE TOUR - \$125pp

**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

**APRIL 17 – 25, 2026:** ALOHA ADVENTURE - HAWAII

**\*\*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

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Golden Opportunity  
1963A Barataria Blvd.  
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Scan QR Code for  
the GO website.