

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, August 3rd 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 at 1963 Barataria Blvd. in Marrero.

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

Marrero Community /Senior Center - 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

*****EVERY TUESDAY & THURSDAY: BALANCE, STABILITY, AND STRENGTH EXERCISE**

Ochsner 65 Plus Clinic, 1963 Barataria Blvd. in Marrero, LA Personal Transportation
Instructor: Candice Car, Ochsner Health Coach – Movement as Medicine. This class will focus on chair-based exercises designed to improve stability, strength, endurance, and mobility.

11:00am-11:30am

Limit of 30 Attendees

FREE

*****SEPTEMBER 2 (WEDNESDAY): MONTHLY MEETING – WHO DAT KICK OFF**

The Four Columns - 3711 Westbank Expressway in Harvey, LA Personal Transportation
BLACK AND GOLD STORM WARNING! Do you feel the wind in the air? It may be a storm brewing in Louisiana! The eye is forecasted over Golden Opportunity as Saints football returns and excitement begins across the WHO DAT nation! The forecast calls for black and gold attire as we kick off another Saints season together. Menu: Fried chicken, red beans and rice, sweet potato casserole, mixed green salad, corn bread, and almond cake. Last day to pay for meeting is Thursday, August 27th. Food Bank donations to help fight hunger are collected at every meeting.

Doors Open at 10:15am

Limit of 250 Attendees

\$22pp

*****SEPTEMBER 4 & 18 (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

*****SEPTEMBER 6 – 11 (SUNDAY – FRIDAY): EXTENDED TRIP - ADVENTURES BY RAIL**

I will be out of the office as WB "GO" will be traveling to Chicago and Memphis.

If you need assistance please contact Cindy Wilks, Senior Development Manager 225-236-5496.

*****SEPTEMBER 14 (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

*****SEPTEMBER 16 (WEDNESDAY): DINE AROUND – RESTAURANT DES FAMILLES**

7163 Barataria Blvd, Jean Lafitte, LA

Personal Transportation

Lunch on the Bayou – Join “GO” as we dine overlooking the scenic bayou! The restaurant is known for some of the finest Cajun and Creole cuisine in the region. While dining you may spot local wildlife while enjoying the peaceful surroundings. We will meet at the restaurant.

11:00am

Limit of 30 Attendees

ON YOUR OWN

*****SEPTEMBER 22 (TUESDAY): BOWLING – I CAN’T BELIEVE ITS NOT GUTTER**

Westside Bowling Lanes - 3715 Westbank Expressway in Harvey, LA

Personal Transportation

Strike up the fun with “GO” bowling league. If you are not a bowler, just come and hang out. Wear your Golden Opportunity T-shirt. Light refreshments will be available.

12:00pm

Limit of 48 Attendees

\$15pp

*****SEPTEMBER 24 (THURSDAY): MOVIE REVIEW – THE RIDE**

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

Personal Transportation

The inspiring story of a BMX champion who overcame an abusive childhood through the love and life lessons of his interracial foster family. Join us for a movie and popcorn.

1:00pm

Limit of 40 Attendees

FREE

*****SEPTEMBER 25 (FRIDAY): DAY TRIP - HISTORY UNDER THE OAKS**

Join us for an unforgettable journey along Louisiana’s historic River Road as we visit two of the region’s most renowned plantation sites. Our day begins at the historic Whitney Plantation in Wallace, Louisiana, where we will enjoy a guided tour. Through exhibits, memorials, and preserved historic structures, gain a deeper understanding of an important chapter in American history. Following our tour, we will travel to beautiful Oak Alley Plantation in Vacherie, Louisiana, famous for its breathtaking canopy of centuries-old oak trees and picturesque grounds. Guests will enjoy lunch only at Oak Alley Restaurant, featuring delicious Louisiana cuisine in a charming setting. The restaurant offers a variety of Cajun and Creole favorites, making it the perfect place to relax and enjoy great food with friends. Come experience Louisiana’s rich history, beautiful scenery, and outstanding hospitality on this memorable day trip!

Bus departs at 8:45am

Limit of 32 Attendees

\$103pp

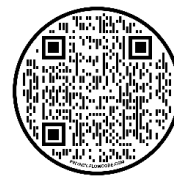
Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner Scheduling Department. West Bank: 504-371-9333

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 in the browser address bar to access.
<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.