

Registration for new events* available December 13th, 8:00am on the CLOUD!**
Registration for Zoom events are open now on the Cloud!

Please check your email often. There may be instances when unexpected and exciting activities or information are added after the Calendar of Events have been distributed.

JANUARY 5 (WEDNESDAY): WB MONTHLY MEETING LADIES BALLROOM (The Gathering Place)

Giving thanks for a NEW YEAR on the GO! Theme: Happy New Year at Ladies Ballroom
Menu: Baked pork chop, garlic mashed potatoes, buttered sweet peas, garden salad and dinner rolls.
Guest Speaker Rheumatologist, Dr. Christopher Mesa.

10:00 am

150 Attendees

\$15 pp

JANUARY 12 (WEDNESDAY): HOLIDAY EVENT ON CREOLE QUEEN PADDLEWHEEL (Bus Trip)

Enjoy a buffet lunch as we sail downriver on a narrated journey of the story of New Orleans historic river.
Bus will depart Ochsner WB, 2500 Belle Chase Hwy at 12:30 pm and return at 5:00 pm
Buffet: Caesar Salad, Corn Mac Choux, New Orleans Style Shrimp Pasta, Creole Jambalaya, Red Beans & Rice and Bread Pudding.

12:30 pm

50 Attendees

\$65 pp

FEBRUARY 11 (FRIDAY): LUNCH AT SUPERIOR SEAFOOD & SHOPPING AT THE RIVERWALK

Let's beat the Valentine's Day Rush! Menu: Appetizer: Crawfish Cornbread Choice of Entrée: Shrimp & Grits, Blackened Fish Napoleon, or Tchoupitoulas Chicken. Dessert: Choice of Bread Pudding or Profiteroles. Bus to depart at 10:30 am, Ochsner WB, 2500 Belle Chase Hwy. Gretna LA.

10:30 am

25 Attendees

\$TBD

Upcoming Events

- ❖ Michelangelo Exhibit- TBD April
- ❖ French Quarter Festival- April
- ❖ Lunch & Learn with Ashley Roark, Lead NP
- ❖ Bellingrath Gardens- TBD March
- ❖ Branson Missouri and Mt. Magazine TBD
- ❖ Caribbean Cruise- TBD March 2023

Ochsner On Call: This 24/7 service is free and available by calling 1-800-231-5257
For non-life-threatening issues, call our free nurse care line. Specially trained registered nurses are available to discuss your health care concerns, recommend self-care techniques, and help you decide if your symptoms require a visit to urgent or emergency care.

***It's flu season – visit your local Ochsner pharmacy to receive your vaccination or visit
<https://www.ochsner.org/health-resources/flu-shots>***

***Not a “Zoomer”?? Don't miss out on the fun, educational and interesting events coming up.
It's quick and easy to learn how to participate. Contact the GO office to set up a tutorial and
practice session.***



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******Need help with the Cloud? Contact our office to make an appointment****
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