

West Bank Calendar of Events

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, June 2nd 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 TUESDAY: CHAIR PILATES**

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. (Seats are on as first come first served basis.)

11:00am

Limit of 6 Attendees

FREE

*****EVERY THURSDAY: CHAIR CARDIO**

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

Personal Transportation

Instructor: Celeste Raibstein, Ochsner Health Coach. Chair cardio helps improve cardiovascular health, strength, flexibility, and balance. (Seats are on as first come first served basis.)

11:00am

Limit of 7 Attendees

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

*****JULY 2 (WEDNESDAY): MONTHLY MEETING – RED, WHITE & YOU PICNIC**

3711 Westbank Expressway, Harvey, LA 70058

Personal Transportation

Reminder: Food Bank donations to help fight hunger are still being collected at every meeting. It's a back in the day picnic! All that is missing is YOU, wear your red, white, and blue. Join us for a picnic filled with laughter, good food, games, dancing, and beautiful moments together. Your presence will make it even more special. Menu: Barbecue chicken, baked beans, corn, coleslaw, and peach cobbler.

Doors Open at 10:15am

Limit of 175 Attendees

\$21pp

*****JULY 4 (FRIDAY): HAPPY INDEPENDENCE DAY**

Office will be closed in observance of the holiday.

*****JULY 7 (MONDAY): COOKING WITH CHEF NINO**

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

Personal Transportation

Join "GO" with the hilarious Chef Nino creating a healthy dish and laughter needed to stimulate our hearts.

10:30am

Limit of 40 Attendees

FREE

*****JULY 9 (WEDNESDAY): DAY TRIP – FRENCH MARKET**

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

Personal Transportation

This will be a laid back and leisure day. Before enjoying lunch at the Market Café, we will have time to browse the world-famous French Market. This historically charming open-air market features shopping, dining, music, and local tradition that is uniquely New Orleans. Lunch on your own at The Market Café. Dine indoors or the open-air patio, complete with a live jazz band, promises a relaxing, and authentic taste of New Orleans.

10:00am

Limit of 25 Attendees

\$25pp

***** JULY 11 (FRIDAY): MORNING FUEL – COMMON GROUNDS COFFEE HOUSE & CAFE**

335 Huey P Long Ave in Gretna, LA

Personal Transportation

Morning dose of caffeine goes great with good people and conversation. Come in and get your morning's worth of mood insurance, your morning fuel. Breakfast is the foundation for a successful day.

10:00am

Limit of 40 Attendees

ON YOUR OWN

***** JULY 14 (MONDAY): THE RIGHT CARE AT THE RIGHT TIME**

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

Personal Transportation

Speaker: Wesley Gilbert, AE Heart of Hospice. Learn what care is the right care at the time you need it. Wesley will discuss palliative care, home health, hospice and community services. (coffee and donuts will be served)

10:00am

Limit of 40 Attendees

FREE

***** JULY 15 (TUESDAY): BOOK CLUB MEETING**

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

Personal Transportation

Let's get things started for the book worms and story seekers. This meeting will be to discuss time and place for monthly meetings and our first book. I will also have books available in the community room for readers. I ask that if you take a book, leave a book. Anyone wishing to donate books, bring to the community room (book swap). Light refreshments will be served.

1:00pm

Limit of 40 Attendees

FREE

***** JULY 17 – 21 (THURSDAY – MONDAY): OUT OF THE OFFICE**

If you need immediate assistance please contact Cindy Wilks, Sr. Development Mgr. 225-236-5496.

***** JULY 23 (WEDNESDAY): DINE AROUND – ZYDECO'S RESTAURANT**

7010 Belle Chasse Hwy., Belle Chasse, LA

Personal Transportation

Join "GO" for good food and good times as we Dine Around at Zydeco's Restaurant. Zydeco's is a cozy restaurant nestled in the heart of Belle Chasse, offering a taste of authentic Cajun cuisine and seafood.

11:45am

Limit of 50 Attendees

ON YOUR OWN

***** JULY 24 (THURSDAY): MOVIE REVIEW – THE ESTATE**

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

Personal Transportation

Two sisters attempt to win over their terminally ill, difficult-to-please Aunt in hopes of becoming the beneficiaries of her wealthy estate, only to find the rest of their greedy family members have the same idea. Come enjoy a movie and popcorn.

1:00pm

Limit of 40 Attendees

FREE

***** JULY 25 (FRIDAY): PHASE 10 AND GAMES**

Ochsner 65 Plus Clinic, 1963 Baratavia 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

***** JULY 29 (TUESDAY): BOWLING - I CAN'T BELIEVE IT'S NOT GUTTER**

3715 Westbank Expressway in Harvey, LA

Personal Transportation

Let the good times roll! Some are strikers and some are spare masters, it all adds up to a lot of laughter. Come out and join the pin droppers as we strike a pose in our "GO" T-shirts. Join the fun & where your "GO" T-shirt.

12:00pm - 2:00pm

Limit of 48 Attendees

\$15pp

****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.**

For Additional Information Contact:

Sabrina Champagne, Program Coordinator
sabrina.champagne@ochsner.org
504-208-5693 office
ochsner.org/go

Ochsner 65 Plus Clinic
Golden Opportunity
1963A Baratavia Blvd.
Marrero, LA 70072



Scan QR Code for
the GO website.