

RSVP REQUIRED FOR ALL EVENTS

Please check your email often. There may be instances when unexpected and exciting activities or information will be added after the Calendar of Events have been distributed. Scan the qr code to the right to access the cloud, our online registration system, or type the following into your search engine: <https://ochsner.my.site.com/goldenopportunity>



EVERY MONDAY, WEDNESDAY, FRIDAY: CHAIR YOGA

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Exercising regularly helps your body's sleep-wake cycle and promotes better sleep. Chair yoga involves sitting in the chair while stretching and holding poses or standing and using the chair for balance. Benefits include improved strength and balance, help with arthritis, reduced joint pain, and decrease in fear of falls.

10:30am – 11:30am

JUNE 3 (MONDAY): ENRICHMENT SESSION – LINE DANCING

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Put on your Boogie Shoes and let's have some fun with line dancing. Can you cut a rug show us what you got.

10:30am

Limit of 25 Attendees

FREE

JUNE 6 (THURSDAY): ENRICHMENT SESSION – TECHNOLOGY SERIES: DIGITAL DEVICES “PICTURES”

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

With everyone using their phones to take pictures, how do you know if you're getting the best picture, you can? We'll learn how to take great pictures with your phone, how you can receive and send pictures with family and friends, and the best way to save the pictures you take.

10:00am

Limit of 30 Attendees

FREE

JUNE 7 (FRIDAY): ENRICHMENT SESSION – ID THEFT AWARENESS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Lynn Gobert, Pelican Credit Unit Representative. She will discuss a few of the latest scams, show some low-cost prevention products, and demonstrate how to "freeze" a credit report, etc.

11:30am

Limit of 30 Attendees

FREE

JUNE 11 (TUESDAY): COFFEE AND CONVERSATION - CITY ROOTS COFFEE BAR

1509 Government St A, Baton Rouge, LA 70802

Personal Transportation

City Roots exists for the love of coffee and the people who make it. City Roots is an immersion in the creativity, culture, and craftsmanship that makes coffee special. See you there!

10:00am – 11:00am

Limit of 20 Attendees

FREE

JUNE 13 (THURSDAY): MOVIE REVIEW – SIGHT

AMC Theater located at 16040 Hatteras Ave, Baton Rouge, LA 70816

Personal Transportation

SIGHT, starring Greg Kinnear and Terry Chen, follows the true story of Dr. Ming Wang, a Chinese immigrant who defies all odds to become a world-renowned eye surgeon. Drawing upon the grit and determination he gained from a turbulent uprising in his youth, Dr. Wang sets out to restore the sight of a blind orphan.

10:00am

Limit of 75 Attendees

ON YOUR OWN

JUNE 18 (TUESDAY): DAY TRIP – THE MIGHTY MISSISSIPPI TOUR OF TWO MUSEUMS / LUNCH AT MAMA HAMIL’S

Museum of Mississippi History and Mississippi’s Civil Rights Museum

The museums take visitors through the sweep of Mississippi history and the state’s role as ground zero in the U.S. Civil Rights Movement.

The Museum of Mississippi History’s theme—One Mississippi, Many Stories—runs throughout the eight galleries that explore the many diverse people who contributed to the state’s history from prehistoric times to present day. Explore 15,000 years of history and learn how our shared past influences our future together.

The Mississippi Civil Rights Museum’s eight galleries chronicle the events of the national Civil Rights Movement that took place in Mississippi. Explore the movement that changed the nation. Discover stories of Mississippians like Medgar Evers, Fannie Lou Hamer, and Vernon Dahmer, as well as those who traveled many miles to stand beside them, come what may, in the name of equal rights for all.

Mama Hamil’s has been voted best buffet, best soul food, best food for the money, and much more! Let’s see what the buzz is about. Choose from the Rutabagas, Mac and Cheese, BBQ, Chicken & Dumplings, Peach Cobbler, Fried Chicken Livers and Gizzards and much more. Downhome cooking awaits us.

Bus Departs from Ochsner Cancer Center 17050 Medical Center Drive: 7:00am

Approximate return time: 07:00pm

Limit of 54 Attendees

\$85pp

JUNE 20 (THURSDAY): DAY TRIP – COCA-COLA TOUR

9696 Plank Road, Baton Rouge, LA 70811

Personal Transportation

Have a coke and a smile. Baton Rouge Production Center is proud of what they do, how they do it, and why they do it. Guided by some of the world’s most stringent standards for quality and safety, they make “refreshment” in a variety of portion sizes for us. **Please try to carpool.**

Please arrive @ 10:15 am

Limit of 40 Attendees

FREE

JUNE 25 (TUESDAY): CULINARY RUN – MIKE ANDERSON’S RESTAURANT

16400 Airline Hwy, Prairieville, LA 70769

Personal Transportation

Mike Anderson’s is the South Louisiana restaurant that food lovers and football fans alike turn to for fantastic regional food in a festive atmosphere. “When I opened the restaurant, I wanted to make sure that customers left full and went home with leftovers. I wanted them to get their money’s worth...now more than 40 years later, they are still returning because we continue to strive for consistently good food, dependable service, and to make sure the customers get their money’s worth.” *Mike Anderson*

11:00am - 1:00pm

Limit of 25 Attendees

ON YOUR OWN

JUNE 27 (THURSDAY): FUN TIME – SUNGLASS DAY

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Elton John has over a thousand pairs, Canadian singer Corey Hart only wears his at night, and you can tell the good guys from the bad guys in The Matrix by the shape of theirs. What is this conversation about? Sunglasses, of course. There’s nothing quite as stylish as a pair of shades, so get out those aviators or wayfarers and start celebrating National Sunglasses Day! The funkiest pair of Sunglasses wins a prize. Let’s get together and show off our shades and chit chat. Snacks provided.

12:30pm – 2:00pm

Limit of 30 Attendees

FREE

****Fees must be received within 7 days of making the reservation to confirm your seat. If not received, your seat will be filled by another member. 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 waiting list if you need to cancel. **YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.**

For Additional Information Contact:

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Golden Opportunity

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