

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.

MAY 1 (WEDNESDAY): ENRICHMENT SESSION – “GET BOARED”

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Want an opportunity for bonding, entertainment and yes, even some friendly healthy competition? Chess, checkers, and dominos. Let's put together some teams and make this a weekly competition. Are you on Board? To get started let's meet to discuss what games and what teams are of interest.
10:00am Limit of 30 Attendees FREE

MAY 8 (WEDNESDAY): MONTHLY MEETING – ASTHMA 101

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Speaker: Jo Reed, MD, Ochsner Allergy & Immunology Specialist, will discuss the symptoms and diagnosis of asthma and asthma treatments. She will discuss the new treatments that are available for asthma that will give patients' significant relief.
10:00am Limit of 25 Attendees FREE

MAY 9 (THURSDAY): ENRICHMENT SESSION – TECHNOLOGY SERIES: DIGITAL DEVICES “APPLICATIONS”

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Join us as we explore everything you wanted to know about Online Apps. We'll learn what they are, how you can find them, and if you must pay for them.
10:00am Limit of 25 Attendees FREE

MAY 10 (FRIDAY): ENRICHMENT SESSION – SPRING TEA

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Join us for our Spring Tea Party, where there will be lots of fun and laughter. Wear your prettiest dress and your mother's pearls. Lunch provided.
11:00am – 1:00pm Limit of 46 (WAITLIST) \$10pp

MAY 13 (MONDAY): COOKING WITH CHEF NINO AT OCHSNER 65 PLUS

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Chef Nino will entertain you with his jokes while doing his cooking demonstration. Attendees will delight in the tastings of his culinary masterpiece.
10:30 am – 11:30 pm Limit of 25 Attendees FREE

MAY 15 (WEDNESDAY): COFFEE AND CONVERSATION- COFFEE BEAN CAFÉ

12177 Coursey Boulevard, Baton Rouge, LA 70816 Personal Transportation
A steaming cup of Joe and a snack! A simple coffee get-together with friends might be just what you need feed your soul and warm your heart. Let's chat and visit with each other in a relaxed atmosphere-a great way to build relationships and friendships.
10:00am – 11:00am Limit of 20 Attendees FREE

MAY 16 (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 25 Attendees FREE

MAY 17 (FRIDAY): DAY TRIP – DAY ON THE TRAIN

Hop on the train for a day of fun and excitement! Choo, Choo! We will have a wonderful time strolling downtown Laurel, MS - we will shop, eat, and visit places seen in HGTV's "Home Town." Lunch on your own. Amtrack will not honor substitutions for this trip. No refunds will be given if you can't attend.

Bus Departs from Ochsner Cancer Center 17050 Medical Center Drive: 6:45am

Approximate return time: 11:00pm

Limit of 55 **(WAITLIST)**

\$105pp

MAY 21 (TUESDAY): CULINARY RUN – DON'S SEAFOOD

136 Rushing Rd E, Denham Springs, LA 70726

Personal Transportation

They've spent more than 80 years creating a recipe for something much greater than a place for a lunch break or night out. It's a place to share (or keep the whole plate to yourself), a place where you always have a seat ready at the table and a place where you're always part of the family. Grilled, fried or on ice-Cajun meal for everyone.

11:00am - 1:00pm

Limit of 25 Attendees

ON YOUR OWN

MAY 23 (THURSDAY): ENRICHMENT SESSION – TECHNOLOGY SERIES: DIGITAL DEVICES "EMAILS"

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

In today's world companies are using email to communicate more frequently with customers. We'll discover how to easily find your email, what email is used for, and how to operate it.

10:00am

Limit of 25 Attendees

FREE

MAY 28 (TUESDAY): COMMUNITY EVENT: STATE POLICE CRIME LAB

7919 Independence Blvd. Baton Rouge, LA 70806.

Personal Transportation

The Louisiana State Police Crime Laboratory has been committed to providing the highest quality of professional forensic services. The mission of the laboratory is to assist law enforcement agencies in Louisiana in the investigation of criminal activity. Forensic scientists at the laboratory perform scientific examinations of evidence and can provide assistance in the actual collection of evidence at crime scenes when requested. Please see the Extra Extra page for the Crime Lab requirements of the tour. We will eat in the State Police cafeteria after the tour.

Lunch on your own.

9:30am - 11:00am

Limit of 29 Attendees

FREE

MAY 30 (THURSDAY): MOVIE REVIEW – HARD MILES

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

Personal Transportation

A strong-willed social worker at a youth facility assembles an unlikely cycling team of juvenile convicts and takes them on a transformative 1000-mile bike ride. Hard Miles tells the uplifting true story of the bicycling team from Rite of Passage's RidgeView Academy, a medium-security correctional school for juveniles in Colorado.

10:00am

Limit of 75 Attendees

ON YOUR OWN

MAY 31 (FRIDAY) – BATON ROUGE KENNEL DOG SHOW

9039 S St Landry Ave, Gonzales, LA 70737

Personal Transportation

You will be amazed what you will see at the dog show. Dog shows are an exhibition of breeding stock. Obedience, AKC Rally, Agility, Coursing, Tracking, AKC Trick Dog, and Performance Sports are all excellent activities that will pique your curiosity; along with how the dogs are groomed. You would think the dogs spent all day at the spas.

10:30am - 11:30am

Unlimited

FREE

**Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. 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:

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Golden Opportunity
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