



April 2024 Calendar of Events Baton Rouge Region



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.

APRIL 8 (MONDAY): MONTHLY MEETING – HEALTH COACHING

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B Personal Transportation
Speaker: Katherine Belou - Healthcare Coach, Ochsner 65+. Katherine will discuss what she does at the clinic and what the clinic has to offer. She works with the patient to set and reach healthy goals such as nutrition and exercise. She focuses on what works best for that individual patient. She is our Chair Yoga instructor.
10:00am – 11:30am Limit of 35 Attendees FREE

APRIL 11 (THURSDAY): DAY TRIP – HOUMAS HOUSE GREAT RIVER ROAD MUSEUM/LUNCH

Ochsner 65+ Community Room, 7949 Jefferson Hwy #B
The Houmas House is called the Crown Jewel of Louisiana's River Road and what a beautiful landscape it is sitting on thirty-eight acres of formal gardens, water gardens, vegetable gardens and vined covered walkways. Upon arrival, you will tour the gardens on your own. At 11:00am, we meet at the museum, and we will enjoy the buffet: Chicken & Andouille Gumbo, Caesar Salad, Yellow Cornmeal Fried Catfish, Barbeque Roasted Chicken, Crawfish Alfredo with Penne Pasta, Red Beans, Sausage and Rice, Roasted Vegetables, Corn Maque Choux. and White Chocolate Bread Pudding. After lunch, we will tour the museum which gives a glimpse into the history and life along the Mighty Mississippi River between Baton Rouge and New Orleans. This event does not include a tour of the Houmas House. Bus pickup at Ochsner Cancer Ctr 17050 Medical Center Dr.
Departure Time: 8:30am / Return approx.: 3:00pm Limit of 55 Attendees \$80pp

APRIL 17 (WEDNESDAY): COFFEE – COFFEE BEAN CAFÉ

12177 Coursey Boulevard, Baton Rouge, LA 70816 Personal Transportation
Let us meet for that Liquid Gold to get us onto a great start for the rest of the day and to visit with great friends. See you there!
10:00am – 11:00am Limit of 20 Attendees ON YOUR OWN

APRIL 18 (THURSDAY): CULINARY RUN – CARRABBA'S

7275 Corporate Blvd, Baton Rouge, LA 70809 Personal Transportation
Carrabba's offers authentic Italian cuisine passed down from their founders' family recipes. You can enjoy signature dishes, including Chicken Bryan, Pollo Rosa Maria, Wood-Fire Grilled Steak and Chops, and classic Italian Pasta dishes.
11:00am - 1:00pm Limit of 25 Attendees ON YOUR OWN

APRIL 25 (THURSDAY): MOVIE REVIEW – "WE GROWN NOW"

AMC Theater located at 16040 Hatteras Ave, Baton Rouge, LA 70816 Personal Transportation
In 1992 Chicago, as Michael Jordan solidifies himself as a champion, a story of two young legends in their own right begins. As wide-eyed and imaginative best friends Malik and Eric traverse the city, looking to escape the mundaneness of school and the hardships of growing up in public housing, their unbreakable bond is challenged when tragedy shakes their community just as they are learning to fly.
\$7.36 (includes tax) and enjoy a snack pack at the cost of \$6.00.
10:00am Limit of 75 Attendees ON YOUR OWN

APRIL 29 – MAY 2 (MONDAY – THURSDAY): ROAD TRIP - BLUE BELL SPRING FLING

Let's begin our descent on the grounds of NASA Space Center in Houston, TX. The center features more than 400 space artifacts, exhibits, experiences and theaters related to the exciting future and remarkable past of America's human space-flight program. The experience is designed to engage adults and children alike. We then all scream for Ice Cream at the Blue Bell factory in Brenham, TX. We will tour the ice cream factory and get the scoop on how Ice Cream is produced. After the tour, we will get treated to a delicious scoop of their very own ice cream. Shopping, did someone say "Shopping"? You can shop till you drop and start all over again. We will spend the day at one of the most unique shopping districts that has two malls – the Premium Outlets and the Tanger Factory Outlet Center. Combined the two adjacent malls have more than 240 stores.

Minimum of 35 Passengers. \$839-Single \$608-Double \$529-Triple \$494-Quad
Contact Tours by Aurora for reservations. 504-914-7209 or email: aurora.tours21@gmail.com

UPCOMING EVENTS:

MAY 10 (FRIDAY): TEA PARTY

UPCOMING TRIPS:

APRIL 29 – MAY 2 (MONDAY – THURSDAY): BLUE BELL SPRING FLING

AUGUST 18 – 25 (SUNDAY–SUNDAY): EXTENDED TRIP – 7 DAY WESTERN CARIBBEAN CRUISE

SEPTEMBER 6 – 14 (FRIDAY – SATURDAY): EXTENDED TRIP – CRUISE TO ALASKA

NOVEMBER OR DECEMBER: GATLINBURG AT CHRISTMAS



We are still collecting gently used books, media, and craft items for injured recruits in our country's military basic training installations. The items are shipped to military basic training facilities for injured recruits in medical rehabilitation units. Please bring your items to the GO office.

**Our Departure for Baton Rouge trips is always at the following location unless noted otherwise.
17050 Medical Center Dr, Baton Rouge, LA 70816, in front of the Cancer Center**

All mail should be sent to:

Ochsner 65Plus - Golden Opportunity - 7949 Jefferson Hwy, Suite B - Baton Rouge, LA 70809

A dedicated telephone line has been set up with Ochsner Scheduling Department for GO members to schedule medical appointments without any delays. **Baton Rouge: 225-761-5824**

****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:

Cassie Broussard, Program Coordinator
cabroussard@ochsner.org
Golden Opportunity
225-755-4984 office

Ochsner 65Plus
7949 Jefferson Hwy, Suite B
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