

Baton Rouge Calendar of Events

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

June is Men's Health

Please wear BLUE to all GO events to show support for Men's Health.

RSVP REQUIRED FOR ALL EVENTS

Please check your email often. There may be instances when unexpected and exciting activities, or information may 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: www.ochsner.org/gologin



EVERY MONDAY & FRIDAY: CHAIR YOGA / WEDNESDAY: TAI CHI

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Instructor: Katherine Belou, Ochsner Health Coach. Exercising regularly helps your body's sleep-wake cycle and promotes better sleep. Chair Yoga & Tai Chi benefits include improved strength & balance, helps arthritis, reduces joint pain, and decreases fear of falls.

10:30am – 11:30am

Limitation of Each Event Varies

FREE

***Lifestyle habits have a profound impact on your brain health, and risks for memory decline can be controlled. The Building Better Brain Health is a 4-week series listed below and the series will cover the foundations of brain health and tips for helping keep your brain functioning well.**

***JUNE 2 (MONDAY): BUILDING BETTER BRAIN HEALTH – MENTAL AND SOCIAL ACTIVITY**

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Candice Carr, Humana Representative. Being socially active is linked to better mental health and well-being by way of establishing new relationships, providing opportunities for social support, and fostering a sense of belonging within a community.

1:00pm – 3:00pm

Limit of 40 Attendees

FREE

***JUNE 9 (MONDAY): BUILDING BETTER BRAIN HEALTH – BRAIN HEALTHY DIET**

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Candice Carr, Humana Representative. Eating a healthy, balanced diet that includes these brain-supportive foods may help to keep your memory, concentration, and focus sharp.

1:00pm – 3:00pm

Limit of 40 Attendees

FREE

JUNE 10 (TUESDAY): DAY TRIP – STORYVILLE & FRENIER LANDING RESTAURANT

1010 Conti St, New Orleans, LA 70112

This Museum is dedicated to the storied history of New Orleans, America's original sin city and its notorious Red-Light district known as Storyville. Over 7,000 square feet of engaging, immersive, and interactive exhibits located in the French Quarter. Lunch will be at Frenier Landing Restaurant & Oyster Bar. Choose from Seafood Gumbo, Fried Catfish, Blackened Chicken Alfredo Pasta, Mashed Potatoes & Cheesecake.

Bus Pick-up Address 17050 Medical Center Drive, Baton Rouge, LA 70816

Departure: 7:15am/Return: 3:30pm Limit of 50 Attendees

\$90pp

JUNE 13 (FRIDAY): COFFEE BEAN CAFE

12177 Coursey Blvd, 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. See you there!

10:00am – 11:00am

Limit of 20 Attendees

ON YOUR OWN

***JUNE 16 (MONDAY): BUILDING BETTER BRAIN HEALTH – SLEEP / RELAXATION/ PHYSICAL ACTIVITY**

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Candice Carr, Humana Representative. The association between physical activity and sleep quality can be attributed to several mechanisms, including the release of endorphins, which can lower stress and anxiety, resulting in improved relaxation, and better sleep.

1:00pm – 3:00pm

Limit of 40 Attendees

FREE

JUNE 17 (TUESDAY): THE PATIO - THE TEX-MEX FUSION

7655 Old Hammond Hwy, Baton Rouge, LA 70806

Personal Transportation

The Patio offers Tex-Mex favorites with a twist. The menu is full of Tex-Mex restaurant staples like cheese-smothered enchiladas, sizzling fajitas, deep-fried chimichangas, and sugary flan. But some items are unique to the eatery, like The Patio Torta, a Mexican-style burger made using a blend of fajita beef and chorizo.

11:00am – 1:00pm

Limit of 25 Attendees

ON YOUR OWN

JUNE 19 (THURSDAY): MOVIE - TBA

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

Personal Transportation

Pay \$6.92 at the theater and enjoy a snack pack for \$5.50 (drink, popcorn).

10:00am

Limit of 75 Attendees

ON YOUR OWN

***JUNE 23 (MONDAY): BUILDING BETTER BRAIN HEALTH – HEALTH MANAGEMENT**

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Candice Carr, Humana Representative. Look after your health by watching what you eat, being physically active, having an active social life, and getting plenty of rest.

1:00pm – 3:00pm

Limit of 40 Attendees

FREE

JUNE 26 (THURSDAY): LUNCH BOX SERIES – MANAGING HIGH BLOOD PRESSURE AFTER HEART ATTACK AND STROKE

Ochsner 65 Plus Community Room, 7949 Jefferson Hwy #B

Personal Transportation

Speaker: Jordan O'Flynn, PharmD with Ochsner Digital Medicine. More than 1 in 4 patients will experience another cardiac event after a heart attack or stroke, but patients can reduce the risk of another event by working together with their health care teams and prioritizing a heart-healthy lifestyle. As the Senior Clinical Pharmacist with the Digital Medicine Program, Jordan specializes in proactive that health management in patients with chronic disease to optimize lifestyle and medication therapy. In honor of National Men's Health Month, bring your lunch and join us in person to learn more on this important topic. It just might save the life of someone you know! If you'd prefer to join via zoom, email or call the office and I will send you the link to join us from home.

12:00pm

Limit of 40 Attendees

FREE

**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**

Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner Scheduling Department. Baton Rouge: 225-761-5824

Ochsner On Call: A 24/7 free nurse care line for non-life-threatening issues, the number is 1-800-231-5257.

****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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Scan QR Code for
the GO website.