June 2025

South Shore Calendar of Events

Golden Opportunity, Celebrating 25 Years of Healthy Lifestyles

June is Men's Health Month.

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

RSVP RQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, Month Day at 8:00am on the CLOUD. Scan the gr code to the right to access the cloud, our online registration system, or type the following into your search engine: www.ochsner.org/gologin

Mail South Shore Registrations to the address below, it is also the pickup location for Day Trips: Ochsner 65 Plus – Attn: Golden Opportunity – 7060 Veterans Memorial Blvd. – Metairie, LA 70003

***EVERY MONDAY: CHAIR PILATES / EVERY WEDNESDAY: STRENGTH & STRETCH

Ochsner 65 Plus at 7060 Veterans Memorial Blvd, Metairie LA **Personal Transportation** Instructor: Celeste Raibstein, Ochsner Health Coach. Chair Pilates is a gentle, low-impact exercise that helps build a strong core and combats the natural decrease in muscle mass that comes with aging. It helps you become more mobile and balanced. Stretching and strength-building exercises can help maintain flexibility, stability, and independence. (Classes begin Month Day, sign up on the cloud or call the GO office.) 11:00am - 12:00pm Limit of 10 Attendees FREE

***JUNE 3, 10, 17, 24 (TUESDAY): BUILDING BETTER BRAIN HEALTH

7060 Veterans Memorial Blvd. Metairie LA 70003 Personal Transportation Speaker: Candice Carr, Health Educator with Humana. This 4-week series will cover optimizing brain health. Week 1 – June 3: How The Brain Works/Mental And Social Activities Week 2 – June 10: A Brain-Healthy Diet Week 3 – June 17: Sleep And Relaxation Week 4 – June 24: Physical Activity & Health Management 10:00am - 12:00pm Limit of 30 Attendees FREE

***JUNE 9 (MONDAY): CHEF NINO DEMONSTRATION

Ochsner 65 Plus, 7060 Veterans Memorial Blvd, Metairie LA 70003 Personal Transportation Chef Nino is stirring things up with a "dash of Dis, a few giggles, and whole lot of Dat." 10:30am - 11:30am Limit of 40 Attendees FREE

***JUNE 14 (SATURDAY): DAY TRIP – NEW ORLEANS WINE & FOOD EXPERIENCE – GRAND TASTING

The Grand Tasting at NOWFE showcases wines from around the world and food served by New Orleans Finest Chefs. The Golden Opportunity wine connoisseurs amongst us will take pleasure in the opportunity to meet winemakers, ask questions, and taste special appellations from across the globe. GO Novice wine drinkers will simply enjoy the experience of trying many new wines and learning what they like about different styles. All attendees can wander the event floor at the New Orleans Convention Center and appreciate the prospect of chatting with well-known and up-and-coming chefs in the culinary world. 2:15pm/7:00pm Limit of 23 Attendees \$195pp



VOchsner





Scan QR Code for the GO website.

***JUNE 19 (THURSDAY): PORTER & LUKE'S RESTAURANT

1517 Metairie Road | Metairie LA 70005 Personal Transportation Porter & Luke's is a Metairie treasure with great selections from: Italian, Creole, Cajun as well as traditional New Orleans Cuisine. The menu features a variety of classics, like Fried Green Tomatoes, Pecan Crusted Catfish, and BBQ Shrimp, along with some healthier options, like Grilled Chicken. Come out and enjoy lunch. 12:00pm – 2:00pm Limit of 30 Attendees ON YOUR OWN

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

7060 Veterans Memorial Blvd, Metairie LA 70003

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 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. Limit of 30 Attendees FREE 12:00pm

***JUNE 27 (FRIDAY): BOOK CLUB

Personal Transportation 5860 Citrus Blvd Ste A, Harahan, LA Join "GO" friends to discuss this month's book: The House Maid by Freida McFadden, share your thoughts and enjoy a delicious breakfast. 10:00 am - 11:00 am Limit of 30 Attendees ON YOUR OWN

UPCOMING DAY TRIPS

AUGUST 2025: WWII MUSEUM SEPTEMBER 2025: PERFUME MAKING AT TIJON, COURT OF TWO SISTER & HNOC OCTOBER 2025: COOKING SCHOOL, FRENCH MARKET & NO JAZZ MUSEUM DECEMBER 2025: DINNER AT TABLEAU & CHRISTMAS CONCERT AT CATHEDRAL DECEMBER 16, 2025: TEA AT WINDSOR COURT & HOTEL LOBBY HOPPING

UPCOMING ROAD TRIPS/EXTENDED TRIPS

OCTOBER: 10 - 25, 2025: NCL NYC TO NEW ORLEANS, 10 CARIBBEAN PORTS AND NYC PRE-CRUISE NOVEMBER 2025: DISCOVER LOUISIANA, PART 2 (SOUTH LOUISIANA) DECEMBER 2025: FOLEY, AL - TANGER OUTLET MALL & OLD TIME POTTERY MARCH 2026: SAN ANTONIO, FREDICKSBERG, SAN MARCOS MAY 16 - MAY 30, 2026: BEST OF LONDON, PARIS, BARCELONA, LISBON OCTOBER 1 – 14, 2026: VIKING RIVERBOAT - DANUBE WALTZ-PRE-CRUISE OCTOBERFEST IN MUNICH

Schedule Medical Appointments without delays using the GO dedicated phone line with the Ochsner Scheduling Department. South Shore: 504-842-6538

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, 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:

Sandra Pierre-Kazi, Program Coordinator sandra.pierrekazi@ochsner.org 504-429-2634 office ochsner.org/go

Ochsner 65 Plus Clinic Golden Opportunity 7060 Veterans Memorial Blvd. Metairie, LA 70003



Personal Transportation