

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 REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***) available Monday, Month Day at 8:00am on the CLOUD. 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



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
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
Personal Transportation
FREE

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

7060 Veterans Memorial Blvd, Metairie LA 70003
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
Personal Transportation
FREE

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

Ochsner 65 Plus, 7060 Veterans Memorial Blvd, Metairie LA 70003
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
Personal Transportation
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

