

Last Reminder: 2019 Renewal Fee of \$15 per Person is Due.

March 6 (Wednesday): LET'S TALK: "Clinical Trials at the Pennington BioMedical Research Center"

Presented by: Pennington BioMedical Research Center

Pennington Biomedical will discuss the center and everything that they have to offer, along with their current trials. For example, PBMC will discuss their new research REALPA. This study will evaluate if 3 different physical activity programs, tailored to older adults, can help improve muscle strength and lower the risk of developing heart disease, type 2 diabetes, and other chronic health conditions. Compensation of up to \$500.00 is offered for the completion of this study. Come hear other studies that are being presented at the PBMC. Snack served 9:00 am – 10:00 am
Hospital Classroom **RSVP REQUIRED**

March 13 (Wednesday): CULINARY RUN: "Batch 13"

4957 Essen Ln, Baton Rouge, LA 70809 (located inside Copeland's Restaurant)

We will meet at the restaurant to simply enjoy a great lunch and great company. Arrival Time: 11:00 am

RSVP REQUIRED

March 14 (Thursday) MOVIE REVIEW: "A Madea Family Funeral"

AMC THEATER 16040 Hatters Drive

Please pay at the Movie Theater

GO members will meet at the theater at 9:30 am

\$5.00 per person - admission \$4.00 per person – small drink & small popcorn & fruitie tootie snack.

A joyous family reunion becomes a hilarious nightmare as Madea and the crew travel to backwoods Georgia, where they find themselves unexpectedly planning a funeral that might unveil unsavory family secrets. **RSVP REQUIRED**

March 20 (Wednesday): BREAKFAST BUNCH: "Lighthouse LA Services"

Presented by: Patricia Ladut, Outreach Manager

Lighthouse LA will educate us about services available for vision loss and hearing loss. They offer a variety of vision rehabilitation services, deaf and hard of hearing services, employment services for people with all disabilities, and have a visual-aids retail store. The services are no cost for area residents. In addition, through their relationship with Louisiana Commission for the Deaf, they administer a state-funded hearing aid program for low-income Louisiana residents over 50. Snack served 9:00 am – 10:00 am Hospital Classroom **RSVP REQUIRED**

March 21 (Thursday) ROAD TRIP: "Bellingrath Gardens"

Mobile, Alabama

Bus Departs Ochsner Plaza II: 7:00 am

Return Time: 5:30 pm

\$70.00 per Person (Includes admission to the gardens, tour of the home, lunch, and transportation)

Bellingrath Gardens and Home is the 65-acre public garden and historic home of Walter and Bessie Bellingrath, located on the Fowl River near Mobile, Alabama. Walter Bellingrath was one of the first Coca-Cola bottlers in the Southeast, and with his wealth built the estate garden and home. He and his wife, Bessie, lived in the home which has since been converted into a museum. The gardens opened to the public in 1932. Lunch on the grounds at the Magnolia Café. Menu Choices: Entrée: Classic or Vegetable Lasagna (both choices will be on the menu) Vegetable (Choose One): Pole Beans, Green Bean, Broccoli, Peas or Corn Beverage: Coffee, Tea or Water or if anyone would prefer a sandwich rather than your lunch choice they may opt for: Ham, Turkey, Tuna Salad, Chicken Salad, Roast Beef or B.L.T. Club Sandwiches served with chips, lettuce, tomato and pickle spear. Or the Salad Trio Plates (includes your choice of Chicken Salad, Tuna Salad or Shrimp Salad with Broccoli Salad and Fruit Salad) Chicken Salad Trio Plate or Tuna Salad Trio Plate or Shrimp Salad Trio Plate. **RSVP REQUIRED**

March 26 (Tuesday): LET'S TALK: "Peoples Health Network"

Presented by: Nancy Angelly

PHN would like to present an overview of their 2019 benefits and how to order over-the-counter items.

Snack served 9:00 am – 10:00 am Hospital Classroom

RSVP REQUIRED

UPCOMING EVENTS:

Road Trip: New Orleans Audubon Zoo

Wednesday, April 3, 2019

\$35.00 per person (includes transportation, zoo admission and zoo tram – lunch on your own)

Road Trip: Natchez Murder Mystery

May 1 – 2, 2019

Details are not a mystery:

Day one

A tour of Natchez, including Elms Court & Choctaw Hall Mansions; Frogmore Plantation tour; Murder Mystery Dinner at Glenfield Plantation and our overnight accommodations at the Magnolia Bluff Hotel.

Day two

Tour of Historical Jefferson College, Brandon Hall Plantation and Old South Winery; tour Glenfield Plantation with lunch.

Single: \$444 Double: \$378 Triple: \$358 Quad: \$348

If you would like to help the following organizations, you may bring your donations to the GO office.

Hope Ministries needs men, women and children clothing and shoes for the homeless. Also needed are light blankets or bedspreads. Please no sheets, pillowcases or comforters.

Seventh-Day Adventist Church needs the following for their school:

Community Coffee Scanner Bar Code, box tops for Education (found on: Betty Crocker Products, Green Giant products), and Labels for Education (found on Glad Products, etc.).

Shriners Hospital for Children- we can help by participating in the *Pull Tab Collection Program*. Pull tabs are the aluminum tops from cans of soda and other beverages.

NOTE:

- When a fee is involved, the fee must be received within 5 days of making the reservation to confirm your seat.
- Please check availability with the GO office before mailing a check.
- You are not scheduled for the event until the check is received.
- Please submit separate checks for events.
- All road trips are non-refundable.

For more information on upcoming trips, activities, meetings, to submit a suggestion or to make a reservation, please call or email me:

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