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## January 2023 Newsletter

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### **Senior Spirit Contact Information**

Senior Spirit's email address is: [seniorspirit@wbrCouncil.org](mailto:seniorspirit@wbrCouncil.org)

Senior Spirit's telephone number is 225-215-5290.

Senior Spirit's address is 235 Elaine Street, Brusly.

WBR Parish Senior Spirit ([listserv@civicplus.com](mailto:listserv@civicplus.com)).

If you are having trouble receiving our newsletter via email, please call us.

**To view the newsletter online, please visit the W.B.R.**

Parish website: [wbrparish.org](http://wbrparish.org)

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**HAPPY NEW YEAR FROM WBR  
SENIOR SPIRIT AND PARKS AND  
RECREATION!**

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**Time Change for Nighttime Bouree**

On Monday, January 23, Nighttime Bouree will begin at 4:00pm and conclude at 7:00pm. This game will be played on the fourth Monday of every month. To join in the game, please contact Sonya Boudreaux (225-772-0958).



**Ways to Stay Active in WBR!**

**WBR Museum Yoga Workshop:**

January 31 from 6:00-7:30pm

All ages and skill levels are welcome. Please bring a yoga mat and wear comfortable shoes. Please don't eat one hour before the class.



**Pickleball at WBR Parks & Recreation**

This game is played at the Port Allen Community Center every Tuesday morning from 9:00am-12:00pm or on Wednesday night from 5:00pm-9:00pm. All are welcome!

**WBR Library Line Dance Classes:** January 12 & 24 from 6:00-7:45pm

Please register online for each class separately ([www.wbrpl.com](http://www.wbrpl.com)); space is limited.

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**Battle of New Orleans Commemoration Week  
January 6-8, 2023**

To enjoy this historical week in St. Bernard parish,  
go to: [visitsbernard.com](http://visitsbernard.com) or call 504-278-4242.

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### **WBR Museum Historical Happy Hour**

January 20 from 6:00-8:00pm

You will enjoy the blues tunes of Miss Mamie, Smokehouse Porter, and the Gutbucket Blues Band and celebrate the opening of the Black Artist's Network exhibition. The exhibit of Ron's Retro honors Ronald Kennedy, who has been featured numerous times at SugarFests over the years. The exhibit will be available to view through March 19.



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### **Recurring Activities**

#### **Silver 'N Fit (Aerobics, Weights & Strength)**

- Every Monday, Wednesday & Friday
- 9:00 AM to 9:30 AM
- WBR Senior Center
- Carolyn Blanchard (225) 223-3707 & Sonya Boudreaux 772-0958

#### **Bouree - Daytime**

- Second Thursday of the month (**January 12**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

#### **Bouree - Nighttime**

- Fourth Monday of the month (**January 23**)
- 4:00 PM to 7:00PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

#### **Bridge - Second Friday**

- Second Friday of the month (**January 13**)
- 10:00 AM
- WBR Senior Center

- Babs Babin (225) 749-2518

### **Bridge - Tuesday Night**

- Every Tuesday of the month
- 6:00 PM
- Brusly Town Hall
- Babs Babin (225) 749-2518

### **Corn Hole**

- Tuesday of the month (**CANCELLED in January**)
- 6:00 PM
- Alexander Park
- Sonya Boudreaux (225)772-0958

### **Competitive Team Bridge**

- Fourth Friday of the month (**January 27**)
- 10:00AM
- WBR Senior Center
- Elisa Tubbs (225)456-7000

### **Mexican Cardinal Train Dominoes**

- Every Monday of the month
- 1:00 PM
- WBR Senior Center
- Sue Gauthreaux (225) 454-2609

### **Hand & Foot Canasta**

- Every Wednesday of the month
- 12:00 PM to 3:00 PM
- WBR Senior Center
- Joyce Barbier (225) 383-0232 or Julie Prejean (225) 776-4433

### **Pokeno**

- Second Tuesday of the month (**January 10**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225)772-0958

### **Tripoli**

- Third Tuesday of the month (**January 17**)
- 1:00 PM to 4:00 PM
- WBR Senior Center

- Virgie Fabre (225) 485-4358

## Quilting

- Every Thursday of the month
- 9:00 AM
- WBR Senior Center
- Joan Sharon (225) 749-8327

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