



May 2023 Newsletter

Senior Spirit Contact Information

Senior Spirit's email address is: 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).

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



HAPPY MOTHER'S DAY FROM SENIOR SPIRIT AND PARKS AND RECREATION!

A Note from Paige

Hello Everyone! Since Senior Spirit's inception, it has had wonderful leaders so needless to say I have some very big shoes to fill and I'll be learning from all of you. Traveling is one of the things I enjoy most so I hope you are willing to join me on some adventures. I look forward to meeting you all! Laissez les bons temps rouler!!



Ways to Stay Active in WBR!

WBR Museum Yoga Workshop:

The May workshop only, will be held a week early on May 23 from 6:00pm-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 Museum

The WBR Museum is the new permanent host for the Cajun French Music Association's Le Jam. This fun event will be held on the 3rd Sunday of every month from 3:00pm-5:00pm. Enjoy live music, singing and dancing, and guests are encouraged to participate!

Get Ready to Play Cards!

The West Baton Rouge Museum's Christmas in July Card Party will be held, Monday, July 24, from 10:00am-3:00pm, in the West Baton Rouge Community Center in Port Allen. This party benefits the West Baton Rouge Historical Association. Games such as Bridge, Hand & Foot Canasta, Shanghai Rummy, Sequence, Bouree, and other games are welcome. Registration fee is \$30.00 and includes one free Mimosa, muffins and coffee in the morning, and a full lunch with dessert. If you have any questions or would like to register, contact Amanda Moak at 300-4374 or 336-2422.

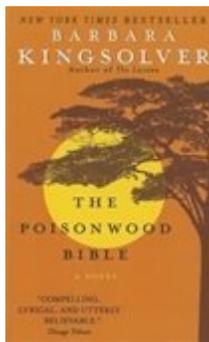


New Orlean Bus Trip Information

The date for our New Orleans bus trip, to visit Longue Vue home and gardens, is set for Thursday, October 19. The cost of the trip is \$80.00 per person and includes both a guided tour of the home and gardens, and lunch at Porter and Luke's. If time permits, we will walk around City Park. We will take the first 50 people who register so please call Senior Spirit at 225-215-5290 to register. More information and itinerary to come!

Le Cafe' Francais

The museum hosts this program as part of its cultural offerings, for those who speak French, are learning French, or simply support the French language and culture in Louisiana. Speakers of any dialect or skill level are welcome. It is free of charge and open to the public. It is held on the first Friday of every month at 1:00pm.



Book of the Month

Hey book lovers! Did you know we have a book club at the WBR Parish Library? The club meets on the third Saturday of every month from 11:00am-12:30pm in the library's meeting room. The date for this month is May 20. The book of the month for May is **The Poisonwood Bible** by Barbara

Kingsolver. This best selling, award winning novel is about a missionary family who in 1959 moved from Georgia to the village of Kilanga in the Belgian Congo. It's genre is historical fiction and domestic fiction. Even if you can't meet for the book club, enjoy these monthly selections from the library.

Addis Rockin' on the Railroad

The last concert of the season will be on May 12 at 5:30pm. Bring a chair and enjoy an outdoor evening while listening to music from the Band Capital City Soul. The Addis Historical Museum will also be open for visitors during this fun event.



Morley Marina Bands

**Come dance and listen live music every Sunday, 5:00pm-9:00pm,
at Morley Marina along the Intracoastal Waterway in Brusly This
month's bands are:
May 7- Magic Merlin
May 14- Loose Change
May 21- Kenny Fife
May 28- 2am**



**HAVE A SAFE AND HAPPY
MEMORIAL DAY FROM SENIOR
SPIRIT AND PARKS AND
RECREATION!**

Support Groups

The following are support groups in our area:

**Alzheimer's Caregiver Support Group meets every second
Monday from 10:00am-1:00pm at St. John the Evangelist Church,
57805 Main Street, Plaquemine.**

**Healing Hearts Grief Share Support Group meets at the Church
at Addis each Thursday evening at 6:30pm. The church is
located at 6781 LA Highway 1 South, Addis. Meetings re held in
the Club 456 room.**

Recurring Activities

Silver 'N Fit (Aerobics, Weights & Strength)

Every Monday, Wednesday & Friday
9:00 AM to 9:30 AM
WBR Senior Center
Alice LeBlanc 937-1155

Bouree - Daytime

Second Thursday of the month (**May 11**)

1:00 PM to 4:00 PM

WBR Senior Center

Sonya Boudreaux (225) 772-0958

Bouree - Nighttime

Fourth Monday of the month (**May 22**)

4:00 PM to 7:00PM

WBR Senior Center

Sonya Boudreaux (225) 772-0958

Bridge - Second Friday

Second Friday of the month (**May 12**)

10:00 AM

WBR Senior Center

Lucy Landry (225) 749-2981

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 (**Canceled until the Fall**)

6:00 PM

Alexander Park

Sonya Boudreaux (225)772-0958

Competitive Team Bridge

Fourth Friday of the month (**May 26**)

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
Julie Prejean (225) 776-4433

Pokeno

Second Tuesday of the month (**May 9**)
10:00 AM to 1:00 PM

WBR Senior Center
Sonya Boudreaux (225)772-0958

Tripoli

Third Tuesday of the month (**May 16**)
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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