

September 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 LABOR DAY FROM SENIOR SPIRIT AND PARKS AND RECREATION!

The history behind Labor Day is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being. It has been a National holiday since 1894. President Grover

Cleveland signed the law that Congress passed designating the first Monday in September a holiday for workers.

Let's Dance

WBR Parks and Recreation is excited to be sponsoring the West Baton Rouge Senior Spirit Dances. These dances will be held the second Wednesday of every month. The first one will be held at the Addis Community Center on Wednesday, October 11 from 5:30pm-9:00pm, and there will be a \$5.00 admission fee. Music will be provided by "Classic Sounds by Jude." A selection of finger foods will also be provided. Please come out and dance the evening away!



November 8 will be the next Senior Spirit Dance at the Addis Community Center, and will be held from 11:30am-3:00pm. No dances will be held in December and January. Please continue to read the newsletter for more information in the coming months.



St. John the Baptist News

The Feast on the Levee is scheduled for Sunday, October 8 on the grounds of the church and the activity center. There will be food and lots of fun for everyone! If you would like to volunteer, buy a regular raffle or super raffle ticket, please call the church office at 225-749-2189.

The Card Party is set for Monday, October 30 in the activity center. The usual variety of card games, as well as pokeno, and dominos games are welcome.

There are forms available at the church office and at the WBR Senior Center to sign up. If you have any questions, please call Terry Guidry at 413-5418 or Stacy Gauthreaux at 439-2282.



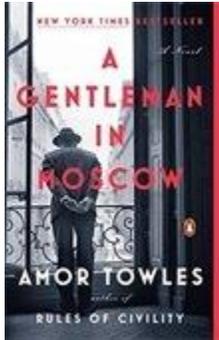
Longue Vue Home and Gardens Bus Trip Information

Our New Orleans bus trip to Longue Vue Home and Gardens will be on Thursday, October 19, and the bus is almost full. The cost of the trip is \$80.00 per person and includes a guided tour of both the home and gardens, and lunch at Porter and Luke's. We also plan to visit City Park if time permits. A Hotard

bus will depart St. John the Baptist Catholic Church parking lot at 7:00am to take us to New Orleans, and the bus will return to St. John the Baptist parking lot at 5:00pm. Please call Senior Spirit at 225-215-5290 to register by September 15. Once registered, please make checks payable to Senior Spirit, and mail to Paige Currie, 3635 Allene Street, Brusly, LA 70719. You can also bring your payment to Dana Babin at St. John the Baptist Catholic Church office.

How Sweet It Is

Sugarfest will be held on Sunday, October 1 at the WBR Museum from 11:00am-4:00pm. This annual celebration of sugarcane harvest has been held since 1995, and is free and open to the public. Sugarfest provides visitors an opportunity to learn about local culture, music, and history. The museum will be open for those who would like to peek inside. There will also be demonstrations of sugarcane cutting, grinding, and cane syrup boiling.



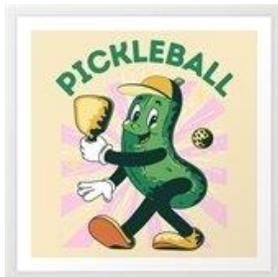
As The Pages Turn Book Club

A Gentleman In Moscow, written by Amor Towles, is a novel about a man who is ordered to spend the rest of his life inside a luxury hotel. In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an unbeatable man of education and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian

history are unfolding. This book has it all, humor, history, and a fascinating cast of characters.

Show The Young People How It's Done

The Oldies But Goodies Fest is September 9 and 10 on the grounds of the WBR Tourist Information and Conference Center, 2750 North Westport Drive Port Allen, LA 70767. There will be a BBQ cook-off, antique car show, crafters, food vendors and live entertainment from That 70's Band and Justin Cornett Band. For more information, call 1-800-654-9701 or visit the website www.westbatonrouge.net



Stay Active in WBR Parish

Pickleball is played at the Port Allen Community Center every Tuesday morning from 9:00am-12:00pm and on Wednesday night from 6:00pm-9:00pm. Wear comfortable, athletic shoes. While some equipment is provided, you may want to bring your own. It's free and open to all WBR residents.

Cancellation

The program on Elderly Protective Services/Potential Scams in the Elderly, with guest speaker Darren Crochet, has been postponed to a later date. A new date and time will be in future newsletters.

WBR Museum Activities

- Yoga Workshop (last Tuesday of the month, September 26) from 6:00pm-7:30pm. Please bring a yoga mat and comfortable shoes. **DO NOT EAT ONE HOUR BEFORE CLASS.**
 - Cajun French Music Association's Le Jam (3rd Sunday of the month, September 17) from 3:00pm-5:00pm. Enjoy live music, singing and dancing. Guests are encouraged to participate.
 - Old Time Music Open Jam (2nd Sunday of the month, September 10) from 3:00pm-5:00pm. Anyone with an acoustic instrument is welcome to join in the fun and music. Everyone is welcome to sit back and enjoy listening to old time country, bluegrass, Cajun and folk tunes.
 - Le Cafe Francais (1st Friday of the month, September 1) at 1:00pm. This program is for those who speak French, are learning French, or simply support the French language and culture in Louisiana.
 - Behind the Barn Doors (1st Sunday of the month, September 3) from 2:00pm-5:00pm. Visitors can experience demonstrations of historic tools and techniques while exploring the historical machinery displayed at the barn.
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Morley Marina Bands

Come dance and listen to live music every Sunday, 5:00pm-9:00pm, at Morley Marina along the Intracoastal Waterway in Brusly. This month's bands are:

September 3 (Labor Day Weekend) - Racoon Band

September 10 - Magic Merlin

September 17 - 2 AM

September 24 - Kenny Fife

BANDS ARE SUBJECT TO CHANGE

Support Groups

The following are support groups in our area:

- Healing Hearts Grief Share Support Group meets at the Church at Addis each Thursday evening at 6:00pm. The church is located at 6781 LA Highway 1 South, Addis. Meetings are held in the Club 456 room.
 - If someone you love has Alzheimer's, there is help. Visit Alzheimer's Services of the Capital Area at alzbr.org. This organization offers practical caregiving techniques and support groups. Support groups are available online and in person.
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Information on Memory Care

[Caring.com](https://www.caring.com) is a leading care resource for family caregivers seeking information and support as they care for aging loved ones. For more information and their full website visit www.caring.com/senior-living/memory-care-facilities/louisiana

Recurring Activities

Silver 'N Fit (Aerobics, Weights & Strength)

- Every Monday, Wednesday & Friday
- 9:00 AM to 9:30 AM
- WBR Senior Center
- Alice LeBlanc (225) 937-1155

Bouree - Daytime

- Second Thursday of the month (**September 14**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree - Nighttime

- Fourth Monday of the month (**September 25**)
- 4:00 PM to 7:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bridge - Second Friday

- Second Friday of the month (**September 8**)
- 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
- Helen Gossman (225) 749-3898

Corn Hole

- Every 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 (**September 22**)
- 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 (**September 12**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Tripoli

- Third Tuesday of the month (**September 19**)
- 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