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## October 2023 Newsletter

### **Senior Spirit Contact Information**

Senior Spirit's email address is: [seniorspirit@wbrparish.org](mailto:seniorspirit@wbrparish.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 FALL Y'ALL FROM SENIOR SPIRIT AND PARKS AND RECREATION

### A Note From Paige: Bus Trip

I am excited to announce I have been working on a bus trip to Branson, Missouri! The bus will accommodate 55 people and will be a 3 night, 4-day trip April 9 - April 12, 2024. We will stay at Lodge of the Ozarks, which has a continental breakfast. Queen Esther at the Sight and Sound Theater, The Haygoods, and A Modern Tribute to Abba are the shows we will see as well as having meals at Paula Deen's restaurant and The Keeter Center at College of the Ozarks. There will also be an excursion at Top of the Rock Ozarks Heritage Preserve. This includes a tour of Lost Canyon Cave and Nature Trail on a 4 person golf cart and the Ancient Ozarks Natural History Museum as well as lunch overlooking the Ozarks. A midday trip to Branson Landing for shopping and lunch is also a possibility. The cost of the trip is \$640 per person, and deposits are needed for most of the activities. Please register and pay a deposit of \$300 by October 27 in order for me to make all the necessary reservations. To register or if you have any question, please call Senior Spirit at 225-215-5290. Let's go to Branson!



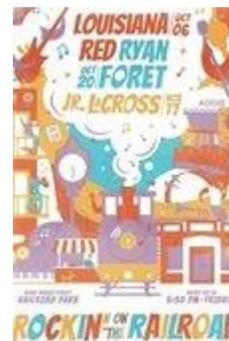
### Rockin' On The Railroad

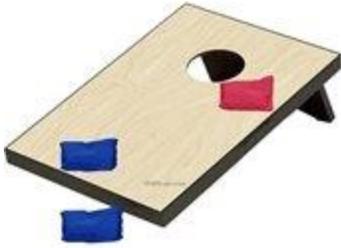
Join the fun in Addis for Rockin' On The Railroad. This fun event is held at Railroad Park, 4343 Harris Street Addis, LA 70710. It kicks off at 5:30pm, with live music. Below are the dates and bands:

Friday, October 6 - Louisiana Red

Friday, October 20 - Ryan Foret

Friday, November 17 - JR. LaCross





## Cornhole To Be Resumed

If anyone is interested in playing this fun game, please call Senior Spirit at 225-215-5290. In order for Cornhole to recommence, a head count needs to be obtained. The activity will be held on the 1st and 3rd Tuesday of the month at 5:00pm at Alexander Park, under the pavilion.

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## 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 and soft drinks will also be provided. No alcohol will be served.



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.



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## St. John the Baptist News

The Feast on the Levee is scheduled for Sunday, October 8 on the Church grounds and in the Activity Center. There will be food and lots of fun for everyone!

The annual 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. To register, please pick up a form at the Church office and registration deadline is October

23. If you have any questions, please call Terry Guidry at 413-5418 or Stacy Gauthreaux at 439-2282.

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## Longue Vue Home and Gardens Bus Trip Information

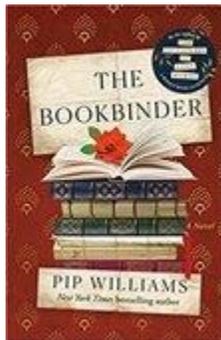
Our New Orleans bus trip to Longue Vue Home and Gardens is here! It will be on Thursday, October 19 and includes a guided tour of both the home and gardens, and lunch at Porter and Luke's. We also plan to visit City Park if time permits. A Hotard bus will depart St. John the Baptist Catholic Church parking 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. If you have registered to attend this outing and have questions, please call Senior Spirit at 225-215-5290. It will surely be a fun-filled day!

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## How Sweet It Is

Sugar Fest will be held on Sunday, October 1 on the WBR Museum grounds from 11:00am-4:00pm. There will be live music, art and artists, historical demonstrations, activities, and more! Pick up lunch from any of the food vendors, or support the WBR Historical Association by purchasing a \$10 ticket for a jambalaya fundraiser dinner, from the Jambalaya Shoppe in Port Allen. After lunch, feel free to peruse the Sweets Booth for a tasty treat. For information on purchasing tickets please call 225-336-2422 or email [amanda@wbrmuseum.org](mailto:amanda@wbrmuseum.org)

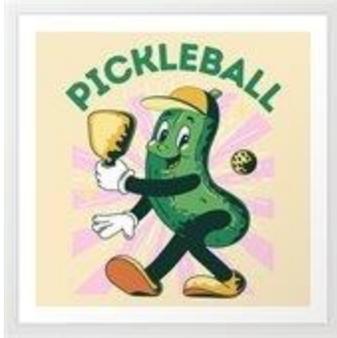


## As The Pages Turn Book Club

The Bookbinder by Pip Williams is set in 1914 Oxford, England during the Great War. This book revolves around twin sisters Peggy and Maude Jones who are twenty-one and live on a narrow boat in Oxford and work in the bindery at the university press. They have had this job since they were twelve. Peggy, an ambitious and intelligent woman, has been told most of her life that her job is to bind books, not read them. As she works, her mind wanders to Oxford's Somerville College where a whole library could be at her fingertips. Maude,

meanwhile, wants nothing more than what she has; to spend her days working in the bindery. She is extraordinary but vulnerable, and Peggy feels compelled to watch over her. Then refugees arrive from the war-torn cities of Belgium, sending ripples through the Oxford community and the sisters' lives. Peggy begins to see the possibility of another future where she can educate herself and use her intellect, not just her hands. But as war and illness reshape her world, her love for a Belgian soldier and the responsibility that comes with it, threaten to hold her back.

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## 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.

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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:

October 1 - Loose Change

October 8 - Raccoon Band

October 15 - George & Mitch

October 22 - Kenny Fife

October 29 - Magic Merlin

**\*Bands Are Subject To Change\***

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## 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](http://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](https://www.caring.com/senior-living/memory-care-facilities/louisiana)

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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
- Alice LeBlanc (225) 937-1155

### **Bouree - Daytime**

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

### **Bouree - Nighttime**

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

### **Bridge - Second Friday**

- Second Friday of the month (**October 13**)
- 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**

- First and Third Tuesday of the month
- 5:00 PM
- Alexander Park
- Sonya Boudreaux (225) 772-0958

### **Competitive Team Bridge**

- Fourth Friday of the month (**October 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
- Julie Prejean (225) 776-4433

**Pokeno**

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

**Tripoli**

- Third Tuesday of the month (**October 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

**WBR Museum**

- For information on all museum activities, visit [westbatonrougemuseum.org](http://westbatonrougemuseum.org)