



November 2023 Newsletter

Senior Spirit Contact Information

Senior Spirit's email address is: seniorspirit@wbrCouncil.org

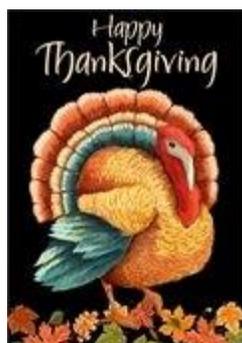
Senior Spirit's telephone number is 225-215-5290.

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 THANKSGIVING FROM SENIOR
SPIRIT AND PARKS AND RECREATION**

Thank You Veterans

West Baton Rouge Parish Veterans Parade will be held on November 5, 2023, in Downtown Port Allen at 1:30pm. This parade honors all veterans, past and present, for their service. Citizens, businesses and organizations pay tribute to all service men and women for their dedication to this nation. There is a special presentation at the end of the parade held at the West Baton Rouge Museum. Please show your support for these brave men and women.



Save The Date

Mark your calendars! The Senior Spirit Christmas Party will be held on December 3, 2023, at the Addis VFW Hall from 2:00pm-5:00pm. We will have appetizers, gumbo, rice, potato salad, and dessert. Entertainment will be provided by Classic Sounds by Jude. Please RSVP to Senior Spirit at 225-215-5290 by November 27. Let's kick off the holiday season by coming together for fellowship and lots of fun!

Christmas Activities In The Area

- The Town of Brusly will be lighting the town Christmas Tree on Friday, December 1, 2023, at St. James Park, 1000 E. Main Street. The celebration will begin at 5:30pm, and in addition to lighting the town's tree, there will also be holiday jump houses, face painting, live music, Santa and more.
- The West Baton Rouge Convention and Visitors Bureau will hold The Jingle Jeepin' Parade and Market on Saturday, December 2, 2023, from 12 noon until 10:00pm. The craft market will open at noon inside the beautiful WBR Convention and Visitors Bureau. Shop for your Christmas gifts and visit food vendors who will be serving up Louisiana goodness. Jeepers are invited to the WBRCVB grounds to decorate their jeeps for the parade and listen to the Classics by Jude. There will be an award for "Best Decorated Jeep" at 4:30pm and the parade rolls at 5:30pm. Wayne Toups takes the stage from 7:30pm-10:00pm. For more information contact WBR Convention and Visitors Bureau at 225-344-2920.



Enjoy these activities and kick-off the Holiday season with fun and excitement!

Branson Bus Trip

Lots of people have registered for the Branson Bus trip. The dates for the trip are April 9-April 12, 2024, which is Tuesday through Friday. The bus will accommodate 55 people, so let's "stuff the bus" with Senior Citizens!

Lodging - Lodge of the Ozarks, which has a continental breakfast.

Shows - Queen Esther at the Sight and Sound Theater, The Haygoods, and A Musical Tribute to ABBA.

Meals - Paula Deen's Restaurant, The Keeter Center at College of the Ozarks.

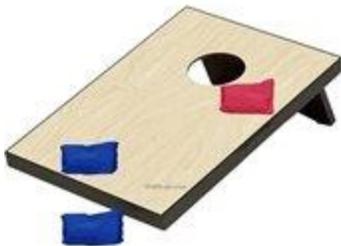
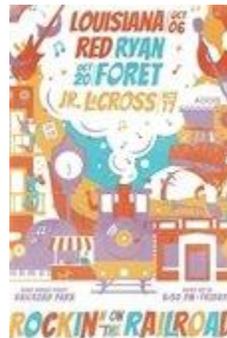
Excursions - Top of the Rock Ozarks Heritage Preserve which includes a tour of Lost Canyon Cave and Nature Trail all from the comfort of a 4-person golf cart. While there, we will also visit The Ancient Ozarks Natural History Museum as well as have lunch overlooking the Ozarks. A midday trip to Branson Landing for shopping and lunch is also a possibility.

The cost of the trip is \$640.00 per person. I was able to extend the deadline and a deposit of \$300 is needed by November 15 in order to make all necessary reservations. To register or to ask any question, please call Senior Spirit at 225-215-5290.

Once you have registered, write your check to Senior Spirit, and please drop off your payment at the Church office of St. John the Baptist in Brusly or mail to Paige Currie at 3635 Allene Street Brusly, LA 70719.

Rockin' On The Railroad

Join the fun in Addis for Rockin' On The Railroad. This is the last concert of the fall series and will be on Friday, November 17 at Railroad Park, 4343 Harris Street Addis, LA 70710. It kicks off at 5:30pm, with live music from JR. LaCross.



Cornhole News

At this time Cornhole will not recommence due to a delay in participation. It may be picked up at a later date if more people register. Please call Senior Spirit at 225-215-5290 if anyone is interested in this fun game.



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; however, there will be no dances held in December and January.

Pictures above were taken at our first dance held on October 11 in the Addis Community Center.

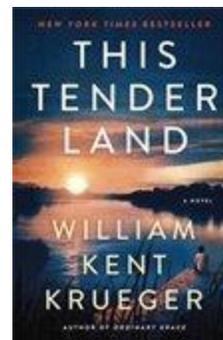
November 8 will be the next Senior Spirit Dance at the Addis Community Center, and will be held from 11:30am-2:00pm. Please come and enjoy delicious food and music by the Classic Sounds of Jude. No alcohol allowed.



As the Pages Turn Book Club

This Tender Land is a magnificent novel about four orphans on a life-changing journey during the Great Depression. In 1932 Minnesota, the Lincoln School is a pitiless place where hundreds of Native American children, forcibly separated from their parents, are sent to be educated. It is also home to an orphan named Odie O'banion, a lively boy whose exploits earn him the superintendent's wrath. Forced to flee, he and his brother Albert, their best friend Mose, and a brokenhearted little girl named Emmy steal away in a canoe, heading for the mighty Mississippi and a place to call their own. Over the course of one unforgettable summer, these four orphans will journey into the unknown and cross paths with others who are adrift, from struggling farmers and traveling faith healers to displaced families and lost souls of all kinds.

Review by *Lit Lovers*





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.

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:

November 5 - Double Shot

November 12 - Kenny Fife

November 19 - LA Rouge

November 26 - 2 AM

****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 you have any questions, please call the Church at 225-749-3756
- 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.

Information on Memory Care

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 (**November 9**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree – Nighttime

- Fourth Monday of the month (**November 27**)
- 4:00 PM to 7:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bridge - Second Friday

- Second Friday of the month (**November 10**)
- 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

Competitive Team Bridge

- Fourth Friday of the month (**November 24**)
- 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 (**November 14**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Tripoli

- Third Tuesday of the month (**November 21**)
- 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