



January 2024 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 NEW YEAR FROM SENIOR SPIRIT AND PARKS AND RECREATION

This Month In History

What happened in history 70 years ago, January 1954?

The first nuclear-powered submarine, the USS Nautilus, was launched in Groton, Connecticut, by First Lady of the United States, Mamie Eisenhower.

Topping the music charts were songs by Eddie Fisher with Hugo Winterhalter's Orchestra and Chorus called *Oh My Papa* and Tony Bennett with Percy Faith and his Orchestra called *Rag to Riches*.

Branson Bus Trip

The bus trip to Branson will be here before we know it! The dates for the trip are April 9-April 12, 2024, which is Tuesday through Friday.

For those going on the trip, **FULL PAYMENT IS REQUIRED BY JANUARY 15, 2024.** Please write your check payable to Paige Currie and place Senior Spirit on the line that says "for." You can 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.

Below are the activities for the trip. In the coming weeks, a detailed itinerary will be emailed to each person who registered.

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.

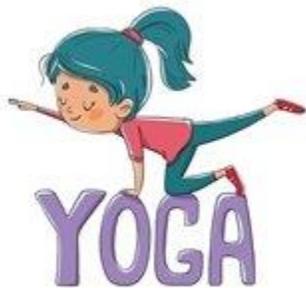
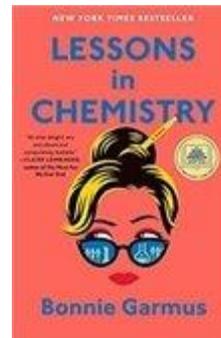
Excursions - Top of the Rock Ozarks Heritage Preserve which includes a tour of Lost Canyon Cave and Nature Trail all from the comfort of a 4-person golf cart.

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.

As the Pages Turn Book Club

This month's choice is *Lessons In Chemistry* by Bonnie Garmus. This book received awards such as Best Debut Novel of 2022 and Book of the Year by Barnes and Noble in 2022.

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all male team at Hastings Research Institute takes a very unscientific view of equality. Except for one, Calvin Evans. Calvin is a lonely and brilliant Nobel-prize nominated grudge holder who falls in love with, of all things, her mind. True chemistry results. But like science, life is unpredictable. Which is why, a few years later, Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show, *Supper at Six*. Elizabeth's unusual approach to cooking proves revolutionary. But as her following grows, not everyone is happy because, as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.



New Yoga Classes

Parks and Recreation and Senior Spirit are excited to announce Missy Devillier will be teaching Chair Yoga at The West Baton Rouge Senior Spirit Center on the 1st and 3rd Thursday of the month from 4:00pm-5:00pm. Please wear comfortable clothes, shoes, and bring a yoga mat. If you are not familiar with Yoga, don't worry, Missy will walk you through every step of the way.

Senior Spirit Dance

WBR Parks and Recreation is excited to continue sponsoring the monthly Senior Spirit Dances. The next dance will be held February 21, 2024 from 11:30am-2:00pm in the Addis Community Center, 7520 Hwy 1 South, Addis, LA 70710. There will be a \$5.00 admission fee. Food and drinks will be provided as well as music by "Classic Sounds by Jude." Please come out for a fun afternoon of dancing. No alcohol will be served.



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:

January 7 – 2 AM Band

January 14 – Raccoon Band

January 21 – Double Shot

January 28 – 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 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 (**January 11**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree – Nighttime

- Fourth Monday of the month (**January 22**)
- 4:00 PM to 7:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bridge – Second Friday

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

Competitive Team Bridge

- Fourth Friday of the month (**January 26**)
- 10:00AM
- WBR Senior Center
- Elisa Tubbs (225) 456-7000

Mexican Cardinal Train Dominoes (Canceled New Year's Day)

- 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 (**January 9**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Tripoli

- Third Tuesday of the month (**January 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

Yoga

- First and Third Thursday of the month (**January 4 and 18**)
- 4:00 PM
- WBR Senior Center

WBR Museum

- For information on all museum activities, visit westbatonrougemuseum.org