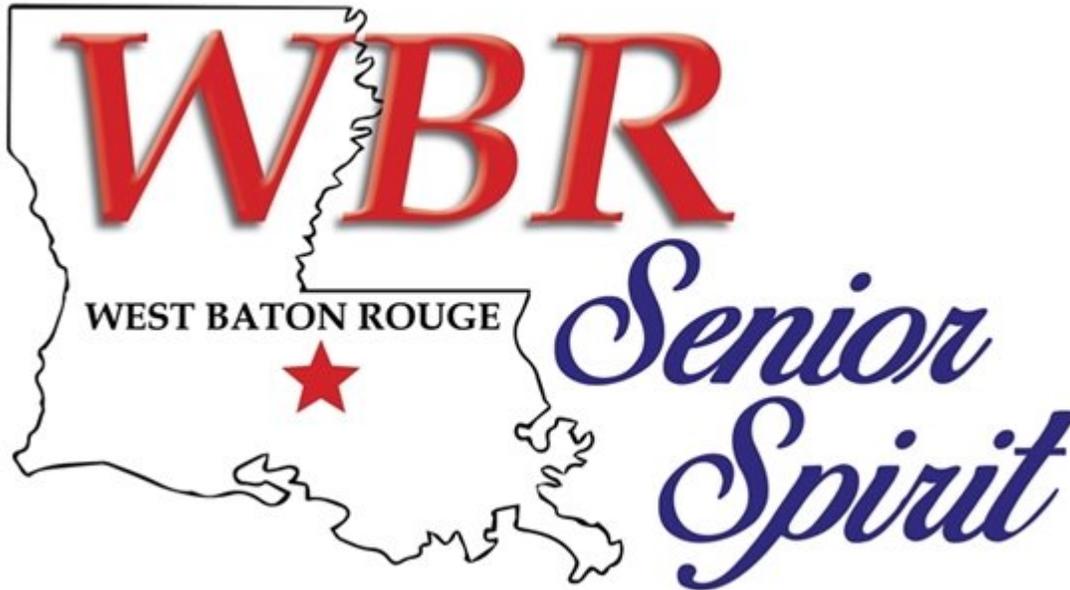


## Kiedi Mabile

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**From:** West Baton Rouge Senior Spirit <listserv@civicplus.com>  
**Sent:** Sunday, February 25, 2024 3:08 PM  
**To:** Kiedi Mabile  
**Subject:** March 2024 Newsletter



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## March 2024 Newsletter

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### Senior Spirit Contact Information

Senior Spirit's email address is: [seniorspirit@wbrcouncil.org](mailto: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](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 EASTER FROM SENIOR SPIRIT AND PARKS AND RECREATION

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### Every "Bunny" Is Welcome

The West Baton Rouge Museum and West Baton Rouge Parish Library are partnering to host the annual Easter Eggstravaganza. This old-fashioned spring celebration will be held on Sunday, March 24, 2024, from 2:00pm-3:30pm on the grounds of the WBR Museum. It is open to the public. Come out and enjoy an "eggstravagant" afternoon and don't forget to bring your basket for the egg hunt.



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### Pot Luck

There will be a pot luck supper on Wednesday, March 6, 2024, at 5:00pm in the Senior Center building. Local author and Brusly High teacher, Sarah Guillory, will be the guest speaker. She has written two books geared toward young readers, *Reclaimed* and *Nowhere Better Than Here*. Even though her books are for young readers, people of all ages enjoy them. Mrs. Guillory will speak of her books and what made her become an author. She will speak promptly at 5:30pm and supper will be right after. To register for the pot luck supper, please call Senior Spirit 225-215-5290 and also mention what dish you would like to bring. Senior Spirit will be providing the main dish.

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## Brusly Farmer's and Maker's Market

There will be a Farmer's and Maker's Market in St. James Park in Brusly, 1000 E. Main Street on Saturday, March 9 from 10:00am-3:00pm. A combination of produce, seasonings, honey, soap, and baked goods will be available for purchase. Music will be provided for listening and dancing enjoyment. Please come out and support your local businesses.

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## St. Joseph Altar

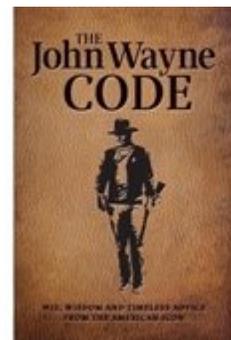
St. John the Evangelist Catholic Church in Plaquemine will be hosting its annual St. Joseph Altar on Sunday, March 17 in the KC Hall. The ceremony will begin at 11am and the meal at 12noon. If you would like to attend and have any questions, please call the Church office at 225-687-2402

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## As the Pages Turn Book Club

This month's book is *The John Wayne Code*.

John Wayne was more than a movie star. He was a symbol of everything good and decent about America, inspiring everyday people to reach just a little bit more and try a little bit harder. During his 72 years and more than 150 movies, John Wayne imparted a seemingly-endless amount of advice, wisdom and good old-fashioned common sense to his fans. In this book, that wealth of knowledge has been collected together for the first time by the people who loved and knew him best - his family and editors of the *Official John Wayne Collector's Edition Magazine*. *The John Wayne Code* is filled with the Duke's most insightful quotes, personal stories from his family and friends, full-color photos, and advice about how to be a better person.



*Review by Goodreads*

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## Come On, Let's Dance

The next Senior Spirit dance sponsored by WBR Parks and Recreation will be held Wednesday, March 13, 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.



Dates for future dances:

April 10, 2024 - Addis Community Center (11:30am-2:00pm)

May 8, 2024 - Addis Community Center (11:30am-2:00pm)

June 12, 2024 - Addis Community Center (11:30am-2:00pm)

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## West Baton Rouge Museum

Exhibit:

From an Australian photographer, Olivia Piskadlo-Jones, title, *Diary of Tooky: Hustle Series*. Piskadlo-Jones, who goes by "Tooky" professionally, captures the essence of the New Orleans music scene in her black and white photographs. She says of the series, "The 'Hustle' photo series was born on a rainy night in New Orleans at a neighborhood dive bar in mid-city. I was seeking to find shelter from the dewy New Orleans weather. When I arrived, Lilly Lewis and Miss Joy Clark were getting ready to perform. The minute the first key was sounded out, I was instantly moved and began to capture the show. This by far has been one of the memorable nights I've had in New Orleans."

The exhibit can be seen now through April 6, 2024.

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

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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:

March 3 - Rougon Band

March 10 - Mitch & Donnie

March 17 - 2am Band

March 24 - Kenny Fife

March 31 (Easter) - 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 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](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](http://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](http://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 (**March 14**)

1:00 PM to 4:00 PM

WBR Senior Center

Sonya Boudreaux (225) 772-0958

### **Bouree - Nighttime**

Fourth Monday of the month (**March 25**)

4:00 PM to 7:00 PM

WBR Senior Center

Sonya Boudreaux (225) 772-0958

### **Bridge - Second, Third Friday**

Second Friday and Third Friday of the month (**March 8, March 15**)

10:00 AM

WBR Senior Center

Elisa Tubbs (225) 456-7000

### **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 (**March 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 (**March 12**)

10:00 AM to 1:00 PM

WBR Senior Center

Sonya Boudreaux (225) 772-0958

## **Tripoli**

Third Tuesday of the month (**March 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

## **Yoga**

First and Third Thursday of the month (**March 7 & 21**)

4:00 PM

## WBR Senior Center

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