



May 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**



**HAVE A HAPPY AND SAFE
MEMORIAL DAY FROM SENIOR
SPIRIT AND PARKS AND
RECREATION**



A Note From Paige and Sonya

Hello everyone! Both Sonya and myself will be taking a vacation this month and, ironically, going a week apart. If everyone could pull together and call your group leaders for questions, we would surely appreciate it. My vacation will be May 15-24. Please notify Sonya if you need anything. Sonya will be on vacation May 22-31 and notify me if there is anything needed. There will be a day or two when our vacations will overlap, but I am certain everything will work out fine, and you all won't need us. Thank you for your cooperation!

Addis Rockin' On The Railroad

The Spring concert series in Addis will have its last concert on May 17 on the grounds of Railroad Park, beginning at 5:30pm. Bring a chair and enjoy the music of After 8.



St. James Park News

The first Market Days at St. James Park, 1000 E Main Street in Brusly, was a huge success. Future dates are May 18, 2024, October 12, 2024, and November 9, 2024. The fun begins at 10am is free and open to the Public. If you have questions concerning the event or would like vendor information please call The Brusly Town Hall at 225-749-2909 or 225-749-2267.

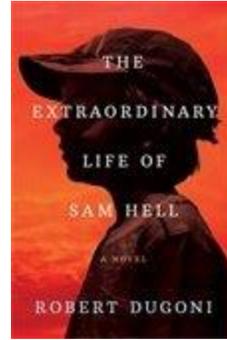
Update on New West Baton Rouge Parish Library

The work on the new West Baton Rouge South Branch library is almost complete! There will be a grand opening Friday, May 17, 2024. For more information on this and other library needs, please call 225-342-7920 or visit their website at www.wbrpl.com.

As the Pages Turn

This month's suggested reading is *The Extraordinary Life of Sam Hell* by Robert Dugoni.

Sam Hill always saw the world through different eyes. Born with red pupils, he was called "Devil Boy" or Sam "Hell" by his classmates. "God's will" is what his mother called his ocular albinism. Her words were of little comfort, but Sam persevered, buoyed by his mother's devout faith, his father's practical wisdom, and his two other misfit friends. Sam believed it was God who sent Ernie Cantwell, the only African American kid in his class, to be the friend he so desperately needed. And that was God's idea for Mickie Kennedy to storm into Our Lady of Mercy like a tornado, uprooting every rule Sam had been taught about boys and girls. Forty years later, Sam, a small town doctor, is no longer certain anything was by design. Especially not the tragedy that caused him to turn his back on his friends, his hometown, and the life he'd always known. Now, as he looks back on his life, Sam embarks on a journey that will take him halfway around the world, bringing into clear view what changed him, defined him, and made him so afraid, until he can finally see what matters.



Overview by Goodreads

Who Were The Islenos, Where Did They Come From?

The West Baton Rouge Museum will host guest speaker Stella Tanoos on Saturday, May 11, 2024, from 10:30am-12:00pm. She will discuss the Canary Islanders, or the Islenos of Louisiana. The Islenos are a Spanish ethnic group living in Louisiana, consisting of people primarily from the Canary Islands. Stella will discuss where the Islenos came from and their journey. She will also discuss the many names associated with the Islenos and how they have been changed. Common Islenos names include Acosta, Albarado, Campo, deFuentes, Falcon, Gomez, Hernandez, Hidalgo, Mendoza, Morales, Ramirez, Sanchez, Suarez, and Truxillo. The lecture is FREE, open to the public, and no registration is required.

Come On, Let's Dance

The next Senior Spirit dance sponsored by WBR Parks and Recreation will be held Wednesday, May 8, 2024, from 11:00am-2:00pm in the Addis Community Center, 7520 Hwy 1 South, Addis, LA 70710. There will be a \$5.00 admission fee. Lunch will be served from 11:00am-12:00pm and live music by Justin Cornett and Denver Mayeaux from 11:30am-2:00pm. Soft drinks and water will be provided. Please come out for a fun afternoon of dancing. No alcohol will be served.



Dates for future dances and bands:

- June 12, 2024 – Tet Dur

- July 10, 2024 – Don Rich
 - August 14, 2024 – Iris Callegan
 - September 11, 2024 – Tet Dur
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HAPPY MOTHER'S DAY FROM SENIOR SPIRIT AND PARKS AND RECREATION

Branson 2024

Pictured right, are the individuals who went on the Branson 2024 bus trip. It was a huge success and filled with lots of fun, fellowship, and laughter. New and lasting friendships were formed and the group went home with lots of wonderful memories. Continue to read the upcoming newsletters to see when and where the next Senior Spirit Bus Trip will be.



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:

May 5 – Nelson Blanchard

May 12 – Mitch & Donnie

May 19 – Raccoon Band

May 27 (Memorial Day Weekend) – 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.
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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

West Baton Parish Library and Museum

For more information on the parish library and museum, please call the following phone numbers or visit their websites:

- West Baton Rouge Parish Library: 225-342-7920 or www.wbpl.com
 - West Baton Rouge Parish Museum: 225-336-2422 or www.westbatonrougemuseum.org
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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 (**May 9**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree - Nighttime

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

Bridge

- Second Friday of the month (**May 10**)
- 10:00 AM
- WBR Senior Center
- Helen Gossman (225) 749-3898

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 (**May 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 (**May 14**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Tripoli

- Third Tuesday of the month (**May 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

Yoga

- First and Third Thursday of the month (**May 2 & May 16**)
- 4:00 PM
- WBR Senior Center