



December 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



*******ATTENTION*******

For Multiple Reasons, the Senior Spirit Christmas Party Has Been Canceled!

MERRY CHRISTMAS FROM SENIOR SPIRIT AND PARKS AND RECREATION

Christmas Activities In The Area

- The Town of Brusly will be lighting the town's 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. Jeeps 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.
- The West Baton Rouge Museum will host its annual Holiday Open House on Sunday, December 3, from 2:00pm-5:00pm. Enjoy an afternoon featuring holiday music, hot cider, and tasty gingerbread, craft making and shopping for stocking stuffers with local vendors inside the museum gift shop. As always, the museum will be decorated for the holiday season with a beautiful Christmas tree that makes for a lovely backdrop for photographs. All around the campus, guests will be able to "Find the Elves" on a scavenger hunt adventure while enjoying their favorite annual activities. The West Baton Rouge Museum will also take a moment to honor the wonderful volunteers who have supported museum projects this past year.





Just A Gentle Reminder

Thank you to all Senior Spirit members for making this organization what it is today! We couldn't do it without you. Below are reminders to all Senior Spirit members. In advance, thank you all for your cooperation.

- Please do not remove anything from the Senior Center without approval from Paige or Sonya. Items in the Senior Center belong to the parish and must be treated as such.
 - Please do not change card games or other activities from their original time slot on the monthly calendar unless discussed and approved by Paige. Routine maintenance may be performed in the building on the days there are no activities.
-

Branson Bus Trip

The bus is almost full for our Branson bus trip! The dates for the trip are April 9- April 12, 2024, which is Tuesday through Friday.

The deadline for registration and deposits was allowed to extend, once again. The new deadline is DECEMBER 11. If anyone is still interested in the trip, please call 225-215-5290 by this date.

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. A more detailed itinerary will be emailed to each person who registers. This is a temporary outline for those interested.

- 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

What is Christmas without a good Christmas story.

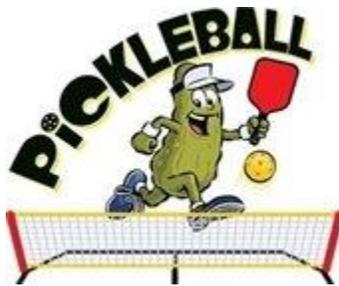
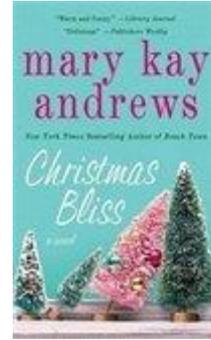
Christmas Bliss by Mary Kay Andrews is a delightful story set in Savannah, Georgia with two best friends Weezie and BeBe. Weezie's wedding is a week away.

It's a happy week of tastings and fittings and finding prizes at estate sales for her antiques shop.

Her fiancé Daniel Stipneck is in NYC working as a guest chef at a hot new restaurant.

Meanwhile, BeBe is for the first time in her adult life "exactly where she is supposed to be," safe and loved by a good man and pregnant with his child. Then Weezie sees a copy of Page Six of the New York Post featuring a photo of Daniel with a "willowy dark-haired" beauty in a spangly cocktail dress with a plunging neckline. Meanwhile, BeBe discovers she is still married to Richard Hodges that "snake" of a husband who she thought had signed the divorce papers. Readers can expect a fast-paced and extremely fun book.

Review: Editorial Review on Barnes and Noble Website



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.



Senior Spirit Dance

Above are pictures from the Senior Spirit Dance that took place on November 8 at the Addis Community Center. Everyone enjoyed a meal and listening and dancing to the Classic Sounds of Jude. The next dance will be held in February. Keep reading the newsletter for the date, time, and location.

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:

December 3 - Magic Merlin
December 10 - Kenny Fife
December 17 - Raccoon Band
December 24 and December 31 – CLOSED

*****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 (**December 14**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree - Nighttime

- Fourth Monday of the month (**CANCELLED in December**)

- 4:00 PM to 7:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bridge - Second Friday

- Second Friday of the month (**December 8**)
- 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 (**December 22**)
- 10:00AM
- WBR Senior Center
- Elisa Tubbs (225) 456-7000

Mexican Cardinal Train Dominoes (CANCELLED Christmas 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 (**December 12**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Tripoli

- Third Tuesday of the month (**December 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

WBR Museum

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