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## February 2024 Newsletter

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### **Senior Spirit Contact Information**

Senior Spirit's email address is: [seniorspirit@wbr council.org](mailto:seniorspirit@wbr council.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 MARDI GRAS FROM SENIOR SPIRIT AND PARKS AND RECREATION

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### Mardi Gras Mambo

Mardi Gras has origins tracing back to medieval Europe. It marks a time of feasting and celebration between Epiphany and Fat Tuesday, the day before Ash Wednesday. As the month of February begins, listed below are some parades in our area to enjoy.

- Addis Firemans Parade (Addis) – Saturday, February 3, 2024, at 11:00am
- Krewe Of Good Friends of the Oaks Parade(Port Allen) – Sunday, February 11, 2024, at 1:00pm
- Krewe of Comogo(Plaquemine) – Monday, February 12, 2024, at 7:00pm

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### St. Joseph Altar

St. John the Evangelist Catholic Church in Plaquemine, will be having a St. Joseph Altar kick-off meeting on Wednesday, February 7, 2024, at 2:00pm in St. John the Evangelist parish hall. If anyone would like to participate in this beautiful event, please attend the meeting. The St. Joseph Altar will be held on Sunday, March 17, 2024.

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### There Is A New Parish Library In Town

A new parish library located between Brusly and Addis is in the works! The parish purchased the old Fred's building and is having it remodeled to serve as a new library for the community. The building is 18,000 square feet and will include book collections for all ages as well as computers, magazines, and DVD'S. The new library will include a variety of seating options, including oversize chairs for reading to little ones, tables for spreading out work, and a laptop bar where you can plug in your device. It will feature three quiet study rooms, a large meeting space and a drive-thru book window. Users will be able to reserve books from either library



branch and pick them up inside or at the drive-thru. Construction will be completed in the spring, with a grand opening planned for the summer.

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## This Month In History

What happened in history 50 years ago, February 1974?

First, the House of Representatives voted to authorize the Judiciary Committee to investigate grounds for impeaching President Richard Nixon. Secondly, one of the most famous kidnappings in U.S. history occurred when three members of the left-wing terrorist Symbionese Liberation Army kidnapped 19-year-old Patty Hearst, the granddaughter of newspaper magnate William Randolph Hearst from her apartment in Berkley, California. Lastly, the number 1 song was *The Way We Were* by Barbara Streisand.

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## As the Pages Turn Book Club

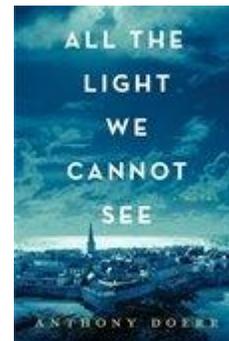
*All the Light We Cannot See* is the choice of book for this month. It was the winner for Best Historical Fiction in 2014 and won a Pulitzer Prize in 2015 for fiction.

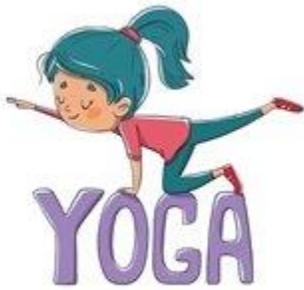
Marie-Laure lives in Paris near the Museum of Natural History, where her father works, and as a young child she began to go blind. When she is twelve, the Nazis occupy Paris and father and daughter flee to the walled citadel of Saint-Malo, where Marie-Laure's reclusive great uncle lives in a tall house by the sea. With them, they carry what might be the museum's most valuable and dangerous jewel.

In a mining town in Germany, Werner Pfennig, an orphan, grows up with his younger sister, enchanted by a crude radio they find that brings them news and stories from places they have never seen or imagined. Werner becomes an expert at building and fixing these crucial new instruments and is enlisted to use his talent to track down the resistance. Deftly interweaving the lives of Marie-Laure and Werner, the author illuminates the ways, against all odds, people try to be good to one another.

*Review by Goodreads*

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## Getting Zen During Yoga

Missy Devillier is teaching Chair Yoga at the 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.

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## Come On, Let's Dance

WBR Parks and Recreation will continue sponsoring the monthly Senior Spirit Dances. Due to the Mardi Gras holiday and other functions, the next dance will be held February 28, 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.



The March dance will return on the 2nd Wednesday of the month, which is March 13.

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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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Pokeno is cancelled this month (February 13) due to the Mardi Gras Holiday and will resume in March.

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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:

February 4 – Gary Bello  
February 11 – Mitch & Donnie  
February 18 – Raccoon Band  
February 25 – Kenny Fife

***\*\*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 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 **(February 8)**
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

#### **Bouree – Nighttime**

- Fourth Monday of the month **(February 26)**
- 4:00 PM to 7:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

#### **Bridge – Second Friday**

- Second Friday of the month **(February 9)**
- 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 **(February 23)**
- 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 **(Cancelled This Month)**
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

### **Tripoli**

- Third Tuesday of the month (**February 20**)
- 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 (**February 1 & 15**)
- 4:00 PM
- WBR Senior Center