

July 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**

A Note from Paige

Hello everyone! I hope everyone is having an enjoyable summer and staying cool in this heat. I have had multiple people ask me where the next Senior Spirit Bus Trip will be. I am in the very beginning stages of planning but I wanted to inform everyone so you all can think about whether you would like to join me on a trip to KENTUCKY! With this trip we will see the Ark Encounter, Creation Museum, Churchill Downs, Woodford Reserve Distillery and possibly other points of interests. I am thinking it will be 4 nights and 5 days. Again, this is in the planning stages so I have to work out all the details and the price. If any of you were on the last bus trip you know how fun it will be so come on, LET'S GO TO KENTUCKY!



HAPPY INDEPENDENCE DAY FROM SENIOR SPIRIT AND PARKS AND RECREATION

July 4th Fest

The Annual July 4th Fest, held in Downtown Port Allen, will be on Thursday, July 4, 2024, from 5:00pm-10:00pm. The Rockin' Mozart School of Music Youth Bands will play from 5:00pm-6:30pm, then Foret Tradition will take the stage from 7:00pm 10:00pm with fireworks at 9:00pm. All sorts of children's activities will be available, such as magic shows, water slides, space walks, and face painting. Come and enjoy great food and fun with all the excitement of Independence Day!



Cornhole In Port Allen

If anyone is interested in playing Cornhole or simply learning how to play, John Blanchard and Kevin Leblanc will be at the Port Allen Community Center on July 11, 18, 25, and August 1 from 1:00pm-4:00pm. They will have everything you need to play. This activity is free of charge and open to the public. If you have any questions, please email John Blanchard at, maggielandbigron@gmail.com. You can also text John at 225-485-3079



Summer Fun At The WBR Parish Library

With it heating up in South Louisiana, it's time for some fun indoor activities and our WBR Parish Library has lots to choose from. Here is a list of

activities for everyone to enjoy:

- July 2 – SOUTH BRANCH, BRUSLY – *Bingo Night* 6:00pm-7:30pm.
- July 9 – MAIN BRANCH, PORT ALLEN – *Library Feud* 6:00pm-7:30pm.
- July 13 – MAIN BRANCH, PORT ALLEN – *Wood Burning Craft* 10:30am-12:30pm.
- July 16 – MAIN BRANCH, PORT ALLEN – *Beginner Cake Decorating Class* 6:00pm-7:30pm.
- July 19 – SOUTH BRANCH, BRUSLY – *Coffee and Coloring* 10:00am-11:30am.
- July 20 – MAIN BRANCH, PORT ALLEN – *Adventures In the Sky (painting class)* 11:00am-12:30pm.
- July 23 – MAIN BRANCH, PORT ALLEN – *Murder Mystery Party* 6:00pm-7:30pm.
- July 27 – SOUTH BRANCH, BRUSLY – *Cookie Decorating Class* 11:00am-12:30pm.
- Fitness Fridays – SOUTH BRANCH, BRUSLY – Each Friday this summer is a *Hip-Hop Step Aerobics Class* from 6:00pm-7:00pm. The instructor is Rhonda Williams.

For more information and to register for activities, please call 225-342-7920 ext. 227 or visit wbrpl.com

West Baton Rouge Museum Card Party

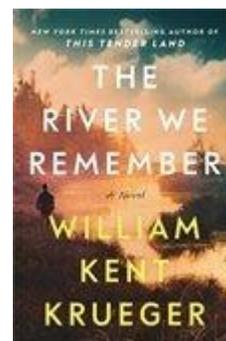
The annual West Baton Rouge Museum Card Party will take place on July 22, 2024, from 10:00am-3:00pm in the Port Allen Community Center. If you would like more information, including the registration fee, and what is included in the day's activities, please call the Museum at 225-336-2422.

As the Pages Turn

This month's suggested reading is *The River We Remember* by William Kent Krueger

In 1958 a small Minnesota town is rocked by a shocking murder, pouring fresh fuel on old grievances in this dazzling novel.

On Memorial Day in Jewel, Minnesota, the body of wealthy landowner Jimmy Quinn is found floating in the Alabaster River, dead from a shotgun blast. The investigation falls to Sheriff Brody Dern, a highly decorated war hero who still carries the physical and emotional scars from his military service. Even before



Dern has the results of the autopsy, vicious rumors begin to circulate that the killer must be Noah Bluestone, a Native American WWII veteran who has recently returned to Jewel with a Japanese wife. As suspicions and accusations mount and the town teeters on the edge of more violence, Dern struggles not only to find the truth of Quinn's murder but also put to rest the demons from his own past. Caught up in the torrent of anger that sweeps through Jewel are a war widow and her adolescent son, the intrepid publisher of the local newspaper, an aging deputy, and a crusading female lawyer, all whom struggle with their own tragic histories and harbor secrets that Quinn's death threatens to expose. This book offers an unflinching look at the wounds left by the wars we fight abroad and at home, a moving exploration of the ways in which we seek to heal, and a testament to the enduring power of the stories we tell about the places we call home.

Overview by Barnes and Noble

WBR Community Health Screening Event

West Baton Rouge Parish Health Department will be hosting a Community Health Screening Event this Summer! Come learn about mental health awareness, healthy habits, diet, and exercise. There will be screenings for blood pressure, blood glucose, blood cholesterol, height, weight, and BMI. Dates and locations: 9:00am-12noon

- July 10, 2024 – Addis VFW Hall
 - July 17, 2024 – William and Lee Community Center
 - July 24, 2024 – Erwinville Community Center
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Local Author To Be Guest Speaker

Senior Spirit will host guest speaker Sarah Guillory at a Pot Luck Supper on Thursday, July 25, 2024, from 5:00pm-7:00pm in the WBR Senior Spirit Center. Sarah is currently a teacher at Brusly High School and has always had a passion for literature. Coming from a family of teachers, she learned to read before she started school and has escaped into fictional worlds ever since. Sarah also loves running, the outdoors, her dogs, and sitting under a tree with a

book. Sarah is the author of *Reclaimed* and *Nowhere Better Than Here* and hearing her speak on these books will be a treat.

To RSVP for the unique event, please call Senior Spirit, 225-215-5290 by July 19, 2024, and mention what dish you will bring for the Pot Luck. The main dish will be provided by Senior Spirit.

Come On, Let's Dance

The next Senior Spirit dance sponsored by WBR Parks and Recreation will be held Wednesday, July 10, 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 Don Rich 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:

- August 14, 2024 – Iris Callegan
- September 11, 2024 – Tet Dur
- October 9, 2024 – Justin Cornett and Denver Mayeaux

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:

July 7 – Gary Bello

July 14 – 2AM Band

July 21 – Double Shot

July 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

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

Bouree – Nighttime

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

Bridge

- Second Friday of the month (**July 12**)
- 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 (**July 26**)
- 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

- First Tuesday of the month (**July 2**)
- 10:30 AM to 12:30 PM
- WBR Senior Center
- Mary Vince (225) 572-8039

- Second Tuesday of the month (**July 9**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Tripoli

- Third Tuesday of the month (**July 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 (**CANCELED FIRST THURSDAY FOR JULY 4TH HOLIDAY; will have it July 18**)
- 4:00 PM
- WBR Senior Center