



June 2024 Newsletter

Senior Spirit Contact Information

Senior Spirit's email address is: 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).

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**

West Baton Rouge Museum Card Party

The annual West Baton Rouge Museum Card Party will take place on July 22, 2024, from 10am-3pm 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 Seamstress of New Orleans* by Diane C. McPhail

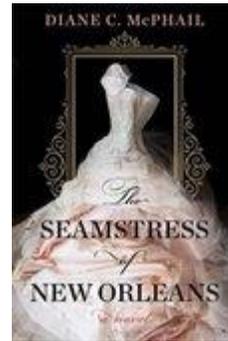
Set against the backdrop of the first all female Mardi Gras krewe at the turn of the century, the acclaimed author's mesmerizing historical novel tells of two strangers separated by background but bound by an unexpected secret and the strength and courage women draw from and inspire in each other.

The year 1900 ushers in a new century and the promise of social change. Alice Butterworth's husband mysteriously disappears and, while being with child, she leaves the bitter cold of Chicago and arrives in New Orleans to offer sewing lessons at a New Orleans orphanage.

Constance Halstead is a young widow reeling with shock under the threat of her late husband's gambling debts, who has thrown herself into charitable work. She meets Alice at the orphanage and offers lodging in exchange for Alice's help in creating a gown for the Leap Year Ball of Les Mysterieuses, the first all female krewe of Mardi Gras. During Leap Years, women had the rare opportunity to take control of their interactions with men and upend social convention.

This book has twists and turns, Mardi Gras, and historical fiction that all Louisiana will surely love!

Overview seen on Amazon



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
-

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 5pm-7pm at 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 this unique event, please call Senior Spirit, 225-215-5290 by July 19 and mention what dish you will bring for the pot luck. The main meat 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, June 12, 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 Tet Dur 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:

- July 10, 2024 – Don Rich
- 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:

June 2 – 2am Band
June 9 – Rougon Band
June 16 – Magic Merlin
June 23 – Kenny Fife
June 30 – Raccoon Band

****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 Rouge 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
-

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 (**June 13**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree - Nighttime

- Fourth Monday of the month (**June 24**)
- 4:00 PM to 7:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bridge

- Second Friday of the month (**June 14**)
- 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 (**June 28**)
- 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 (**June 11**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Tripoli

- Third Tuesday of the month (**June 18**)
- 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 (**June 6 & June 20**)
- 4:00 PM
- WBR Senior Center