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**August 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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### **A Note From Paige**

As members of Senior Spirit we all use the West Baton Rouge Senior Spirit Building from time to time. This serves as a gentle reminder to keep the building clean and in order. During the times we use the building please do not leave any food in the freezer or refrigerator. If food is left, it will be thrown out. When using the coffee and coffee pots, please clean the coffee table area and coffee pots after each use. Also dump the coffee grounds in the trash and clean the filter holder. Please do not leave coffee grounds in the sink drain. Several times a week custodians clean and empty the garbage in the building. I don't think they should have to clean up after each of us in the areas I mentioned. In advance, thank you for your cooperation.



### **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 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, [maggieandbigron@gmail.com](mailto:maggieandbigron@gmail.com). You can also text John at 225-485-3079

### **Cards, Etc.**

St. John the Baptist Catholic Church will host its annual Card Party on Monday, October 7, 2024 from 10:00am-3:00pm in the SJB Activity Center. Games such as Bridge, Bouree, Poker, Canasta, Pokeno, Sequence and any other boards games can be played. Registration fee of \$30.00 includes a spaghetti and meatball lunch. There will be a cash bar to enjoy as well as 50/50 raffle and football boards. Please call Co-chairpersons Stacy Gauthreaux at 225-439-2282 or Betty Cain at 225-776-1160 for more information. Registration forms can be picked up in the SJB Church office.



### As the Pages Turn

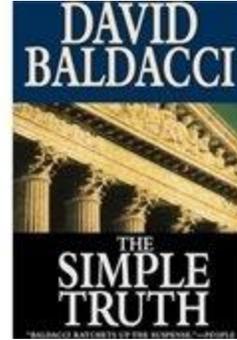
This month's suggested reading is *The Simple Truth* by David Baldacci.

Twenty-five years ago, Rufus Harms was convicted of a murder he believes he committed. But when his memory is jogged by a letter from the army, he has a shocking realization: he's not guilty. From prison, Rufus secretly files an appeal with the Supreme Court, unaware that the real killers are onto him. But the long-time convict knows he's running out of time when his lawyer and the Supreme Court clerk—the first person to see Rufus's appeal—are murdered. Escaping with his brother's help, Rufus must now elude capture long enough to expose a shocking cover-up and save his own life.

This book will have you on the edge of your seat with suspense and thrilling mystery that only Baldacci can provide.

*Overview by Goodreads*

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### Westside Shopping Extravaganza

This unique shopping experience will be held in the Addis Community Center on Sunday, August 18, 2024. Bring family and friends for a full day of shopping, entertainment, fun and community spirit.

For tickets and more information visit

[www.wbrsbc.com/tickets](http://www.wbrsbc.com/tickets)

VIP tickets are \$20.00 in advance. General Admission tickets are \$5.00 or \$10.00 at the door.

Times are: 11:00am-1:00pm for VIP and 1:00pm-4:00pm for general admission

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### Flower Arranging

Join the WBR LSU Ag Center for a Cut Flower Arrangement and Growing Workshop on Thursday, August 8, 2024, from 9:00am-11:00am. This fun and educational workshop is \$10.00 per person and will be held at the WBR LSU Ag Center Extension Office, 210 Turner Drive, Port Allen. Special guests include Kali Marionneaux (Florist) and Karen Powell (Producer-Wild and Blooming Farms). To register, contact Alli Decell at [ASPILLMAN@AGCENTER.LSU.EDU](mailto:ASPILLMAN@AGCENTER.LSU.EDU) or call 225-336-2416.



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### Come On, Let's Dance

The next Senior Spirit dance sponsored by WBR Parks and Recreation will be held Wednesday, August 14, 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 Iris Callegan 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:

- September 11, 2024 - Tet Dur
- October 9, 2024 - Justin Cornett and Denver Mayeaux

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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:

August 4 – Raccoon Band  
August 11 – Gary Bello  
August 18 – Magic Merlin  
August 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 [ww.caring.com/senior-living/memory-care-facilities/louisiana](http://ww.caring.com/senior-living/memory-care-facilities/louisiana).

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### 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](http://www.wbpl.com)
  - **West Baton Rouge Parish Museum:** 225-336-2422 or [www.westbatonrougemuseum.org](http://www.westbatonrougemuseum.org)
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### **Yoga Date Change**

Please note the change in dates for Yoga this month only!

August 15 at 4:00pm is CANCELLED

The **NEW DATE IS** August 29 at 4:00pm

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

### **Bouree – Nighttime**

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

### **Bridge**

- Second Friday of the month (**August 9**)
- 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 (**August 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**

- First Tuesday of the month (**August 6**)
- 10:30 AM to 12:30 PM
- WBR Senior Center
- Mary Vince (225) 572-8039
  
- Second Tuesday of the month (**August 13**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

### **Tripoli**

- Third Tuesday of the month (**August 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, **Note: Date Change, (August 1 & August 29)**
- 4:00 PM
- WBR Senior Center