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## September 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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**HAVE A HAPPY AND SAFE LABOR DAY  
FROM SENIOR SPIRIT AND PARKS AND  
RECREATION!**

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## A Note From Paige

Hello to all! I hope you all had a nice summer and are ready for the fall. I wrote in the newsletter a couple of months ago that I am getting a bus trip together to visit The Ark Encounter and Creation Museum, and a few other places in Kentucky. From that newsletter I am excited to say I have several people who have already registered. The trip includes the following:



Dates: March 24-28, 2025 (Monday-Friday)

The trip includes the cost of the bus, hotels for 4 nights at all Hampton Inns, tours of Churchill Downs, The Ark Encounter, Creation Museum, and Woodford Reserve Bourbon Distillery. The price will also include 3 meals and a continental breakfast each morning, as well as all gratuities. This trip is conducive to having several meals on your own. I must also mention there will be lots of walking and standing involved in this trip.

The cost of the trip is \$1,100.00 per person for a double-occupancy room and \$1,300.00 for a single-occupancy room. Deposits of \$550.00 for double occupancy and \$650 for single occupancy are due by November 1, 2024, and the balance is due by February 3, 2025. Mail all checks to Paige Currie, 3635 Allene Street, Brusly, LA 70719.

Please call Senior Spirit at 225-215-5290 to register or if you have any questions.

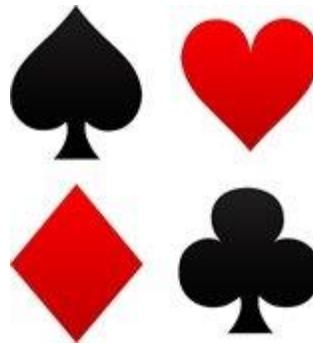
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## St. John the Baptist News

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, and Sequence 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.



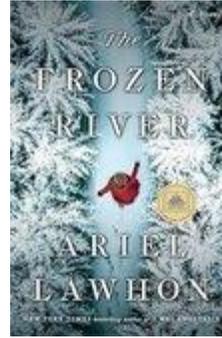
## Feast on the Levee:

The annual Feast on the Levee will take place on Sunday, October 20, 2024, on the grounds of the Church and in the Activity Center. There will be lots of food, music and fun. Please join everyone for a day of fellowship.

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## As the Pages Turn

This month's suggested reading is *The Frozen River* by Ariel Lawhon and is inspired by the life and diary of Martha Ballard, a renowned 18th-century midwife who defied the legal system and wrote herself into American history.



Maine, 1789: When the Kennebec River freezes, entombing a man in the ice, Martha Ballard is summoned to examine the body and determine the cause of death. As a midwife and healer, she is privy to much of what goes on behind closed doors in Hallowell. Her diary is a record of every birth and death, crime and debacle that unfolds in the close-knit community. Months earlier, Martha documented the details of an alleged rape committed by two of the town's most respected gentlemen—one of whom has now been found dead in the ice. But when a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the shocking murder on her own.

*Overview by Goodreads*

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## Come On, Let's Dance

The next Senior Spirit dance sponsored by WBR Parks and Recreation will be held Wednesday, September 11, 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:**

- **October 9, 2024 - Justin Cornett and Denver Mayeaux**
  - **November 13, 2024 - Keepin' Time Band**
  - **December 11, 2024 - Tet Dur**
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## Have Some Fun In Port Allen

The **2024 Oldies but Goodies Fest and BBQ Cook Off** will be held on the grounds of the WBR Tourist Information and Conference Center. The Smokin' Oldies BBQ Cookoff will be on Saturday, September 7. Then, on Sunday, September 15, the festival will take place. Enjoy live music, car show, crafters, and food vendors. Justin Cornett will provide music from 11:00am-1:30pm, then SwampLand Revival will provide music from 2:00pm-5:00pm. For more information, call 1-800-654-9701 or visit [www.westbatonrouge.net](http://www.westbatonrouge.net)

If anyone is interested in playing **Cornhole** or simply learning how to play, John Blanchard and Kevin LeBlanc will be at the Community Center in Port Allen every Thursday this month from 1:00pm-3:00pm. This activity is free and open to the public. If you have any questions, please text John at 225-485-3079.

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## From The Food Plot To The Plate

The West Baton Rouge LSU AgCenter is conducting a 4-week Plot to Plate series as it aims to help backyard growers understand sustainable home gardening practices and support the local environment.

Registration fee is \$25 and the classes will be held at the WBR Extension Office, 210 Turner Drive, Port Allen. The dates are as follows:

**September 5 - Gardening & Soil Health**

**September 19 - Food Preservation**

**September 26 - Marketing and Economics**

**October 3 - Small Scale Livestock**

For more information, contact Ali Decell at [aspillman@agcenter.lsu.edu](mailto:aspillman@agcenter.lsu.edu) or call WBR Extension Office at 225-336-2416.

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## Fall Activities in Brusly

Market Days are taking place at St. James Park, 1000 East Main Street in Brusly. Please join in the fun, shopping, and community fellowship on September 14, October 12, and November 9 at 10:00am.



## **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:

**September 1 - Gary Bello (Labor Day weekend)**

**September 8 - 2am Band**

**September 15 - Raccoon Band**

**September 22 - 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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## **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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## **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 (**September 12**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

### **Bouree – Nighttime**

- Fourth Monday of the month (**September 23**)
- 4:00 PM to 7:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

### **Bridge**

- Second Friday of the month (**September 13**)
- 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 (**September 27**)
- 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 (**September 3**)
- 10:30 AM to 12:30 PM
- WBR Senior Center
- Mary Vince (225) 572-8039
- Second Tuesday of the month (**September 10**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

**Tripoli**

- Third Tuesday of the month (**September 17**)
- 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 (**September 5 & 19**)
- 4:00 PM
- WBR Senior Center