



October 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



**HAPPY FALL Y'ALL FROM SENIOR
SPIRIT AND PARKS AND
RECREATION!**

A Note From Paige:

Hello to all! The Kentucky bus trip to the Ark Encounter and Creation Museum is filling up fast.

To register for the trip or if you have any questions, please call Senior Spirit at 225-215-5290. See below for all trip information.

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

The trip includes the cost of the bus, Wi-Fi on the bus, hotels for 4 nights all at 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 on 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. Please make checks payable to Paige Currie and on the "FOR" LINE OF THE CHECK WRITE SENIOR SPIRIT. Mail all checks to Paige Currie, 3635 Allene Street, Brusly, LA 70719 or payments may be dropped off at St. John the Baptist Church Office.



Feast On The Levee

St. John the Baptist Annual Feast on the Levee will take place on Sunday, October 20, 2024, on the grounds of the Church and the Activity Center. There will be lots of delicious food, live music, bingo, a silent auction, children's games and inflatables, a sweet shop, and parade of prizes. Breakfast begins at 8:00am and food booths open at 11:00am. Let's unite for a day of fun and fellowship.





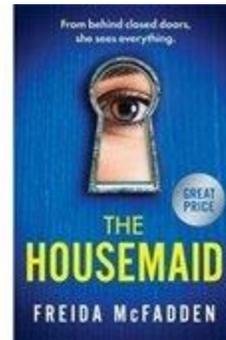
Fall Activities In Brusly

Market Days are taking place at St. James Park, 1000 East Main Street in Brusly. Come out for fun, shopping, and community spirit on October 12 and November 9, 2024, at 10:00am.

As the Pages Turn

This month's suggested reading is *The Housemaid* by Freida McFadden. It is the first book of a three-book series.

The maid is welcomed to the family as she attempts a last chance to start fresh. She can pretend to be whoever she likes, but soon learns the Winchesters' secrets are far more dangerous than her own. The maid cleans their beautiful home from top to bottom, collects their daughter from school, and cooks meals for the entire family before heading up to eat alone in her tiny room on the top floor. She tries to ignore how Nina Winchester makes a mess just to watch her clean it up. How Nina tells strange lies about her own daughter, and how her husband seems to be more broken every day. Soon the maid imagines what it would be like to live Nina's life. She tries on one of Nina's pristine white dresses once, just to see what it's like. Soon the maid finds out....and by the time she realizes it, her attic bedroom door only locks from outside. Soon the Winchesters' may know who the maid really is and what she is capable of. This psychological thriller will have readers on the edge of their seats and turning pages fast.



Overview by Goodreads



Family Fun And Music

The fall series of Rockin' on the Railroad will begin on Friday, October 11, 2024, at Railroad Park, 4343 Harris Street. Justin Cornett will take the stage beginning at 5:30pm. Bring a blanket or a chair and listen to music and enjoy the fall weather.

On the following dates, these bands will play:

- November 1, 2024 – Blind Ambition
 - November 22, 2024 – After 8
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Come On, Let's Dance

The next Senior Spirit dance sponsored by WBR Parks and Recreation will be held Wednesday, October 9, 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 Justin Cornett and Denver Mayeaux from 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:

- November 13, 2024 - Keepin' Time Band
 - December 11, 2024 - Tet Dur
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WBR Museum's Sugar Fest

Have a sweet ole time at the 29th Annual Sugar Fest on Sunday, October 6, 2024, from 11:00am to 4:00pm on the grounds of the WBR Museum.

Sugar Fest is a celebration of the sugar cane harvest and provides visitors of all ages with a free opportunity to learn about local culture, music and history.

There will be a variety of traditional folk art and occupational craft demonstrations, a peek inside museum exhibits and historic buildings. Cane cutting and grinding demonstrations and cane syrup boiling will be among the other demonstrations.

Pickleball Open To All Ages

Indoor pickleball courts are available at the WBR Community Center in Port Allen. The times are as follows:

- **Tuesday Mornings – 9am – 12pm (Seasoned Players)**
- **Wednesday Mornings – 9am – 12pm (Beginners and Moderate Level Players)**
- **Wednesday Evenings – 5pm – 9pm (Seasoned Players)**
- **Thursday Mornings – 9am – 12pm (Beginners and Moderate Level Players)**

Outdoor courts are marked off at the following tennis courts: Port Allen Tennis Courts, Myhand Park, and Erwinville Park.

Morley Marina Bands

Come and listen to live music every Sunday, at Morley Marina along the Intracoastal Waterway in Brusly.

PLEASE NOTE NEW TIME: 4:00pm – 8:00pm

October 6 – Magic Merlin

October 13 – Mitch & Donnie

October 20 – Raccoon Band

October 27 – Kenny Fife

****Bands are Subject to Change****

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 (**October 10**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree – Nighttime

- Fourth Monday of the month (**October 28**)
- 4:00 PM to 7:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bridge

- Second Friday of the month (**October 11**)
- 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 (**October 25**)
- 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 (**October 1**)
- 10:30 AM to 12:30 PM
- WBR Senior Center
- Mary Vince (225) 572-8039

- Second Tuesday of the month (**October 8**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Tripoli

- Third Tuesday of the month (**October 15**)
- 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 (**October 3 & 17**)
- 4:00 PM
- WBR Senior Center