

January 2025 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

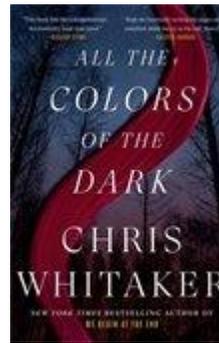


**HAPPY NEW YEAR FROM SENIOR SPIRIT
AND PARKS AND RECREATION!**

As the Pages Turn

This month's suggested reading is *All the Colors of the Dark* by Chris Whitaker and has been voted one of the best books of 2024 by Barnes and Noble.

It's 1975 and a time of change in America. The Vietnam War is ending, Muhammad Ali is fighting Joe Frazier, and in the small town of Monta Clara, Missouri, girls are disappearing.



When the daughter of a wealthy family is targeted, the most unlikely hero emerges, Patch, a local boy who saves the girl and in doing so leaves heartache in his wake. Patch and those who love him soon discover that the line between triumph and tragedy has never been finer, and their search for answers will lead them to truths that could mean losing one another.

A missing person mystery, a serial killer thriller, a love story, a unique twist on each. This author has written a novel about what lurks in the shadows of obsession and the blinding light of hope.

Overview by Barnes and Noble

Kentucky Trip Information

For those who have registered for the trip, the final payment is due by February 3, 2025. If you have registered for single occupancy, the remaining balance is \$650.00 per person. If you have registered for double occupancy, the remaining balance is \$550.00 per person. You can mail in your payment to Paige Currie, 3635 Allene Street, Brusly, LA 70719 or you may bring your payment to St. John the Baptist Catholic Church Office in Brusly. Please make checks payable to Paige Currie and on the "FOR" line write Senior Spirit. This month a final itinerary and synopsis of the trip will be emailed to all those registered. If you have any questions, please call 225-215-5290.

Senior Spirit Dance

The Senior Spirit dance sponsored by WBR Parks and Recreation will be held Wednesday, January 8, 2025, 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 from 11:30am-2:00pm. Soft drinks and water will be provided. No alcohol will be served.

Listed are the dates and bands for future dances:

February 12 – Natalie from Southern Accent and Sid and Joey from the MoJoes

March 12 – Tet Dur

April 9 – Keepin' Time Band



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.

Attention

There will be NO Yoga class on January 2, 2025, at 4:00pm.

Morley Marina Bands

Come and listen to live music every Sunday, at Morley Marina along the Intracoastal Waterway in Brusly from 4:00pm-8:00pm.

January 5 – Gary Bello

January 12 – To Be Announced

January 19 – Keepin' Time Band

January 26 – Kenny Fife

Support Groups

The following are support groups in our area:

- **Healing Hearts Grief Support Group meets at the Church at Addis each Thursday evening at 6:00pm. The church is located at 6781 LA Hwy 1 South, Addis. Meetings are held in the Club 456 room. For 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.**
 - **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**
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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: Port Allen (North Branch) 225-342-7920 or Brusly (South Branch) 225-749-2171 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 (**January 9**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree - Nighttime

- Fourth Monday of the month (**January 27**)
- 4:00 PM to 7:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bridge

- Second Friday of the month (**January 10**)
- 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 (**January 24**)
- 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 (**January 7**)
- 10:30 AM to 12:30 PM
- WBR Senior Center
- Mary Vince (225) 572-8039

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

Tripoli

- Third Tuesday of the month (**January 21**)
- 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 (**January 2 – Cancelled**)
- (**January 16**)
- 4:00 PM
- WBR Senior Center