

July 2025 Newsletter

Senior Spirit Contact Information

Senior Spirit's email address is: seniorspirit@wbrcouncil.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 INDEPENDENCE DAY FROM SENIOR SPIRIT AND PARKS AND RECREATION

July 4th Fest

Bring your lawn chairs, your appetite, and your patriotic spirit for the Annual July 4th Fest, held in Downtown Port Allen, on Friday, July 4, 2025.

Rockin' Mozart School of Music Youth Bands will be on stage from 5:00pm-6:30pm and Foret Tradition from 7:00pm-10:00pm with fireworks at 9:00pm.

This is a free event for all ages with great food, a magic show, water slides, space walks, and face-painting for children.

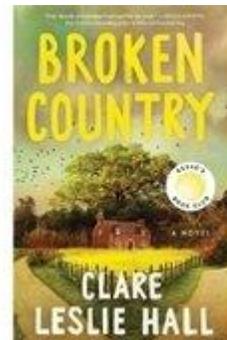
Suggested Reading

This month's suggested reading is *Broken Country* by Clare Leslie Hall.

Broken Country is a masterfully crafted mystery that will keep you guessing until the very last page. It is an unforgettable story of love, loss, and the choices that shape our lives with a twist of a thriller.

Beth and her gentle and kind husband, Frank, are happily married, but their relationship relies on the past being buried. But when Beth's brother-in-law shoots a dog going after their sheep, Beth doesn't realize that the gunshot will alter the course of their lives. For the dog belonged to none other than Gabriel Wolfe, the man Beth loved as a teenager-the man who broke her heart years ago. Gabriel has returned to the village with his young son Leo, who reminds Beth very much of her own son, who died in a tragic accident. As Beth is pulled back into Gabriel's life, tensions around the village rise and dangerous secrets and jealousies from the past resurface, this time with deadly consequences. Beth is forced to make a choice between the woman she once was and the woman she has become.

Overview by Barnes and Noble



Senior Spirit Dance

The Senior Spirit dance, sponsored by WBR Parks and Recreation, is held on the second Wednesday of each month in the Addis Community Center, 7520 Hwy 1 South, Addis, LA 70710.

Please come out and enjoy live music and lunch!

Time: 11:00am-2:00pm

Lunch is served from 11:00am-12:00pm

Live music: 11:30am-2:00pm



Listed below are future dates and bands.

July 9 – Iris Callaghan

August 13 – Denver and Justin

September 10 – Tet Dur

October 8 – Keepin' Time Band

November 12 – Iris Callaghan

December 10 – Tet Dur

*Admission fee is \$5.00

*Soft drinks and water are provided.

*No alcohol will be served

Become A Healthier You

The WBR Community Health Screening and Resource Fair will be on Tuesday, July 15, 2025, from 10:00am-2:00pm, in the WBR Community Center, 749 N. Jefferson, Port Allen.

There will be health screenings such as blood pressure, blood sugar, cholesterol, height and weight, BMI, and immunizations. Resource information will also be available about health, financial, social services, counseling and more. Interactive activities for children as well as entertainment and jambalaya will be available.

Please attend this free event and become more active in your health.

Christmas in July Card Party

The WBR Historical Association will host their annual Christmas in July Card Party on Monday, July 28, 2025, from 10:00am-3:00pm at the WBR Community Center in Port Allen.

For more information and to register, please contact Mary Costello at the WBR Museum, 225-336-2422.





A Hidden Gem In Addis

The Addis Historical Society is pleased to announce the opening of the Addis Railroad Museum on the third Tuesday of each month from 10:00am-2:00pm.

Please visit the best-kept secret in West Baton Rouge Parish as the Addis Historical Society is very proud of preserving the history of Addis, which was a very important railroad hub and path to the west one time.

The address for the Museum is 7821 Harris Avenue, Addis, LA 70710.

Yoga Canceled

Yoga classes, which are held on the first and third Thursdays at 4:00pm, are canceled through August. The re-start date is September 4, 2025.

New Pokeno Date Added

Due to popular demand, there has been another Pokeno date added to the monthly games played in the Senior Center. The fourth Tuesday of the month will be reserved for Pokeno from 10:00am-2:00pm. Please contact the new group leader, Robin Hebert, at 225-978-2961 for more information.

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.

July 20 – Gary Bello

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

Bouree – Nighttime

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

Bridge

- Second Friday of the month (**July 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 (**July 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 (**July 1**)
- 10:30 AM to 12:30 PM
- WBR Senior Center
- Mary Vince (225) 572-8039
- **Second Tuesday** of the month (**July 8**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958
- **Fourth Tuesday** of the month (**July 22**)
- 10:00am-2:00pm
- WBR Senior Center
- Robin Hebert (225) 978-2961

Tripoli

- Third Tuesday of the month (**July 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 (**Cancelled through August. Re-start September 4, 2025**)
- 4:00 PM
- WBR Senior Center

Bingo

- Every Sunday of the month
- 3:00PM
- WBR Senior Center
- Virginia Butitta (225)572-9637