

September 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 LABOR DAY FROM SENIOR SPIRIT
AN PARKS AND RECREATION**



All Things Sugar Day Trip

There will be a day trip to Donaldsonville, Louisiana on November 7, 2025.

A van will take those interested to Cane Sugar Toffee Company, where a toffee-making demonstration and lunch will take place.

The next stop is Noel Family Distillery, which produces rum, vodka, and tequila. This will be a fun-educating trip that will follow along Bayou Lafourche and the Mississippi River in Ascension Parish.

Both of these establishments use raw cane sugar to produce what they sell in their places of business. With sugar harvest commencing, it is certain to be a treat to see raw sugar being used in local businesses.

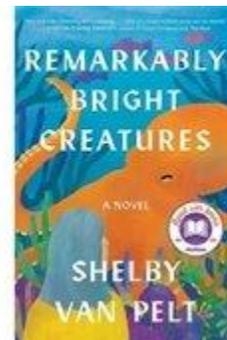
The cost of the trip is \$160.00 per person and includes transportation, lunch, tours, tax, and gratuities.

To register for the trip, please call 225-215-5290. Payment is due by October 10, 2025. Make checks payable to Paige Currie and on the description line write Senior Spirit. Drop off payments to St. John the Baptist Catholic Church Office or mail payments to Paige Currie, 3635 Allene Street, Brusly, LA 70719.

Suggested Reading

This month's suggested reading is *Remarkably Bright Creatures* by Shelby Van Pelt

After Tova Sullivan's husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her cope, which she's been doing since her eighteen-year-old son, Erik, mysteriously vanished on a boat in Puget Sound over thirty years ago. Tova becomes acquainted with the curmudgeonly Marcellus, a giant Pacific octopus living at the aquarium. Marcellus knows more



than anyone could imagine but wouldn't dream of lifting one of his eight arms for his human captors, until he forms a remarkable friendship with Tova. Ever the detective, Marcellus deduces what happened the night Tova's son disappeared, and now Marcellus must use every trick his old invertebrate body can muster to unearth the truth before it's too late.

This book is a charming, witty, and compulsively readable exploration of friendship, reckoning, and the hope that traces a widow's unlikely connection with a giant Pacific octopus.

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.

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



Annual Fest In Port Allen

Relive the nostalgia at the Annual Oldies but Goodies Fest on September 13-14, 2025, on the grounds of the WBR Tourist Information and Conference Center in Port Allen.

The BBQ cook-off takes place on Saturday and the antique car show rolls in on Sunday. Enjoy crafters, local food and drinks, and live music both days with Justin Cornett on Saturday from 12:00pm-4:00pm and Waters Edge on Sunday from 12:00pm-4:00pm. It's a weekend of classic fun for all ages.



A Hidden Gem In Addis

Visit the best-kept secret in West Baton Rouge Parish as the Addis Historical Society is very proud to re-open the Addis Railroad Museum. It is located at 7821 Harris Avenue, Addis, LA 70710, and will be open the 3rd Tuesday of each month from 10:00am-2:00pm.



St. John the Baptist News

The annual Feast on the Levee will be held on Sunday, October 19, 2025 from 11:00am-6:00pm, on the grounds of St. John the Baptist Catholic Church and in the Activity Center.

Join everyone for a day of delicious food, raffles, auctions, and fellowship.

The Church will also have its annual card party in the Activity Center on Monday, October 27, 2025, from 10:00am-3:00pm. Games such as Pokeno, Bridge, Canasta, Poker, Sequence, and Dominos will be played.

The registration fee of \$30.00 includes a spaghetti meatball lunch. There will be a cash bar to enjoy as well as 50/50 and football boards.

Please call Betty Cain at 225-776-1160 or Stacy Gauthreaux at 225-439-2282 for more information. Registration forms can be picked up at the SJB Church office.

Family Color Run

The WBR Parish Library will host the Family Color Run on the grounds of the Main Library in Port Allen, September 20, 2025.

The day begins at 8:30am with check-in and pre-race warm up.

The Color Run begins at 9:30 and ends at 10:30am.

After the run there will be the Color Party along with vendors to enjoy. Wear white attire and be prepared for a fun-filled, color flying day.





New Place To Socialize

Enjoy lively conversations and little Mexican cuisine at the new social hour at Cactus Flower Restaurant, 4151 LA Hwy 1, Port Allen.

This new activity will be held the 3rd Tuesday of every month beginning at 5:30pm.

Please contact Erin Bennett at 225-650-5644 if you have any questions.

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.

September 7 – Gary Bello

September 21 – Raccoon Band

September 28 – Kenny Fife

Bands are Subject to Change

Yoga Canceled

There will be no Yoga at the WBR Senior Center. It has been canceled indefinitely.

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 11**)

1:00 PM to 4:00 PM

WBR Senior Center

Sonya Boudreaux (225) 772-0958

Bouree – Nighttime

Fourth Monday of the month (**September 22**)

4:00 PM to 7:00 PM

WBR Senior Center

Sonya Boudreaux (225) 772-0958

Bridge

Second Friday of the month (**September 12**)

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 26**)

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 2**)

10:30 AM to 12:30 PM

WBR Senior Center

Mary Vince (225) 572-8039

Second Tuesday of the month (**September 9**)

10:00 AM to 1:00 PM

WBR Senior Center

Sonya Boudreaux (225) 772-0958

Fourth Tuesday of the month (**September 23**)

9:30am-1:30pm

WBR Senior Center

Robin Hebert (225) 978-2961

Tripoli

Third Tuesday of the month (**September 16**)

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

Bingo

Every Sunday of the month

3:00PM

WBR Senior Center

Virginia Butitta (225)572-9637