

October 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 HALLOWEEN FROM SENIOR SPIRIT AND PARKS AND RECREATION

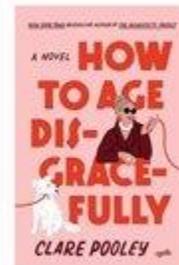
S.A.L.T.

Join other senior citizens in the community and members of the WBR Sherriff's Office for Seniors and Law Enforcement Together or S.A.L.T. on November 5, 2025, from 9:00am-1:00pm, in the Addis Community Center, 7520 Hwy 1 South, Addis, LA 70710. This free event will consist of health care vendors, entertainment, veterans recognition, and a meal.

Suggested Reading

This month's suggested reading is *How To Age Disgraceful* by Clare Pooley.

A senior citizen's center and a daycare collide with hilarious results when Lydia takes a job running the Senior Citizens' Social Club three afternoons a week. She assumes she'll be spending her time drinking tea and playing gentle games of cards. The members of the Social Club are not what Lydia was expecting. Art, a failed actor turned kleptomaniac. Daphne, hiding from her dark past for decades. Ruby, a Banksy-style knitter who gets revenge in yarn. These seniors all look deceptively benign – but when age makes you invisible, secrets are so much easier. When the city council threatens to see the doomed community center building, the members of the Social Club join forces with their tiny friends in the daycare next door – as well as the teenaged father of one of the toddlers and a geriatric dog – to save the building. Together, this group's unorthodox methods may actually work, as long as the police don't catch up with them first.



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.

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 is allowed**

Annual Sugar Fest

The 30th Annual Sugar Fest will be held Sunday, October 5, 2025, on the grounds of the West Baton Rouge Museum, in Port Allen. This sweet celebration 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, cane syrup boiling, and live music. Food and drinks will be available for purchase, artists will be selling their wares, and, of course, lots of sugary treats. For those interested, there will be a sweets contest. Also, those 21 and over, a rum tasting and discussion on how this spirit is made from Louisiana's sweetest cash crop will be very interesting.



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.

Rockin' On The Railroad

The fall series of Rockin' on the Railroad will take place on the grounds of the Addis Railroad Park, 4343 Harris Ave. The first concert will be held on Saturday, October 4, 2025, in conjunction with Boo-Gie Bash and Bazaar. Blind Ambition will take the stage from 1:00pm – 4:00pm followed by Justin Cornett from 4:00pm – 7:00pm. This family-friendly Halloween-themed market will also have shopping, a kids' zone, and much more. Other dates and bands for Rockin' on the Railroad are as follows:



Friday, October 17 – Tuxedo Speedo featuring Burke Fiscus, Craig Rhodes, and Gaylen Martin

Friday, November 7 – Ryan Foret and Foret Tradition



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.



New Place To Socialize

Enjoy lively conversations and Mexican cuisine at the new social hour at Cactus Flower Restaurant, 4151 LA Hwy 1, Port Allen. This new activity will be held on the 3rd Tuesday of every month beginning at 6:00pm. For more information, please contact Erin Bennett at 225-650-5644.

Keep West Baton Rouge Beautiful

Household Hazardous Materials Collection Day is Saturday, October 25, 2025, from 8:00am-12:00pm at Alexander Park, 250 Elaine Street, Brusly. Please visit www.wbr council.org for a list of acceptable items.

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.

October 5 – Keepin' Time

October 12 – Shades of Grey

October 19 – Mitch and Donnie

October 26 – 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 9**)
1:00 pm to 4:00 pm
WBR Senior Center
Sonya Boudreaux (225) 772-0958

Bouree – Nighttime

Fourth Monday of the month (**Canceled This Month**)
4:00 pm to 7:00 pm
WBR Senior Center
Sonya Boudreaux (225) 772-0958

Bridge

Second Friday of the month (**October 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 (**October 24**)
10:00 am
WBR Senior Center
Elisa Tubbs (225) 456-7000

Mexican Cardinal Train Dominoes

Every Monday of the month
1:00 pm – 1st, 2nd, and 3rd Monday; 11:00 am – 4th Monday
WBR Senior Center
Sue Gauthreaux (225) 454-2609

Hand & Foot Canasta

Every Wednesday of the month
12:00 pm – 3:00 pm
WBR Senior Center
Julie Prejean (225) 776-4433

Pokeno

First Tuesday of the month (**October 7**)
10:30 am – 12:30 pm
WBR Senior Center
Mary Vince (225) 572-8039

Second Tuesday of the month (**October 14**)
10:00 am – 1:00 pm
WBR Senior Center
Sonya Boudreaux (225) 772-0958

Fourth Tuesday of the month (**October 28**)
9:30 am – 1:30 pm
WBR Senior Center
Robin Hebert (225) 978-2961

Tripoli

Third Tuesday of the month (**October 21**)
1:00 pm – 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
3:00 pm
WBR Senior Center
Virginia Butitta (225) 572-9637