

January 2026 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 NEW YEAR FROM SENIOR SPIRIT
AND PARKS AND RECREATION

A Note From Paige

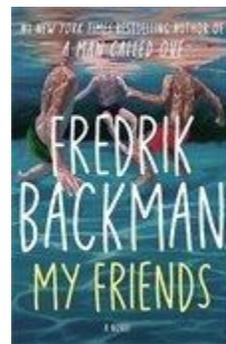
I regret to inform everyone the bus trip to Atlanta, Georgia has been canceled. Hopefully, I will be able to revisit the trip at a later date.



Suggested Reading

This month's suggested reading is *My Friends* by Fredrik Backman

Most people don't even notice them—three tiny figures sitting at the end of a long pier in the corner of one of the most famous paintings in the world. Most people think it's just a depiction of the sea. But Louisa, an aspiring artist herself, knows otherwise, and she is determined to find out the story of these three enigmatic figures. Twenty-five years earlier in a distant seaside town, a group of teenagers finds refuge from their bruising home lives by spending long summer days on an abandoned pier, telling silly jokes, sharing secrets, and committing small acts of rebellion. These lost souls find in each other a reason to get up each morning, a reason to dream, a reason to love. Out of that summer emerges a transcendent work of art, a painting that will unexpectedly be placed into eighteen-year-old Louisa's care. She embarks on a surprise-filled cross-country journey to learn how the painting came to be and to decide what to do with it. The closer she gets to the painting's birthplace, the more nervous she becomes about what she'll find. Louisa is proof that happy endings don't always



take the form we expect in this stunning testament to the transformative, timeless power of friendship and art.

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:

January 14, 2026 – Iris Callegan

February 11, 2026 – Denver and Justin

March 11, 2026 – Tet Dur

April 8, 2026 – Keepin' Time Band

May 11, 2026 – Denver and Justin

June 10, 2026 – Tet Dur

***Admission fee is \$5.00**

***Soft drinks and water are provided.**

***No alcohol is allowed**

Addis Railroad Museum

The Addis Railroad Museum is the best-kept secret in West Baton Rouge Parish. This 100-year-old building is on the National Register and is located at 7821 Harris Avenue, Addis, LA 70710, and will be open the 3rd Tuesday of each month from 10:00am – 2:00pm.



New Place To Socialize

Enjoy lively conversations and Mexican cuisine at the weekly social hour in Rio Cantina Mexican Grill, 400 W. St. Francis, Brusly, LA. It 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.

Care Community

- 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.
 - 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-carefacilities/louisiana
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Morley Marina Bands

Enjoy live music every Sunday at Morley Marina along the Intracoastal Waterway in Brusly from 4:00pm-8:00pm.

January 11 – Mitch Hughes

January 25 – 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 (**January 8**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree – Nighttime

- Fourth Monday of the month (**January 26**)
- 4:00 PM to 7:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bridge

- Second Friday of the month (**January 9**)
- 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 23**)
- 10:00AM
- 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; 12:00pm 4th Monday
- 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 6**)
- 10:30 AM to 12:30 PM
- WBR Senior Center
- Mary Vince (225) 572-8039
- Second Tuesday of the month (**January 13**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958
- Fourth Tuesday of the month (**January 27**)
- 9:30am-1:30pm
- WBR Senior Center
- Robin Hebert (225) 978-2961

Tripoli

- Third Tuesday of the month **January 20**
- 12:00 PM to 3:00 PM (**Note: New Time**)
- 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