

February 2026 Newsletter – Corrected

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.

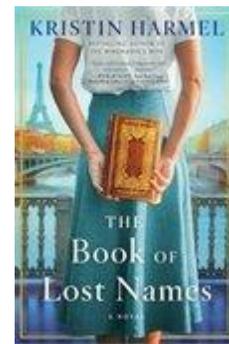
**To view the newsletter online, please visit the W.B.R. Parish website:
wbrparish.org**



HAPPY MARDI GRAS FROM SENIOR SPIRIT AND PARKS AND RECREATION

Suggested Reading

This month's suggested reading is *The Book of Lost Names* by Kristin Harmel



Eva Traube Abrams, a semi-retired librarian in Florida, is shelving books when her eyes lock on a photograph in the *New York Times*. She freezes; it's an image of a book she hasn't seen in more than sixty years—a book she recognizes as *The Book of Lost Names*. The accompanying article discusses the looting of libraries by the Nazis across Europe during World War II and the search to reunite people with the texts taken from them so long ago. Eva remembers this experience well. As a graduate student in 1942, Eva was forced to flee Paris and find refuge in a small mountain town in the Free Zone, where she began forging identity documents for Jewish children fleeing to neutral Switzerland. But erasing people comes with a price, and along with a mysterious handsome forger named Remy, Eva decides she must find a way to preserve the real names of the children who are too young to remember who they really are. The records they keep in *The Book of Lost Names* will become even more vital when the resistance cell they work for is betrayed and Remy disappears. This book is one of those books that will stay with you long after you finish it. It's beautifully written, emotional, and totally gripping.

Overview from Amazon.



Mardi Gras Parades

The following Mardi Gras parades will be held in West Baton Rouge and Iberville parishes. Laissez les bon temps rouler!

February 7, 2026, 1:00pm - Addis Mardi Gras Parade, Addis. In addition to the parade, the Town

of Addis, along with Louisiana Artisan Marketplace, will once again host the Addis Mardi Gras Mambo and Market at Railroad Park. There will be shopping from 10:00am-3:00pm followed by live music from Tuxedo Speedo from 2:30pm-5:30pm.

February 15, 2026, 1:00pm – Krewe of Good Friends of the Oaks Parade, Port Allen.

February 15, 2026, 7:00PM – Krewe of Comogo, Plaquemine.

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:

February 11, 2026 – Denver and Justin

March 11, 2026 – Tet Dur

April 8, 2026 – Keepin' Time Band

May 13, 2026 – Denver and Justin

June 10, 2026 – Tet Dur

*Admission fee is \$5.00

*Soft drinks and water are provided.

*No alcohol is allowed



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](http://www.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.

February 8 – Gary Bello
February 15 – Mitch Hughes
February 28 – 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 (**February 12**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree - Nighttime

- Fourth Monday of the month (**February 23**)
- 4:00 PM to 7:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bridge

- Second Friday of the month (**February 13**)
- 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 (**February 27**)
- 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 (**February 3**)
- 10:30 AM to 12:30 PM
- WBR Senior Center
- Mary Vince (225) 572-8039

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

- Fourth Tuesday of the month (**February 24**)
- 9:30am – 1:30pm
- WBR Senior Center
- Robin Hebert (225) 978-2961

Tripoli

- Third Tuesday of the month (**February 17**)
- 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