

March 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 ST. PATRICK'S DAY FROM SENIOR SPIRIT AND PARKS AND RECREATION

A Note From Paige

I am organizing a day trip to New Orleans to visit the World War II Museum on Thursday, April 16, 2026. A luxurious van will pick us up from St. John the Baptist Catholic Church in Brusly at 8:00am and arrive back at St. John the Baptist Catholic Church at 4:00pm. The cost of the trip is \$250.00 per person and this includes transportation, museum tour, and a boxed lunch at the museum. If interested, there are two different short movies available for viewing at an additional charge. The short movies are \$9.00 per movie, per person. You will pay for viewing these movies upon arrival at the museum, and arrange for a time best suited to our time frame. For those who have never been to the WWII Museum, it is very large and consists of multiple floors and different areas of exhibits. There is a significant amount of walking and standing.



To register, please call me at 225-215-5290 by March 30, 2026. Once registered payments can be made. If writing a check, make checks payable to Paige Currie and on the memo line write "Senior Spirit." Payments can be dropped off at St. John the Baptist Catholic Church office, Monday through Thursday from 8:30am-1:30pm or mailed to Paige Currie at 3635 Allene Street, Brusly, LA 70719. Payments will be accepted until April 6, 2026.

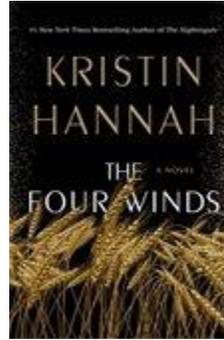
S.A.L.T.

Sheriff Jeff Bergeron cordially invites all senior citizens to S.A.L.T. (Seniors and Law Enforcement Together) on Thursday, March 12, 2026, from 9:00am-1:00pm in the Erwinville Community Center, 5110 Rougon Road, Port Allen, LA 70767. There will be a guest speaker and lunch as well as Bingo and door prizes.

Suggested Reading

This month's suggested reading is *The Four Winds* by Kristin Hannah

Texas, 1934. Millions are out of work and a drought has broken the Great Plains. Farmers are fighting to keep their land and their livelihoods as the crops are failing, the water is drying up, and dust threatens to bury them all. One of the darkest periods of the Great Depression, the Dust Bowl era, has arrived with a vengeance. In this uncertain and dangerous time, Elsa Martnelli — like many of her neighbors — must make an agonizing choice: fight for the land she loves or go west, to California, in search of a better life. *The Four Winds* is an indelible portrait of America and the American Dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation.



Overview from Goodreads

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:

March 11, 2026 – Tet Dur
April 8, 2026 – Keepin' Time Band
May 13, 2026 – Denver and Justin
June 10, 2026 – Tet Dur
July 8, 2026 – Iris Callegan

*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 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.

March 15 – Gary Bello

March 22 – Kenny Fife

March 29 – Mitch Hughes

*****Bands are Subject to Change*****

Tripoli New Time

Please note the time for Tripoli has changed back to the Spring/Summer time frame. It will be played the 3rd Tuesday of the month from 1:00pm-4:00pm.

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 (**March 12**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree – Nighttime

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

Bridge

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

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

- Fourth Tuesday of the month (**March 24**)
- 9:30 AM to 1:30 PM
- WBR Senior Center
- Robin Hebert (225) 978-2961

Tripoli

- Third Tuesday of the month (**March 17**)
- 1:00 PM to 4:00 PM (**Note: Time Change**)
- 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