

August 2023 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**

Mrs. Carolyn Will Be Missed

Mrs. Carolyn Blanchard passed away on Sunday, July 23. She was the Silver N Fit group leader for many years. Mrs. Carolyn is survived by three children, 14 grandchildren, and 5 great grandchildren. Please keep her family in your thoughts and prayers.



St. John the Baptist News

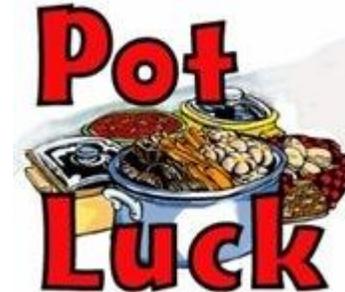
The Feast on the Levee is scheduled for Sunday, October 8 on the grounds of the church and the activity center. There will be food and lots of fun for everyone!

The Card Party is set for Monday, October 30 in the activity center. The usual variety of card games, as well as pokeno, and dominos games are welcome.

There will be more information, on both of these events, in upcoming newsletters.

Let's Get Together

There will be a Pot Luck supper on Thursday, August 17 from 5:00pm-7:00pm at the Senior Center and is open to all Senior Spirit members. Please bring any casseroles, fruit or vegetable dishes, desserts, as well as any other items others would enjoy. There will be a discussion on which trips and future travel destinations Senior Spirit members would like to take. To sign up, please call Senior Spirit at 225-215-5290 by August 11.



**SCAMS
AND
HOW TO
SPOT THEM**

Guest Speaker on Elderly Protective Services

Older adults can be vulnerable to different types of scams. We have asked Darren Crochet of the Attorney General's office to speak on elderly fraud and potential scams which can target senior citizens, and exploit them for monetary gain. This free of charge educational meeting will take place on Thursday, September 21 at 2:00pm. The location has been changed to the Senior Center in Brusly. To

register, please call Senior Spirit at 225-215-5290 by September 8.



Longue Vue Home and Gardens Bus Trip Information

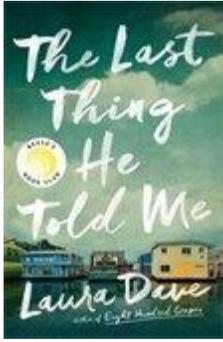
Our New Orleans bus trip to Longue Vue Home and Gardens will be on Thursday, October 19, and there are only 6 seats left. The cost of the trip is \$80.00 per person and includes a guided tour of both the home and gardens, and lunch at Porter and Luke's. We also plan to visit City Park if time permits. A Hotard bus

will depart St. John the Baptist Catholic Church parking lot at 7:00am to take us to New Orleans, and the bus will return to St. John the Baptist parking lot at 5:00pm. Please call Senior Spirit at 225-215-5290 to register by September 15. Once registered, please make checks payable to Senior Spirit, and mail to Paige Currie, 3635 Allene Street, Brusly, LA 70719. You can also bring your payment to Dana Babin at St. John the Baptist Catholic Church office.

Who Needs A Bag

Purchase a Senior Spirit bag for only \$8.00. It consists of a large roomy interior, one pocket for a water bottle, and a larger pocket on the front of the bag. It is a great bag for social functions and travel. To obtain one, please call Senior Spirit at 225-215-5290. A lucky member will have a chance to win a bag at the Pot Luck Supper on August 17.





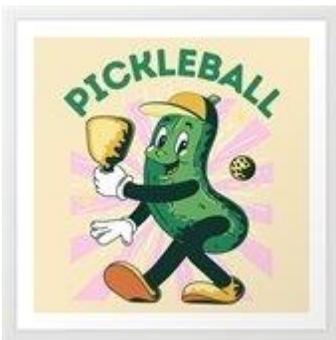
As The Pages Turn Book Club

This is the new book of the month for Senior Spirit. If a book is enjoyed by a member please call 225-215-5290, and the book may appear here. Happy Reading!

This month's book of the month is *The Last Thing I Told Him* and is the winner for Best Mystery and Thriller of 2021. Before Owen Michaels disappears, he manages to smuggle a note to his wife of one year, "protect her." Despite her confusion and fear, Hannah Hall knows exactly to whom the note refers, Owen's 16-year-old daughter, Bailey. Bailey, who lost her mother tragically as a child wants nothing to do with her new stepmother. As Hannah and Bailey set out to find the truth to Owen's disappearance, they put together pieces of his past and soon realize they are also building a new future.

Senior Spirit visits the WBR Museum

A small group of Senior Spirit members enjoyed the George Rodrigue exhibit at the WBR Museum. It coincides with the 10th anniversary of Rodrigue's death. It is the first of its kind, and traces 45 years of the river in Rodrigue's paintings. The exhibit is also a reference to his Cajun heritage, and ultimately as a metaphor for the journey of life. It is worth mentioning, he is the artist of the famous Blue Dog Series. The exhibit is currently underway, and will run through October 29.



Stay Active in WBR Parish

Pickleball is played at the Port Allen Community Center every Tuesday morning from 9:00am-12:00pm or on Wednesday night from 6:00pm-9:00pm. Wear comfortable, athletic shoes. While some equipment is provided, you may want to bring your own. It's free and open to all WBR residents.

Let's Go Shopping

The West Baton Rouge Chamber of Commerce and the Small Business Council will host Westside Shopping Extravaganza on August 20 in the Addis Community Center from 11:00am-4:00pm. VIP shopping will be from 11:00am-1:00pm and general admission will be from 1:00pm-4:00pm. To obtain more information and tickets, call the West Baton Rouge Chamber of Commerce at 225-685-1044.



Show The Young People How It's Done

The Oldies But Goodies Fest is September 9 and 10 on the grounds of the WBR Tourist Information and Conference Center, 2750 North Westport Drive Port Allen, LA 70767. There will be a BBQ cook-off, antique car show, crafters, food vendors and live

entertainment from That 70's Band and Justin Cornett Band. For more information call 1-800-654-9701 or visit the website www.westbatonrouge.net

WBR Museum Activities

- Yoga Workshop (last Tuesday of the month, August 29) from 6:00pm-7:30pm. Please bring a yoga mat and comfortable shoes. **DO NOT EAT ONE HOUR BEFORE CLASS.**
- Cajun French Music Association's Le Jam (3rd Sunday of the month, August 19) from 3:00pm-6:00pm. Enjoy live music, singing and dancing. Guests are encouraged to participate.
- Le Cafe Francais (1st Friday of the month, August 4) at 1:00pm. This program is for those who speak French, are learning French, or simply support the French language and culture in Louisiana.
- Behind the Barn Doors (1st Sunday of the month, August 5) from 2:00pm-5:00pm. Visitors can experience demonstrations of historic tools and techniques while exploring the historical machinery displayed at the barn.

Morley Marina Bands

Come dance and listen to live music every Sunday, 5:00pm-9:00pm, at Morley Marina along the Intracoastal Waterway in Brusly. This month's bands are:

August 6 - Double Shot
August 13 - Kenny Fife
August 20 - 2 AM
August 27 - Loose Change

Support Groups

The following are support groups in our area:

Alzheimer's Caregiver Support Group meets every second Monday from 10:00am-1:00pm at St. John the Evangelist Church, 57805 Main Street, Plaquemine.

Healing Hearts Grief Share Support Group meets at the Church at Addis each Thursday evening at 6:30pm. The church is located at 6781 LA Highway 1 South, Addis. Meetings are held in the Club 456 room.

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 (**August 10**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree – Nighttime

- Fourth Monday of the month (**August 28**)
- 4:00 PM to 7:00PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bridge - Second Friday

- Second Friday of the month (**August 11**)
- 10:00 AM
- WBR Senior Center
- Lucy Landry (225) 749-2981

Bridge - Tuesday Night

- Every Tuesday of the month
- 6:00 PM
- Brusly Town Hall
- Helen Gossman (225) 749-3898

Corn Hole

- Tuesday of the month (**Canceled until the Fall**)
- 6:00 PM
- Alexander Park
- Sonya Boudreaux (225)772-0958

Competitive Team Bridge

- Fourth Friday of the month (**August 25**)
- 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

- Second Tuesday of the month (**August 8**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225)772-0958

Tripoli

- Third Tuesday of the month (**August 15**)
- 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