



January 2022 Newsletter

Happy New Year!

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.



Corn Hole

Cornhole games will begin in January at the Addis Community Center. We will all play together and improve our

skills on Tuesdays at 1:00pm and on Thursdays at 6:00pm. You are welcome to play on either day, or both days.

Meet Sonya Guidry Boudreaux!

Sonya Boudreaux is the Team Captain for Corn Hole. Her mom, Shirley Guidry, was a former Senior Spirit Aerobics group leader. Sonya plays Corn Hole, Bouree, Pokeno and loves LSU sports. She will be arranging and scheduling the activities at the Senior Spirit Center. She will help us all become active and fit!



Christmas Party & Lucy Landry's Retirement

Thanks to Beau Brown for his fantastic Cajun music and to Anatole Vincent for his delicious gumbo that made our Christmas Party and tribute to Lucy Landry's retirement a wonderful afternoon! Approximately 65 Senior Spirit members attended and enjoyed a "Traveling with Lucy" reenactment of our bus trips coordinated by Jean Crites and Karla Argrave. A great time was had by all!

Get Your Senior Spirit Tote Bag!

Senior Spirit Tote Bags are available for purchase for \$8. Sonya Boudreaux will have them at the Weight Class or Corn Hole practice. You can also call the Senior Spirit Office 215-5290 to obtain yours.



Silver 'N Fit Class (Formerly Aerobics)

The Weight & Strength Class will be offered in place of the Aerobics class on Monday, Wednesday and Friday. This class will offer weights, strength and light aerobic activity. You are welcome to bring hand weights to the class. Please call Sonya Boudreaux at 772-0958 with any questions.

Pokeno

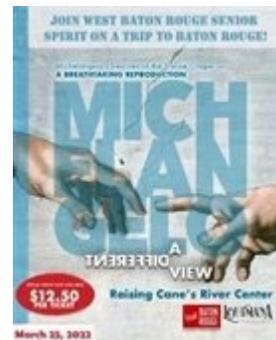
We need more people in order to start Pokeno this month. We currently have 8 people signed up. Pokeno would be once a month on Tuesday at 10:00am. Please call the Senior Spirit Office 215-5290 to sign-up.

W.B.R. Museum 1968: A Folsom Redemption Exhibit

This Exhibit features photos & memories of eyewitness accounts to historic Johnny Cash concerts at Folsom Prison. The exhibit is open now through January 9th, from 10am-4:30pm on Tuesday-Saturday, and on Sunday from 2:00pm-5:00pm at a cost of \$2.09 per Senior. For more information, please call the W.B.R. Museum at 336-2422

Michelangelo Exhibit on March 25th

The Michelangelo Exhibit has been rescheduled to 10:30am on March 25th at the Raising Cane's River Center in Baton Rouge. The Group ticket rate is \$12.50 each. We plan to carpool from the St. John the Baptist Catholic Church parking lot to the exhibit. Please call Stella 215-5290 to sign up.



Recurring Activities

Silver 'N Fit (formerly Aerobics)

- Every Monday, Wednesday & Friday
- 9:00 AM to 9:30 AM
- WBR Senior Center
- Carolyn Blanchard (225) 223-3707 & Sonya Boudreaux 772-0958

Bouree - Daytime

- Second Thursday of the month (**January 13**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Babs Babin (225) 749-2518

Bouree - Nighttime

- Last Monday of the month (**January 31**)
- 6:00 PM
- WBR Senior Center
- Babs Babin (225) 749-2518

Bridge - Second Friday

- Second Friday of the month (**January 14**)
- 10:00 AM
- WBR Senior Center
- Babs Babin (225) 749-2518

Bridge - Tuesday Night

- Every Tuesday of the month
- 6:30 PM
- Brusly Town Hall
- Babs Babin (225) 749-2518

Corn Hole

- Every Tuesday of the month at 1:00pm
- Every Thursday of the month at 6:00pm
- Addis Community Center
- Sonya Boudreaux (225) 772-0958

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 (**CANCELED at this time.**)
- 10:30 AM
- WBR Senior Center
- Joyce Barbier (225) 383-0232 or Julie Prejean (225) 776-4433

Quilting

- Every Thursday of the month
 - 9:00 AM
 - WBR Senior Center
 - Joan Sharon (225) 749-8327
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