

August 2025 Newsletter

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.

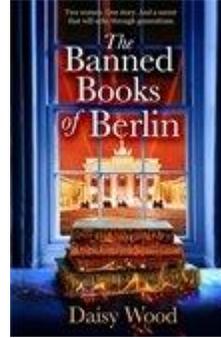
To view the newsletter online, please visit the W.B.R. Parish website:
wbrparish.org

Suggested Reading

This month's suggested reading is *The Banned Books of Berlin* by Daisy Wood.

Berlin, 1933. The night skies are burning bright with huge bonfires of banned books. The Nazi party is swelling in number and Berlin is no longer a safe place for young Freya. She can only watch in horror, as her beloved city falls to fascism. The usually law-abiding Freya is forced to make a choice: continue being a bystander or sacrifice herself to save the lives of others.

New York, present day. Maddie commutes home to her family to reset. Struggling to fully turn off her work, she is surprised to come across a pre-war German diary among her Grandpa's things. When she starts to dig into the diary, Maddie is shocked by what she finds. This begins the journey that will take Maddie beyond America as she searches for the truth about Freya, and how she changed people's lives across the globe.



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.

August 13 – Denver and Justin

September 10 – Tet Dur

October 8 – Keepin' Time Band

November 12 – Iris Callaghan

December 10 – Tet Dur



*Admission fee is \$5.00

*Soft drinks and water are provided.

*No alcohol will be served

Shopping Extravaganza

The 7th annual Westside Shopping Extravaganza will be held on Sunday, August 17, 2025 from 11:00am-4:00pm in the Addis Community Center.

Bring family and friends and enjoy a full day of shopping, entertainment, and community spirit.

For tickets and more information, visit www.wbrsbc.com/tickets



A Hidden Gem In Addis

Visit the best-kept secret in West Baton Rouge Parish as the Addis Historical Society is very proud to re-open the Addis Railroad Museum.

It is located at 7821 Harris Avenue, Addis, LA 70710, and will be open the 3rd Tuesday of each month from 10:00am-2:00pm.

Yoga Canceled

Yoga classes, which are held on the first and third Thursdays at 4:00pm, are canceled through August. The re-start date is September 4, 2025.



50 Years Ago In History

- The Vietnam War concluded with the fall of Saigon.
 - Bill Gates and Paul Allen established Microsoft.
 - Teamsters Union President Jimmy Hoffa vanished.
 - The first episode of Saturday Night Live aired on NBC
- The movie Jaws was released.
 - The price of a gallon of gas was 50 cents.
 - The price of a movie ticket was \$2.00.
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Morley Marina Bands

Come and listen to live music every Sunday, at Morley Marina along the Intracoastal Waterway in Brusly from 4:00pm-8:00pm.

August 3 – Keepin' Time

August 10 – Raccoon Band

August 24 – 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 (**August 14**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bouree – Nighttime

- Fourth Monday of the month (**August 25**)
- 4:00 PM to 7:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958

Bridge

- Second Friday of the month (**August 8**)
- 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 (**August 22**)
- 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

- First Tuesday of the month (**August 5**)
- 10:30 AM to 12:30 PM
- WBR Senior Center
- Mary Vince (225) 572-8039
- Second Tuesday of the month (**August 12**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225) 772-0958
- Fourth Tuesday of the month (**August 26**)
- 9:30am-2:00pm
- WBR Senior Center
- Robin Hebert (225) 978-2961

Tripoli

- Third Tuesday of the month (**August 19**)
- 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

Yoga

- First and Third Thursday of the month (**Canceled through August. Re-start September 4, 2025**)
- 4:00 PM
- WBR Senior Center

Bingo

- Every Sunday of the month
- 3:00PM
- WBR Senior Center
- Virginia Butitta (225)572-9637