



December 2022 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.

THIS IS THE LAST MAILOUT OF THE NEWSLETTER. To view the newsletter, please visit the W.B.R. Parish website: wbrparish.org



MERRY CHRISTMAS AND HAPPY NEW YEAR FROM WBR SENIOR SPIRIT AND PARKS AND RECREATION!

Babs Babin is retiring!

Babs Babin will retire on December 31, 2022 from WBR Senior Spirit. She and Lucy Landry got this organization started



in September 2008. Babs was instrumental in organizing the various activities that Senior Spirit members enjoy today. We thank her for her foresight, effort and diligence in making our organization a success!



Houma/Gibson Trip

Thirty-Six Senior Spirit members enjoyed a day in the Houma area on November 4th where they watched a basket weaving demonstration from Janie Verret Luster of the United Houma Indian Tribe and toured

the downtown area of the film site of "Where the Crawdads Sing". They enjoyed a delicious lunch at Cajun Critters Seafood.

They ended the day with Cajun Music provided by Waylon Thibodeaux aboard the Cajun Man Swamp Tour vessel at Bayou Black Marina in Gibson. Captain Billy Gaston narrated the tour of the wildlife refuge and coaxed the Senior Spirit members to feed gators! A good time was had by all!

Ways to Stay Active in WBR!

WBR Museum Yoga Workshop:

December 27th from 6:00-7:30pm

All ages and skill levels are welcome. Please bring a yoga mat and wear comfortable shoes. Please don't eat one hour before the class.



Pickleball at WBR Parks & Recreation

This game is played at the Port Allen Community Center every Tuesday morning from 9:00am-12:00pm or on Wednesday night from 5:00pm-9:00pm. All are welcome!

WBR Museum Holiday Open House

December 4th, from 2:00pm-5:00pm

Come out and enjoy an afternoon of holiday music, hot cider and gingerbread! Bring your family and friends.

WBR Museum Angela Gregory: Doyenne of Louisiana Sculpture Exhibit

Angela Gregory was Louisiana's first female sculptor to gain international recognition. You can view her architectural sculpture at the Louisiana State Capitol. She has three public monuments, one located in Port Allen. This is a semi-permanent exhibit at the Museum and it contains artwork and sculptures. The Exhibit is available now to view.



Recurring Activities

Silver 'N Fit (Aerobics, Weights & Strength)

- 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 (**December 8**)
- 1:00 PM to 4:00 PM
- WBR Senior Center
- Babs Babin (225) 749-2518

Bouree - Nighttime

- Fourth Monday of the month (**December 26**)
- 5:00 PM to 8:00 PM
- WBR Senior Center
- Babs Babin (225) 749-2518

Bridge - Second Friday

- Second Friday of the month (**December 9**)
- 10:00 AM
- WBR Senior Center
- Babs Babin (225) 749-2518

Bridge - Tuesday Night

- Every Tuesday of the month
- 6:00 PM
- Brusly Town Hall
- Babs Babin (225) 749-2518

Corn Hole

- Tuesday of the month (**CANCELLED in December**)
- 6:00 PM
- Alexander Park
- Sonya Boudreaux (225)772-0958

Competitive Team Bridge

- Fourth Friday of the month (**December 23**)
- 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
- Joyce Barbier (225) 383-0232 or Julie Prejean (225) 776-4433

Pokeno

- Second Tuesday of the month (**December 13**)
- 10:00 AM to 1:00 PM
- WBR Senior Center
- Sonya Boudreaux (225)772-0958

Tripoli

- Third Tuesday of the month (**December 20**)
- 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

