



IN ACTION - This photo shows some of the local ladies participating in chair yoga exercises at the Basile branch of the Evangeline Parish Library where they meet twice per week.

Basile Library has so much more than just books Hotbed of Activities Now Includes Chair Yoga

By: Darrel LeJeune
Editor

The Basile branch of the Evangeline Parish Library has, in recent years, transformed into a bustling center of activity, nestled in the heart of historic downtown Basile. With an array of engaging programs and events, there's something for everyone. The newest addition, a group chair yoga exercise session, is capturing the attention of both seasoned patrons and newcomers, offering a unique blend of fitness and camaraderie.

Chair Yoga Sweeps into Basile

One of the most recent additions to the library's roster of activities is the group chair yoga exercise session. Currently, this invigorating class predominantly attracts a group of lively senior citizens, predominantly women, who are already reveling in the myriad of benefits it offers. However, the welcoming nature of the library extends its open arms to participants of all ages, encouraging a diverse and vibrant atmosphere.

Embracing Wellness: Chair Yoga Benefits
Chair yoga is a gen-

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FIRST MEETING OF CHAIR YOGA GROUP - These nine local ladies showed up for the first gathering of group chair exercise held at the Basile branch of the Evangeline Parish Library. They are (left to right) Leola Granger, Sheila Lane, Faye Langley, Rosetta Leblanc, Judy Fontenot, Barbara Young, Sue Fontenot, Glenda Trahan and Darcy Watts. The sessions are held every Wednesday and Friday at 10 a.m. A youtube video presentation is used to guide the group in the exercises.

Happy Halloween

TRICK OR TREAT
Oct. 31st 5 pm- 7 pm



Swine Festival
Next Week



Nov. 3, 4, 5

Basile Weekly 10/26/23

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Book-offs at Iota, Chatham



AT IOTA - Todd Fruge, Rheagan Hebert and Greg LeJeune



(right, front row) Daulton Leblue, Wyatt Craton, Tiffany Craton, and Gage Craton; and Craton.

ASPARD

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covering kindergarten through grade 12, Gaspard is equipped to inspire and educate students of all

year marks Gaspard's seventh year in the field of education, and his prior experiences have equipped him with a wealth of knowledge and expertise. He has served as principal and director at various schools, including Eunice for two years, Carencro High for one year, Ouachita for two years, and as an assistant director at South Gaspard High for one year. His diverse experiences allowed him to work with a wide range of students and communities, bringing a rich array of musical tradi-

LIBRARY

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tle form of exercise that makes use of a chair for support and balance. Its popularity is soaring not only in Basile but across the nation, and for a good reason. The practice offers numerous physical and mental health benefits, making it an ideal choice for those seeking a low-impact but highly effective fitness option. Some of the benefits of chair yoga include:

Improved Flexibility: Chair yoga helps participants increase their range of motion, making it easier to perform everyday tasks with comfort.

Stress Reduction: The slow and deliberate movements, coupled with focused breathing, can have a profound effect on reducing stress and promoting relaxation.

Strength and Balance: Despite its gentle nature, chair yoga helps build strength and enhance balance, which is particularly beneficial for older adults.

Joint Health: It can alleviate joint pain and stiffness, making it an accessible option for those with arthritis or similar conditions.

Enhanced Mental Clarity: Practicing chair yoga fosters mindfulness and mental clarity, which can have a positive impact on emotional well-being.

Embracing the Chair Yoga Craze

In recent years, chair yoga has gained immense popularity for its accessibility and adaptability. It's a fitness trend that has captured the hearts of people from all walks of life, transcending age and physical abilities. The gentle yet effective exercises provide an excellent starting point for those who may have

never considered yoga before. It's also a great way for seniors to maintain their health and well-being.

Library, A Hub of Year-Round Activities

Apart from the invigorating chair yoga sessions, the Basile library is buzzing with various year-round activities, catering to diverse interests. These include the French Coffee Talk Hour, where language enthusiasts gather to engage in conversational French. For the younger members of the community, the Pre-School Story Hour is a favorite, fostering a love for reading from an early age. Additionally, the library hosts a Grief Support Group, providing a comforting space for individuals to navigate through challenging times.

Summer Fun and Literacy

During the summer months, the library takes its offerings up a notch with weekly performers and arts and crafts activities. The long-running summer reading program remains a cornerstone, encouraging literacy through engaging reading challenges, all while offering prizes and awards to young readers.

The Basile branch of the Evangeline Parish Library has indeed evolved into a bustling hub of activity, offering something for everyone, from senior citizens finding solace and strength in chair yoga to the youngest members of the community eagerly participating in the summer reading program. It is a testament to the library's commitment to enriching the lives of its patrons through knowledge, wellness, and the spirit of community.