

Benefits of walking

- **Reduces Stress & Anxiety:** Walking, especially in nature, helps calm the nervous system.
- **Improves Mood:** It can boost endorphin levels, helping to fight depression and anxiety.
- **Enhances Creativity:** Walking can stimulate creative thinking and problem-solving.
- **Supports Better Sleep:** Regular walking helps regulate your sleep patterns.
- **Strengthens Muscles & Bones:** Helps improve strength, posture, and balance, especially in the legs and core.
- **Improves Heart Health:** Walking regularly lowers the risk of heart disease and stroke.
- **Lowers Blood Sugar & Cholesterol:** Aids in managing blood sugar levels and improving cholesterol profiles.

**Join us on a walk on July 17th and
31st @11:00 AM!**

Flower of the Month
Water Lilly



Administrative Staff

<p>Kimberly Burnett Claire Mayeux Shantel Green Sydney Fontenet Danette Williams Garnetta Branch Russell Ryan Jacy Gary</p>	<p>Executive Director Assistant Director Wellness Coordinator Life Enrichment Coordinator Administrative Assistant Staffing Coordinator Dietary Manager Activities Assistant</p>
---	--

**Make Sure
To Visit**



**Garden
View's
Facebook**

Garden View of Lafayette

601 Verot School Rd., LA 70508
Phone: 337.237-5542 | Fax: 337.237-5543



www.gardenview.org



THE VIEW

July 2025



“

One flag, one land, one
heart, one hand, one
nation evermore!

OLIVER WENDELL HOLMES

Southern Living

July Birthdays

Betty Reinach
7/3/1928
Catherine Hagen
7/14/1935
Barbara Sattler
7/28/1944



July 4th Bingo & Snacks
July 3rd @2:30 PM

Vet to Vet
July 9th @2:30 PM

Louisiana Nights
July 11th @2:30 PM

Painting with a Twist
July 14th @2:30 PM

A Sleighing Summer
Celebration
July 21st @2:30 PM

Nerf Gun Target Practice
July 24th @2:30 PM

Bon Temps Grill
July 25th @11:00 AM

Water Gun Painting
July 30th @2:30 PM

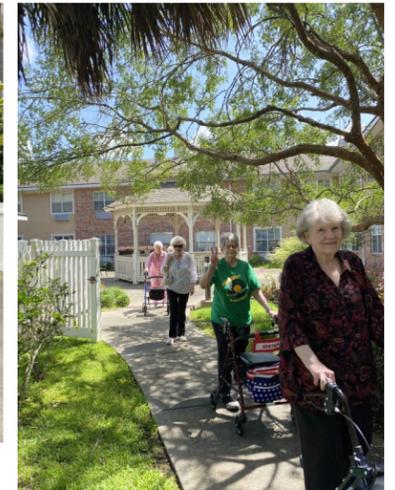


A look back at June

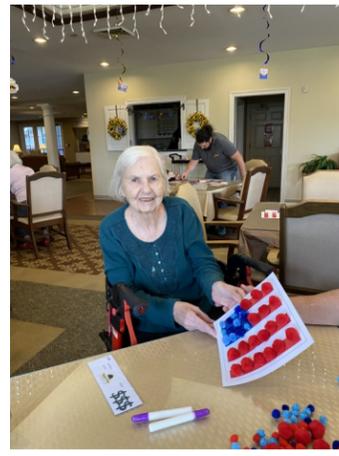


Celebrated all of the Great Dads at Garden View with Donuts!!

Mr. Grubb was honored with a service medal by the Department of Veterans Affairs in recognition of his dedicated service.



Boogied hard this June, but we crafted even harder!



Celebrated the longest, hottest day of the year with a summer Kick off party!



The Walking Club did a lap or two around Garden View!

