

LSV OCTOBER 2022



Socialization and the Senior

According to the Journal of Health and Social Behavior, isolation and lack of socialization among seniors leads to low self-esteem, difficulty coping, and higher levels of stress hormones that could cause additional issues. Inflammation is common to stress-related diseases and can be triggered by the release of stress hormones. Research in the journal Frontiers in Human Neuroscience concludes that persistent inflammation over time can lead to serious health outcomes, including:

Cardiovascular disease...Metabolic disorders and Neurodegenerative disorders, such as Alzheimer's and Parkinson's

There are many opportunities for seniors to stay connected. Time spent with family and grandchildren can always help seniors combat loneliness, especially if they have mobility issues that keep them from getting around. Such visits leave seniors feeling more positive, and that's the best medicine of all.

LSV offers many opportunities to socialize...check your calendar for scheduled gatherings, or gather your neighbors and schedule some fun yourself!!!



LAKE SHERWOOD VILLAGE
4101 PLAZA TOWER DRIVE BR, LA 70816
225-296-0803



WHAT'S UP AROUND THE LAKE

RESIDENT BIRTHDAYS

10/1	Herbert Holen
10/2	Jim Spurger
10/2	Arnell McMillan
10/6	Dawn Bosch
10/6	Virginia Howard
10/9	Richard Arbuthnot
10/16	Judy Dunnaway
10/18	Tippy Blanchard
10/19	Frankie Chrisentary
10/24	Hazel Price

EMPLOYEE BIRTHDAYS

10/10	Iness Wright
10/13	Matthew Bedell
10/15	Michael Juneau
10/22	Madeline Coleman
10/23	Carl Stewart

ACTIVITIES

10/4 - Tues.	1:00 - SHUFFLEBOARD
10/5 - Wed.	10:00 - AVON
10/6 - Thurs.	1:00 - ROUSES RUN
10/6 - Thurs.	3:30 - FBC IN CHAPEL
10/10 - Mon.	3:00 - POKENO
10/11 - Tues	10:30 - FBC SENIOR LUNCHEON
10/11 - Tues.	1:30 - BLOOD PRESSURE CLINIC
10/12 - Wed.	12:30 - EBRP LIBRARY
10/13 - Thurs	1:00 - TOWN HALL
10/13 - Thurs.	6:00 - KIWANIS BINGO
10/16 - Sun.	3:15 - HAPPY TAPPERS PERF.
10/17 - Mon.	3:00 - SHUFFLEBOARD
10/18 - Tues.	11:00 - LUNCH w/ LO
10/19 - Wed.	10:00 - AVON
10/19 - Wed.	1:00 - PAINTING w/ MEL
10/20 - Thurs.	1:00 - TRIP TO THE LIBRARY
10/20 - Thurs.	4:00 - JBC IN THE CHAPEL
10/25 - Tues.	9:30 - CASINO w/ LO
10/26 - Wed.	12:30 - EBRP LIBRARY
10/26 - Wed.	3:00 - POKENO
10/27 - Thurs.	1:00 - HALLOWEEN BASH!
10/31 - Mon.	2:00 - BIRTHDAY PARTY w/ RON PENNINGTON

Meet Mr. Ed Barton



Mr. Ed is currently our longest standing resident, at 17 years residency this year! Mr. Ed is a man of strong faith, and can be seen at bible study in the chapel several times a month. He is a kind, quiet, stoic man. Mr. Ed has just celebrated his 98th birthday! We are thankful that Mr. Ed is a part of our LSV family.

OCTOBER 2022

SUN. MON. TUES. WED. THURS. FRI. SAT.

						 <p>9:30 TaiChi (Ch. 1960) 1 2:00 MOVIE - Lonesome Dove - Disc 1 <i>3:15 Rosary</i> <i>4:00 Catholic Mass</i> 6:00 LSU vs. AUBURN</p>
<p>8:30 SAINTS vs. Vikings 2 10:00 Tai Chi Video (Ch. 1960) 1:30 BINGO 2:00 MOVIE - Lonesome Dove Disc 1</p>	<p>10:00 Pledge 3 9:30 SitNFit 2:00 BINGO 2:00 Exercise Video Ch. 1960</p>	<p>9:30 POKER 4 9:30 Bible Study in the Chapel 1:00 SHUFFLEBOARD 2:00 BOUREE</p>	<p>9:30 SitnFit 5 10:15 Sevens 10:00 AVON 2:00 BINGO 3:30 JOKER</p>	<p>9:15 JOKER 6 1:00 Rouses Grocery Run 3:30 FBC Service</p>	<p>7 9:30 SitnFit 2:00 BINGO 2:00 Exercise Video (Ch. 1960)</p>	<p>9:30 TaiChi (Ch. 1960) 8 11:00 LSU vs. TENNESSEE 2:00 MOVIE - Lonesome Dove Disc 2 <i>3:15 Rosary</i> <i>4:00 Catholic Mass</i></p>
<p>10:00 TaiChi Video (Ch. 1960) 9 12:00 SAINTS vs. Seahawks 1:30 BINGO 2:00 MOVIE - Lonesome Dove Disc 2</p>	<p>10:00 PLEDGE 10 9:30 SitnFit 2:00 BINGO 2:00 Exercise Video (Ch. 1960) 3:00 POKENO</p>	<p>9:30 POKER 11 9:30 Bible Study in the Chapel 10:30 FBC SENIOR LUNCHEON w/ Lo 1:30 Blood Pressure Clinic 2:00 BOUREE</p>	<p>9:30 SitnFit 12 10:15 Sevens 12:30 EBRP LIBRARY 2:00 BINGO 3:30 JOKER</p>	<p>9:15 JOKER 13 1:00 pm TOWN HALL 6:00 pm KIWANIS BINGO</p>	<p>14 9:30 SitnFit w/ Audubon 2:00 BINGO 2:00 Exercise Video (Ch. 1960)</p>	<p>9:30 TaiChi (Ch. 1960) 15 2:00 MOVIE Return to Lonesome Dove Disc 1 <i>3:15 Rosary</i> <i>4:00 Catholic Mass</i> LSU vs. FLORIDA</p>
<p>10:00 TaiChi Video (Ch. 1960) 16 12:00 SAINTS vs. Bengals 1:30 BINGO 2:00 MOVIE Return to Lonesome Dove Disc 1 <i>3:15 HAPPY TAPPERS PERFORMANCE</i></p>	<p>10:00 PLEDGE 17 9:30 SitnFit 2:00 Exercise Video (Ch. 1960) 2:00 BINGO 3:00 SHUFFLEBOARD</p>	<p>9:30 POKER 18 9:30 Bible Study in the Chapel 11:00 LUNCH w/ LO 2:00 BOUREE</p>	<p>9:30 SitnFit 19 10:00 AVON 10:15 Sevens 1:00 PAINT w/ MEL 2:00 BINGO in the Dining Room 3:30 JOKER</p>	<p>9:00 WalMart 20 9:15 JOKER 1:00 Afternoon at the Library. 4:00 JBC Service</p>	<p>21 9:30 SitnFit 2:00 BINGO 2:00 Exercise Video (Ch. 1960)</p>	<p>9:30 TaiChi (Ch. 1960) 22 2:00 MOVIE Return to Lonesome Dove Disc 2 LSU vs. OLE MISS <i>3:15 Rosary</i> <i>4:00 Catholic Mass</i></p>
<p>10:00 TaiChi Video (Ch. 1960) 23 1:30 BINGO 2:00 MOVIE - Return to Lonesome Dove Disc 2 7:15 SAINTS vs. Cardinals</p>	<p>10:00 PLEDGE 24 9:30 SitnFit 2:00 BINGO 2:00 Exercise Video (Ch. 1960)</p>	<p>9:30 POKER 25 9:30 Bible Study in the Chapel 9:30 CASINO w/ LO 2:00 BOUREE</p>	<p>9:30 SitnFit 26 10:15 Sevens 12:30 EBRP LIBRARY 2:00 BINGO 3:00 POKENO 3:30 JOKER</p>	<p>9:00 WalMart 27 9:15 JOKER 1:00 HALLOWEEN BASH w/ PooYai (Ernie Breaux Band)</p>	<p>28 9:30 SitnFit 2:00 BINGO 2:00 Exercise Video (ch. 1960)</p>	<p>9:30 TaiChi (Ch. 1960) 29 2:00 MOVIE BEETLEJUICE <i>3:15 Rosary</i> <i>4:00 Catholic Mass</i></p>
<p>10:00 TaiChi Video (Ch. 1960) 30 1:30 BINGO 12:00 SAINT vs. Raiders 2:00 MOVIE BEETLEJUICE</p>	<p>10:00 PLEDGE 31 9:30 SitNFit 2:00 Birthday Party w/ RON PENNINGTON</p>					

AROUND THE LAKE

