



1130 N Allumbaugh Street
Boise, ID 83704
(208) 322-0311
Fax: (208) 854-8653

*A Tradition of
Excellence in Boise*

Find us on

Garden Plaza of Valley View

"Continuum of Care Campus"

Enjoy Independent Living, Assisted Living, Skilled Nursing and Rehabilitation at its best at Garden Plaza of Valley View, The Bridge at Valley View and Valley View Nursing and Rehabilitation. Our community encourages seniors to live their retirement years actively and independently. Retirement Living at Garden Plaza allows seniors to live carefree lifestyles—because we take care of the details! We are committed to creating a place you will love to call home!

Management Team

Eddie Johnson General Mgr
Jaimie Cox Business Office
Jennifer Kavulich Dining Svs
Frank Dowd Maintenance
Sherrie Hix Recreation
Melanie Eames Sales
Pam Dillman Sales

Important Numbers

Front Desk 208-322-0311
Beauty Shop 208-327-1178
Business Office 208-327-1023
Dining Room 208-327-1054
Emergency 911
Physical Therapy 208-854-8502
Recreation 208-327-1025

Office Hours

Monday-Friday 8 am - 4:30 pm
Front Desk Available 24/7



April Greetings!

Hello and welcome to April!
Warmer weather is on the way,
and I hope you get a chance to
enjoy the beauty of spring. And
while you're at it, pop in and say
hi—my door is always open! ~
Sherrie Hix

A Rewarding Spring

Do you know someone who's
looking for a new place to live?
Tell him or her how much you love
living here at Garden Plaza of
Valley View. When that person
signs a lease and moves in, you'll
receive a great reward through
our resident referral program!

Tax Help From the IRS

The deadline for filing most
income tax returns is
approaching. You can get
answers to your federal tax
questions by visiting *IRS.gov* or by
calling the IRS Tax Help Line at
(800) 829-1040. To check the
status of your refund, call the
Refund Hotline at (800) 829-1954.

Rainy Day Reminder






The rhyme "April showers bring
May flowers" can be seen as a
lesson in patience and optimism.
It may be gloomy and wet today,
but remember what we have to
look forward to—the beauty and
fragrance of spring blossoms.

Outdoor Strolls

Spring is here! Take advantage
of milder weather and go for a
walk in the fresh air. A recent
large-scale study by the University
of Michigan reported reduced
stress levels in people who
walked outside with a group.
Researchers believe that the
combination of exercise, nature
and social interaction serves as a
powerful mood enhancer.
People facing stressful life events,
such as an illness, experienced
the biggest boost; however,
going on regular outdoor walks
may contribute to an improved
sense of well-being, even when
you're feeling fine.

Tour the Town Adventures

Spring is here, and we're
excited! We have several outings
planned, and we'd love to have
you join us as we celebrate the
season. Look for spring events on
the calendar, and remember to
sign up at the front desk to
reserve your spot on the bus.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April Fools' Day 1 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 <div>RR</div> Bible Study 1:15 <div>MP</div> Catholic Rosary 1:30 <div>RR</div> In the Mix ... Baking- fm\$100 2:00 <div>BA</div> Disneyland Jazz 2:30 <div>RR</div> Sorting Jewelry ... Youth Ranch 3:30 L-C-R Dice Game- fm\$100	2 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Community Meeting- fm\$100 1:00 VV Pinochle\$ 1:00 Walking Club 1:30 Target Toss- fm\$100 3:15 <div>BA</div> Quarter Bingo- fm\$100	3 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:30 VV Bridge Group 1 1:30 <div>MP</div> Wii Bowl- fm\$100 2:00 Creative Writing Chat Club- fm\$100 3:00 <div>RR</div> Art Class with Mary Jussel- fm\$100	4 9:30 Banking 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop Fred Meyer <div>🚗</div> 1:00 VV Pinochle\$ 1:30 Blackjack "21"- fm\$100 1:30 Tour the Town <div>🚗</div> 3:30 <div>RR</div> Craft Class-fm\$100 6:30 <div>BA</div> Gospel Singers	5 9:30 Walk the Park- fm\$100 <div>🚶</div> 10:00 Pledge of Allegiance- fm\$100 10:00 Shop ... Albertsons <div>🚗</div> 10:00 Stretch Class- fm\$100 1:30 Shop ... Winco <div>🚗</div> 2:00 <div>MP</div> Discussion Group- fm\$100 3:15 <div>BA</div> Quarter Bingo- fm\$100	6 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 10:00 Stretch Class- fm\$100 1:00 VV Pinochle\$ 6:30 Trivia Game Night
7 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 11:00 <div>MP</div> Catholic Service 2:00 <div>MP</div> Movie & Popcorn 2:00 <div>RR</div> Quiddler	8 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 <div>RR</div> Bible Study 11:30 Solar Eclipse Picnic Lunch <div>🚗</div> 1:15 <div>MP</div> Catholic Rosary 1:30 <div>RR</div> In the Mix ... Baking- fm\$100 2:00 <div>MP</div> Parkinson's Support Group 2:30 <div>BA</div> Understanding Great Music with Eric Collett ♪ 3:30 L-C-R Dice Game- fm\$100	9 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Book Club 11:00 <div>RR</div> Activity Planning Meeting 12:30 <div>MP</div> Bookmobile 1:00 VV Pinochle\$ 1:00 Walking Club 1:30 Target Toss- fm\$100 3:15 <div>BA</div> Quarter Bingo- fm\$100	10 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:30 VV Bridge Group 1 1:30 <div>MP</div> Wii Bowl- fm\$100 2:00 Creative Writing Chat Club- fm\$100 3:15 <div>MP</div> Team Jeopardy- fm\$100 5:00 Meet & Greet the Artist	11 9:30 Banking 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop Fred Meyer <div>🚗</div> 1:00 VV Pinochle\$ 1:30 Blackjack "21"- fm\$100 1:30 Tour the Town <div>🚗</div> 3:30 <div>BA</div> Happy Hour ... Music & Cocktails 6:30 <div>BA</div> Sing-Along With Barb	12 9:30 Walk the Park- fm\$100 <div>🚶</div> 10:00 Pledge of Allegiance- fm\$100 10:00 Shop ... Albertsons <div>🚗</div> 10:00 Stretch Class- fm\$100 11:30 Lunch Out! Cracker Barrel 1:30 Shop ... Walmart <div>🚗</div> 2:00 <div>MP</div> Discussion Group- fm\$100 3:15 <div>BA</div> Quarter Bingo- fm\$100	13 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 10:00 Stretch Class- fm\$100 1:00 VV Pinochle\$ 6:30 Treasure Valley String Trio Band
14 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 11:00 <div>MP</div> Catholic Service 2:00 <div>MP</div> Movie & Popcorn 2:00 <div>RR</div> Quiddler	15 Tax Day 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 <div>RR</div> Bible Study 1:15 <div>MP</div> Catholic Rosary 1:30 <div>RR</div> In the Mix ... Baking- fm\$100 2:00 <div>MP</div> Catholic Mass 2:30 <div>RR</div> Sorting Jewelry ... Youth Ranch 3:30 L-C-R Dice Game- fm\$100	16 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Book Club 1:00 VV Pinochle\$ 1:00 Walking Club 1:30 Target Toss- fm\$100 3:15 <div>BA</div> Quarter Bingo- fm\$100	17 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:30 VV Bridge Group 1 1:30 <div>MP</div> Wii Bowl- fm\$100 2:00 Creative Writing Chat Club- fm\$100 3:30 <div>RR</div> Ceramic Class-fm\$100	18 9:30 Banking 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop Fred Meyer <div>🚗</div> 1:00 VV Pinochle\$ 1:30 Blackjack "21"- fm\$100 1:30 Tour the Town <div>🚗</div> 3:30 <div>BA</div> Meet & Greet New Residents 6:30 <div>BA</div> Fabulous '50s Dance Party	19 9:30 Walk the Park- fm\$100 <div>🚶</div> 10:00 Pledge of Allegiance- fm\$100 10:00 Shop ... Albertsons <div>🚗</div> 10:00 Stretch Class- fm\$100 11:00 <div>MP</div> BVA Meeting 1:30 Shop ... Dollar Store <div>🚗</div> 2:00 <div>MP</div> Discussion Group- fm\$100 3:15 <div>BA</div> Quarter Bingo- fm\$100	20 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 10:00 Stretch Class- fm\$100 1:00 VV Pinochle\$ 6:30 Trivia Game Night
21 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 11:00 <div>MP</div> Catholic Service 2:00 <div>MP</div> Movie & Popcorn 2:00 <div>RR</div> Quiddler	22 Earth Day 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 <div>RR</div> Bible Study 1:15 <div>MP</div> Catholic Rosary 1:30 <div>RR</div> In the Mix ... Baking- fm\$100 1:45 <div>BA</div> Women of Note ... Ladies' Choir 3:30 L-C-R Dice Game- fm\$100	23 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 1:00 VV Pinochle\$ 1:00 Walking Club 1:30 Target Toss- fm\$100 2:00 Funny Money Auction\$\$\$ 3:15 <div>BA</div> Quarter Bingo- fm\$100	24 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:30 VV Bridge Group 1 1:30 <div>MP</div> Wii Bowl- fm\$100 2:00 Creative Writing Chat Club- fm\$100 3:15 <div>MP</div> Team Jeopardy- fm\$100	25 9:30 Banking 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop Fred Meyer <div>🚗</div> 1:00 VV Pinochle\$ 1:30 Blackjack "21"- fm\$100 1:30 Tour the Town <div>🚗</div> 3:30 <div>BA</div> Happy Hour ... Music & Cocktails 3:30 <div>BA</div> Sing-Along With Barb	26 9:30 Walk the Park- fm\$100 <div>🚶</div> 10:00 Pledge of Allegiance- fm\$100 10:00 Shop ... Albertsons <div>🚗</div> 10:00 Stretch Class- fm\$100 1:30 Shop ... Thrift Store <div>🚗</div> 2:00 <div>MP</div> Discussion Group- fm\$100 3:00 <div>BA</div> Resident Birthday Bash ♥	27 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 10:00 Stretch Class- fm\$100 1:00 VV Pinochle\$ 6:30 Trivia Game Night
28 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 11:00 <div>MP</div> Catholic Service 2:00 <div>MP</div> Movie & Popcorn 2:00 <div>RR</div> Quiddler	29 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 <div>RR</div> Bible Study 1:15 <div>MP</div> Catholic Rosary 1:30 <div>RR</div> In the Mix ... Baking- fm\$100 3:30 L-C-R Dice Game- fm\$100	30 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 11:00 <div>RR</div> Food Committee- fm\$500 1:00 VV Pinochle\$ 1:00 Walking Club 1:30 Target Toss- fm\$100 3:15 <div>BA</div> Quarter Bingo- fm\$100				



Happy Birthday

3rd	Joe Mattie
5th	John Lamkin
5th	June Pettis
11th	Jack Ownbey
12th	Sam Tremaine
13th	Sharon Brock
13th	Tom Cahill
13th	James Nelson
13th	George Neumayer
15th	Dennis Dailey
17th	Patricia Kubicki
18th	Daisy Fetner
24th	Ann Olson
24th	Linda Sprague



Welcome New Residents

Karen Ash
Myrna Cortner
Dennis Dailey
Marvin & Roberta Dixon
Ron Jennings
Carolyn Warner
Beverly Wibbels
Neil Windrom



Just for Fun

Lessons in Laughter

"You grow up the day you have your first real laugh at yourself." —Ethel Barrymore



Life Enrichment Corner

Parkinson's Awareness Month

A neurodegenerative disorder, Parkinson's disease affects 10 million people worldwide and about 1 million in the U.S. Every April, Parkinson's Disease Awareness Month offers opportunities to learn more about this condition and discover ways to provide support. Please feel free to join our monthly Parkinson's support group that meets the 2nd Monday of every month for more information regarding this disease.

See a Solar Eclipse

On April 8, millions of people in the U.S. will have the chance to witness the spectacle of a total solar eclipse, when the moon will pass in front of the sun and darken the sky. This astronomical event will span across the continent from Mexico to northeastern Canada. In the path of totality, the darkness will last up to 4 1/2 minutes, nearly twice as long as the total solar eclipse in 2017. Even those outside the main path can experience a partial eclipse, where the moon will partially block the sun.

Remember, you should never look directly at the sun during an eclipse event. Be sure to wear solar viewing glasses, use approved solar filters on cameras and binoculars, or view the eclipse indirectly with a pinhole camera.



Earth Day Resolutions

Celebrate Earth Day on April 22 by resolving to take steps to help the environment. You may find that going green is easier than you think. Following are some ways to make your daily routine more eco-friendly.

Eating. When ordering takeout, tell the restaurant you don't need plastic forks and knives. Try to do without plastic straws, too. Purchase a reusable water bottle and make a habit of carrying it with you. Reduce food waste by using a meal plan, following a shopping list and making use of leftovers.

Shopping. Limit online shopping. E-commerce packaging is a growing source of waste. When shopping in a store, look for products with minimal packaging. Take your own tote bags with you. They not only reduce plastic waste, but are sturdier and easier to carry than most disposable bags. Buy used products whenever possible.

At home. Turn off lights when you leave a room, and unplug appliances that aren't in use. Reuse gift wrap and bows, or make your own gift wrap from newspapers, magazines or maps. Donate or recycle your old cell phones and other electronic devices.

You can start helping the planet right now. No effort is too trivial, so make your Earth Day resolutions today.