

April 2023



1130 N Allumbaugh Street
Boise, ID 83704
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*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



Sending You a Springtime Smile!

The season is in full bloom, and so are our best wishes for all of our residents. Here's to a happy spring full of smiles, laughter and beautiful weather!

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. When that person signs a lease and moves in, you'll receive a great reward through our resident referral program! Having your friends and family as neighbors will put a spring in your step and a little something in the bank as well.

Help Us Plan Activities

Would you like to help us organize activities and events for our community? Join the activity planning committee! We meet regularly to brainstorm ideas for entertainment, crafts, games, outings and more. We'd love to have your input! Check calendar for date and time.

Springtime Adventures

Spring is here, and we're excited! We've 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.







Family Fun for Everyone!

Rise & Shine: it's waffle bar time! Join us for brunch Saturday, April 1st, 11:30-1:00, and build your own waffle! Our annual Easter Egg Hunt will start at 1 pm for all the kids. Egg Hunt will be held outside, weather permitting. We're Egg-Cited to see everyone!



Join the Fun!

Our activities schedule is designed to appeal to a variety of personalities and hobbies. Please join us! If there's an activity you'd like to see added to the schedule, please let us know. We will do everything we can to make it happen!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						April Fools' Day 1 10:00 Capital City Mulligan Band 11:30 Rise & Shine It's Waffle Bar Time 1:00 Kids Easter Egg Hunt ♥ 1:00 CL VV Pinochle\$ 1:30 VV Bridge 2:00 L-C-R Dice Game
Palm Sunday 2 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 Catholic Service 2:00 RR Quiddler 2:00 RR Scrabble Game	3 10:00 Pledge of Allegiance-fm\$100 10:00 Stretch Class- fm\$100 10:30 Bible Study 1:00 CL VV Bridge Group 1:30 RR In the Mix ..Baking-fm\$100 3:30 CL L-C-R Dice Game- fm\$100	4 10:00 Pledge of Allegiance-fm\$100 10:00 Stretch Class- fm\$100 10:30 Community Meeting- fm\$100 1:00 CL VV Pinochle\$ 1:30 Target Toss- fm\$100 3:15 Quarter Bingo- fm\$100	5 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:30 CL VV Bridge Group 1:30 Wii Bowl- fm\$100 2:00 IL Creative Writing Workshop-fm\$100 3:00 RR Art Class with Mary Jussel- fm\$100	6 9:30 Banking 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop Fred Meyer 🚗 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"- fm\$100 1:30 Tour the Town 🚗 6:30 Gospel Singers	7 9:30 Walk in the Park- fm\$100 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop ... Albertsons 🚗 11:30 Lunch Out! 1:30 Shop ... Winco 🚗 3:15 Quarter Bingo- fm\$100	8 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 10:30 Free Rummage Exchange 1:00 CL VV Pinochle\$ 1:30 VV Bridge 2:00 L-C-R Dice Game
Happy Easter 9 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 10:30 Free Rummage Exchange 11:00 Catholic Service 2:00 RR Quiddler 2:00 RR Scrabble Game	10 10:00 Pledge of Allegiance-fm\$100 10:00 Stretch Class- fm\$100 10:30 Bible Study 1:00 CL VV Bridge Group 1:30 RR In the Mix ..Baking-fm\$100 3:30 CL L-C-R Dice Game- fm\$100	11 10:00 Pledge of Allegiance-fm\$100 10:00 Stretch Class- fm\$100 11:00 RR Activity Planning Meeting 1:00 Bookmobile 1:00 CL VV Pinochle\$ 1:30 Target Toss- fm\$100 3:15 Team Jeopardy- fm\$100	12 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:30 CL VV Bridge Group 1:30 Wii Bowl- fm\$100 2:00 IL Creative Writing Workshop-fm\$100 3:00 CL Game of Chance "31" 5:00 Art Show & Sale... Meet the Artist, Mary Gardiner	13 9:30 Banking 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop Fred Meyer 🚗 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"- fm\$100 1:30 Tour the Town 🚗 3:30 Happy Hour ... Music & Cocktails	14 9:30 Walk in the Park- fm\$100 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop ... Albertsons 🚗 1:30 Shop ... Walmart 🚗 3:15 Quarter Bingo- fm\$100	15 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 1:00 CL VV Pinochle\$ 1:30 VV Bridge 2:00 L-C-R Dice Game
16 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 Catholic Service 2:00 RR Quiddler 2:00 RR Scrabble Game	17 10:00 Pledge of Allegiance-fm\$100 10:00 Stretch Class- fm\$100 10:30 Bible Study 1:00 CL VV Bridge Group 1:30 RR In the Mix ..Baking-fm\$100 2:00 Catholic Mass 2:00 Understanding Great Music 3:30 CL L-C-R Dice Game- fm\$100	18 10:00 Pledge of Allegiance-fm\$100 10:00 Stretch Class- fm\$100 1:00 CL VV Pinochle\$ 1:30 Target Toss- fm\$100 3:15 Quarter Bingo- fm\$100 4:30 Rack'em Up! Billiards	19 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:00 Boise Art Museum 1:30 CL VV Bridge Group 1:30 Wii Bowl- fm\$100 2:00 IL Creative Writing Workshop-fm\$100 3:30 Ceramic Class-fm\$100	20 9:30 Banking 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop Fred Meyer 🚗 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"- fm\$100 1:30 Tour the Town 🚗 3:30 New Resident Meet & Greet	21 9:30 Walk in the Park- fm\$100 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop ... Albertsons 🚗 11:00 BVA Meeting 2:00 Assistance League Fashion Show	22 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 1:00 CL VV Pinochle\$ 1:30 VV Bridge 2:00 L-C-R Dice Game
23 11:00 Catholic Service 2:00 RR Quiddler 2:00 RR Scrabble Game	24 10:00 Pledge of Allegiance-fm\$100 10:00 Stretch Class- fm\$100 10:30 Bible Study 1:00 CL VV Bridge Group 1:30 RR In the Mix ..Baking-fm\$100 3:30 CL L-C-R Dice Game- fm\$100 4:30 Ladies' Night!	25 10:00 Pledge of Allegiance-fm\$100 10:00 Stretch Class- fm\$100 11:00 RR Food Committee- fm\$500 1:00 CL VV Pinochle\$ 1:30 Target Toss- fm\$100 3:15 Trivia Challenge-fm\$100	26 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:00 Outing! Chocolate Bar 1:30 CL VV Bridge Group 1:30 Wii Bowl- fm\$100 2:00 IL Creative Writing Workshop-fm\$100 3:00 Craft Class-fm\$100	27 9:30 Banking 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop Fred Meyer 🚗 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"- fm\$100 1:30 Tour the Town 🚗 3:30 Happy Hour...Music & Cocktails	28 9:30 Walk in the Park- fm\$100 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop ... Albertsons Market Place 🚗 1:30 Shop ... Dollar Store 🚗 3:00 Resident Birthday Bash ♥	29 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 1:00 CL VV Pinochle\$ 1:30 VV Bridge 2:00 L-C-R Dice Game
30 11:00 Catholic Service 2:00 RR Quiddler 2:00 RR Scrabble Game						



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.

Prepare for Spring Weather

The arrival of spring means warmer weather is on its way, but there are plenty of cool days left as the seasons change. Be prepared for fluctuating temperatures by dressing in layers, which you can remove if you get warm and put back on if you get chilly. Also be sure to wear secure footwear and to grab an umbrella before leaving on outings.

Activities

Creative Writers Workshop

Calling all creative writers! If you're interested in sharing your work and discussing ideas with fellow authors and poets, then our Writing Club is the “write” place for you. You could even publish a piece in a future newsletter! Check calendar for date, time and location of the next workshop.

Just for Fun

Brain Bender: Grow a Garden

Using the clues provided, make the word “flower” grow into “garden” by changing one letter at a time to form a different word.

FLOWER

- Moved like water
- Imperfect
- Burned
- Created bubbles
- Sculpted shapes
- Grew crops
- Heated up
- Protected from

danger

----- Person in charge

GARDEN

(Answer: flower, flowed, flawed, flamed, foamed, formed, farmed, warmed, warded, warden, garden)

Memorable Melody: ‘The Bunny Hop’

Bandleader Ray Anthony wrote this jazzy ditty in 1952 after hearing that high school students in San Francisco had come up with a new conga line dance called “The Bunny Hop.” The lyrics of Anthony’s song, crooned by Tommy Mercer and Marcie Miller, instruct listeners to “put your right foot forward, put your left foot out, do the bunny hop!” The song and accompanying dance were popular at parties throughout the ‘50s, and to this day, as soon as the tune’s melody begins at a wedding or other celebration, guests know what to do: hop, hop, hop!

Health & Fitness

Let’s Go for a Walk!

Spring is here to stay, and our walking club is in full swing! Check the calendar for times and join us for some fresh air and exercise.

Health & Wellness

Self-Care Corner: Sparkle and Shine

Spring cleaning as self-care? Mental health experts say so. Since our surroundings have a huge impact on our outlook, creating a clean, tidy space can banish a bad mood, help us sleep better and even count as cardio. If you need a quick boost, focus on one task such as putting fresh sheets on your bed or organizing a kitchen drawer.



Happy Birthday

3rd	Joseph Mattie
11th	Jack Ownbey
12th	Sam Tremaine
13th	Sharon Brock
13th	James Nelson
13th	George Neumayer
18th	Ralph Lawrence
26th	Robert Leach