



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



### Holiday Traditions

When we flip to the last month in the calendar, we know that our traditions of family get-togethers, festive food and memorable celebrations are in store. But along with the holidays comes a new year filled with new opportunities. As you sit bundled under a blanket, think back on the traditions you hold dear and how they have enriched your life. Then look ahead as the new year approaches; vow to try something out of the ordinary every week. Whether it's a new activity, friend, food or simply learning a new word. Bringing something different into your world can enhance brain health and enrich your life.

### Tinsel Time

Show your holiday spirit by decorating your apartment door. Join our contest—complete with fabulous prizes—to encourage everyone to get in on the fun. Call or stop by Sherrie's office for details and start stringing those lights and hanging that greenery.

### A Holly Jolly Time

Ho, ho, ho! Break out the mistletoe! Our newsletter is your communications link to all the festive upcoming holiday activities we have planned! A variety of exciting events going on . . . plan to attend all of them! Rely on your newsletter to find details on upcoming parties, contests and other plans. If you have ideas of your own to suggest, let us know!






### Christmas Cheer!

It's that time of year, and we're ready to celebrate! All residents and their family are cordially invited to join us at our annual holiday party on Thursday, December 19th, starting at 5:30. Be on the lookout for the fabulous details! We're sure to have a great time! Please RSVP to the front desk if you plan to attend. Happy Holidays! We hope to see everyone at the festivities.

### Our Toy Drive Keeps Rolling!

Our holiday toy drive is in full swing. If you want to donate, there's still time. Come by the office with a new, unopened, unwrapped toy and help give a special holiday gift to a child in need. Get involved and help us spread holiday cheer!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 Catholic Service</div> <div>2:00 <div>RR</div>Movie &amp; Popcorn</div> <div>2:00 <div>RR</div>Quiddler</div>	<div>2</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <div>RR</div>Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 <div>RR</div>In the Mix- Baking</div> <div>2:30 <div>RR</div>Sorting Jewelry -Youth Ranch</div> <div>3:30 <div>CL</div>L-C-R Dice Game- fm</div>	<div>3</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <b>Community Meeting</b></div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:30 Balance Exercise Class</div> <div>2:00 <div>BA</div>Women of Note ... Ladies' Choir</div> <div>3:15 <div>BA</div>Quarter Bingo- fm</div> <div>6:30 <div>RR</div>Trivia Game Night</div>	<div>4</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:45 Worship Service</div> <div>1:30 Kings in the Corner</div> <div>1:30 <div>CL</div>VV Bridge Group 1</div> <div>2:00 Creative Writing Chat</div> <div>3:00 <div>RR</div>Team Jeopardy</div>	<div>5</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <b>Shop Fred Meyer</b></div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:15 <div>BA</div>Long Fellow Elementary Choir</div> <div>1:30 <div>CL</div>Blackjack "21"- fm</div> <div>1:30 Tour the Town</div> <div>3:00 <div>RR</div>Travelogue</div> <div>6:30 <div>BA</div>Gospel Singers</div>	<div>6</div> <div>9:00 <b>Shop Walgreens</b></div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <b>Shop ... Albertsons</b></div> <div>1:30 <b>Shop ... Winco</b></div> <div>2:00 <div>RR</div>UNO Card Game</div> <div>3:15 <div>BA</div>Quarter Bingo- fm</div>	<div>Pearl Harbor Remembrance Day</div> <div>7</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>10:00 Stretch Class- fm</div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:30 <div>CL</div>L-C-R Dice Game</div> <div>6:30 <div>RR</div>Ladies' Game Night</div>
<div>8</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 Catholic Service</div> <div>2:00 <b>Movie &amp; Popcorn</b></div> <div>2:00 <div>RR</div>Quiddler</div>	<div>9</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <div>RR</div>Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 <div>RR</div>Boise Choristers -Choir</div> <div>2:00 <b>Parkinson's Support Group</b></div> <div>2:30 <div>BA</div>Guitar Music with Bruce Biggs</div> <div>3:30 <div>CL</div>L-C-R Dice Game- fm</div>	<div>10</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Book Club</div> <div>12:30 <b>Bookmobile</b></div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:30 Balance Exercise Class</div> <div>3:15 <div>BA</div>Quarter Bingo- fm</div> <div>6:30 <div>RR</div>Trivia Game Night</div>	<div>11</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:45 Worship Service</div> <div>1:30 Kings in the Corner</div> <div>1:30 <div>CL</div>VV Bridge Group 1</div> <div>2:00 Creative Writing Chat</div> <div>3:00 Team Jeopardy</div> <div>5:00 <b>Meet &amp; Greet the Artist</b></div>	<div>12</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <b>Shop Fred Meyer</b></div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:30 <div>CL</div>Blackjack "21"- fm</div> <div>1:30 Tour the Town</div> <div>3:30 <div>BA</div>Happy Hour</div> <div>6:30 <div>BA</div>Sing-Along With Barb</div>	<div>13</div> <div>9:00 <b>Shop ... Dollar Store</b></div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <b>Shop ... Albertsons</b></div> <div>11:30 <b>Lunch Out! Cracker Barrel</b></div> <div>1:30 <b>Shop ... Townsquare Mall</b></div> <div>2:00 <div>RR</div>Art Class-painting</div> <div>3:15 <div>BA</div>Quarter Bingo- fm</div>	<div>14</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>10:00 Stretch Class- fm</div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:30 <div>CL</div>L-C-R Dice Game</div> <div>3:00 <div>BA</div>Sweet Adeline's- Choir</div> <div>6:30 <div>RR</div>Ladies' Game Night</div>
<div>15</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 Catholic Service</div> <div>2:00 <b>Movie &amp; Popcorn</b></div> <div>2:00 <div>RR</div>Quiddler</div>	<div>16</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <div>RR</div>Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 <div>RR</div>In the Mix- Baking</div> <div>2:00 <b>Catholic Mass</b></div> <div>2:30 <div>RR</div>Sorting Jewelry -Youth Ranch</div> <div>3:30 <div>CL</div>Christmas Funny Money Auction</div>	<div>17</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 Book Club</div> <div>10:30 <b>Veterans' Coffee Social</b></div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:30 Balance Exercise Class</div> <div>3:15 <div>BA</div>Quarter Bingo- fm</div> <div>6:30 <div>RR</div>Trivia Game Night</div>	<div>18</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:45 Worship Service</div> <div>1:30 Kings in the Corner</div> <div>1:30 <div>CL</div>VV Bridge Group 1</div> <div>2:00 Creative Writing Chat</div> <div>3:00 Team Jeopardy</div> <div>6:30 <div>BA</div>Opera Night</div>	<div>19</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <b>Shop Fred Meyer</b></div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:30 <div>CL</div>Blackjack "21"- fm</div> <div>1:30 Tour the Town</div> <div>5:30 <b>Res/ Family Holiday Party</b></div>	<div>20</div> <div>9:00 <b>Shop Target</b></div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <b>Shop ... Albertsons</b></div> <div>11:00 <b>BVA Meeting</b></div> <div>1:30 <b>Shop ... Walmart</b></div> <div>2:00 <div>RR</div>UNO Card Game</div> <div>3:30 <div>BA</div>Ugly Christmas Sweater Cocktail Social</div>	<div>21</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>10:00 Stretch Class- fm</div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:30 <div>CL</div>L-C-R Dice Game</div> <div>6:30 <div>RR</div>Ladies' Game Night</div>
<div>22</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 Catholic Service</div> <div>2:00 <b>Movie &amp; Popcorn</b></div> <div>2:00 <div>RR</div>Quiddler</div>	<div>23</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <div>RR</div>Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 <div>RR</div>In the Mix- Baking</div> <div>3:30 <div>CL</div>L-C-R Dice Game- fm</div>	<div>24</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>11:00 <div>RR</div>Activity Planning</div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:30 Balance Exercise Class</div> <div>3:00 <div>BA</div>Quarter Bingo- fm</div> <div>4:00 <b>Worship Service</b></div> <div>6:30 <div>RR</div>Christmas Hymns</div>	<div>25</div> <div></div>	<div>26</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <b>Shop Fred Meyer</b></div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:30 <div>CL</div>Blackjack "21"- fm</div> <div>1:30 Tour the Town</div> <div>3:30 <div>BA</div>Happy Hour</div>	<div>27</div> <div>9:00 <b>Shop Grocery Outlet</b></div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <b>Shop ... Albertsons</b></div> <div>1:30 <b>Shop ... Thrift Store</b></div> <div>2:00 <div>RR</div>UNO Card Game</div> <div>3:00 <div>BA</div>Resident Birthday Bash</div>	<div>28</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>10:00 Stretch Class- fm</div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:30 <div>CL</div>L-C-R Dice Game</div> <div>6:30 <div>RR</div>Ladies' Game Night</div>
<div>29</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 Catholic Service</div> <div>2:00 <b>Movie &amp; Popcorn</b></div> <div>2:00 <div>RR</div>Quiddler</div>	<div>30</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>10:30 <div>RR</div>Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 <div>RR</div>In the Mix- Baking</div> <div>3:30 <div>CL</div>L-C-R Dice Game- fm</div>	<div>31</div> <div>New Year's Eve</div> <div>10:00 Pledge of Allegiance</div> <div>10:00 Stretch Class- fm</div> <div>11:00 <div>RR</div>Food Committee- fm</div> <div>1:00 <div>CL</div>VV Pinochle\$</div> <div>1:30 Balance Exercise Class</div> <div>3:30 <div>BA</div>End of Year Celebration</div> <div>6:30 <div>RR</div>Trivia Game Night</div>	<div></div>	<div></div>	<div></div>	<div></div>





1st	Barbara Burns
2nd	Darwin Smith
8th	Gerald York
9th	Juanita Emmett
11th	Barbara Olson
12th	Bruce Hilk
27th	Karen Ash
27th	Richard Harris
28th	John Julian
30th	Betty Mancuso



### Break Out Your Ugly Sweater

Show off your tacky, quirky or comical style on Ugly Sweater Day, the third Friday in December.

## Health & Wellness

### Revel in the Little Things

As the song says, "It's the most wonderful time of the year!" While this month can be busy with celebrations, take time to appreciate the little, everyday occurrences. Notice the sun shining, a friend's laugh, or the scent of freshly brewed coffee. Psychologists say relishing a positive moment for a few seconds helps embed it in your brain and stores it in long-term memory. This process of "positive experiencing" can help you savor more of life's simple joys.

### Laugh Lines: Holiday Humor

Q: What kind of holiday tunes do elves like?

A: Wrap music!

Q: What do you call a bankrupt Santa?

A: Saint Nickel-less.

Q: What's Jack Frost's favorite part of the school day?

A: Snow and tell.

Q: What do you call a speck that falls into the latke pan?

A: An unidentified frying object.

Q: Why didn't Rudolph get a good report card?

A: Because he went down in History.

Q: How can Santa deliver presents during a thunderstorm?

A: His sleigh is flown by rain-deer!

Q: What's a parent's favorite holiday carol?

A: "Silent Night."

Q: How do snowmen greet each other?

A: "Ice to see you!"

"For the longest time, I thought my mother, father and cat all had the same handwriting. Then I found out Mom was just signing cards for all of them." —Michelle Wolf

"Keep your friends close, your enemies closer and receipts for all major purchases." —Bridger Winegar

"My New Year's resolution is to be more assertive, if that's OK with you guys?" —Megan K. Valente



### Safety Tips for Shopping Online

'Tis the season for buying gifts and giving back to charities, which can both be conveniently done online. Keep your finances safe by following a few tips.

In general, stick to companies, brands and organizations you are familiar with. If an online store has a physical address and a phone number, even better!

If you get an email or see an ad promising deep discounts, use caution. If a deal seems too good to be true, it probably is. Instead of clicking an email link or an ad on a website, open a new tab or window to research the brand in question.

Customer reviews are a valuable resource. Browse through the feedback of products you're shopping for, and take note of how many ratings and reviews an item has. To check the legitimacy of a charitable organization, search their name on

[CharityNavigator.org](https://www.charitynavigator.org) or [CharityWatch.org](https://www.charitywatch.org).

When you are ready to make a purchase, first make sure that the website is secure. Look at the URL at the top of the page and confirm that it has "https" or a lock symbol before the web address. If possible, pay with a credit card, which typically offers more fraud protection than a debit card.

Folks who are tech-savvy are usually happy to share their expertise. Ask a trusted friend or relative for advice if you get stuck or have concerns about an online experience.