



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



### Happy Valentine's Day

Valentine's Day is coming, and it reminds us of the people we love the most: you, our residents! And we're not thinking about just hearts and flowers, either. We are committed to making your home here the best ever. Please don't hesitate to let us know if there's anything else we can do to make it that way!

### Exercise With a Friend

Exercising regularly can help you fight off seasonal colds. But if you need motivation to get moving, get a little help from a friend. Working out with a companion provides encouragement to stick with the commitment and helps take your focus off the physical exertion.

### Ready for Some Football?

It's Super Bowl Time! Watch the big game on our big screen. We're hosting a Super Bowl party in the Bar Area on Super Bowl Sunday. Bring your team spirit and we'll provide all the favorite Super Bowl snacks. We'll see you at the coin toss! Don't forget about the football pool!

### Make a Friend, Be a Friend

You can never have too many friends, but it's impossible to meet everyone without a little help. Let's nurture our community's kindred spirit on Valentine's Day. We're summoning all residents—from those who are shy to the brightest social butterfly—for our Valentine's Friendship Party. Introduce yourself to your neighbors, nibble on some treats, play our get-to-know-you games and, above all, make new friends! Check your activity calendar for details.

### Hug Therapy

Hugs may keep you healthy during cold season. In a study where subjects were exposed to a cold virus, those who received regular hugs were less likely to develop cold symptoms than participants who didn't receive daily hugs. Researchers say hugging reduces stress and strengthens the immune system.

### Share the Love

Don't you just love living in our community? Whether it's because of our great staff, great location or great amenities, tell everyone you know about how much you love living here. Then, if they visit us, sign a lease and move in, you'll receive a reward.

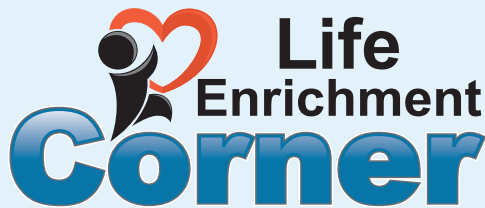


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<div>4</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 Catholic Service</div> <div>2:00 Movie &amp; Popcorn</div> <div>2:00 Quiddler</div>	<div>5</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:30 Bible Study</div> <div>1:00 VV Bridge Group</div> <div>1:15 Catholic Rosary</div> <div>1:30 In the Mix ... Baking- fm\$100</div> <div>2:30 Sorting Jewelry ... Youth Ranch</div> <div>3:30 L-C-R Dice Game- fm\$100</div>	<div>6</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:30 <b>FA</b> Community Meeting- fm\$100</div> <div>11:00 Book Club</div> <div>1:00 VV Pinochle\$</div> <div>1:00 Walking Club</div> <div>1:30 Target Toss- fm\$100</div> <div>1:30 VV Bridge Group 2</div> <div>3:15 Quarter Bingo- fm\$100</div>	<div>7</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:45 <b>FA</b> Worship Service</div> <div>1:30 VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:00 Art Class with Mary Jussel- fm\$100</div>	<div>8</div> <div>9:30 Banking &amp; Fred Meyer</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚗</div> <div>1:00 VV Pinochle\$</div> <div>1:30 Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚗</div> <div>2:00 Just Such! Story Discussion</div> <div>6:30 Gospel Singers</div>	<div>9</div> <div>9:30 Walk the Mall- fm\$100</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 Shop ... Albertsons🚗</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>1:30 Shop ... Winco🚗</div> <div>2:00 Table Talk- fm\$100</div> <div>3:15 Quarter Bingo- fm\$100</div>	<div>10</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 <b>FA</b> Stretch Class- fm\$100</div> <div>1:00 VV Pinochle\$</div> <div>6:30 Trivia Game Night</div>
<div>11</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 Movie &amp; Popcorn</div> <div>2:00 Quiddler</div> <div>4:30 Super Bowl Party</div>	<div>12</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:30 Bible Study</div> <div>1:00 VV Bridge Group</div> <div>1:15 Catholic Rosary</div> <div>1:30 In the Mix ... Baking- fm\$100</div> <div>2:30 Understanding Great Music with Eric Collett ♪</div> <div>3:30 L-C-R Dice Game- fm\$100</div>	<div>13</div> <div>9:30 Mardi Gras Pancake Breakfast</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>11:00 Activity Planning Meeting</div> <div>1:00 Bookmobile</div> <div>1:00 VV Pinochle\$</div> <div>1:00 Walking Club</div> <div>1:30 Target Toss- fm\$100</div> <div>1:30 VV Bridge Group 2</div> <div>2:00 Idaho Bluegrass Band</div>	<div>14</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:45 <b>FA</b> Worship Service</div> <div>1:30 VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:30 Friendship Social</div>	<div>15</div> <div>9:30 Banking &amp; Fred Meyer</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚗</div> <div>1:00 VV Pinochle\$</div> <div>1:30 Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚗</div> <div>2:00 Just Such! Story Discussion</div> <div>3:30 Meet &amp; Greet New Residents</div>	<div>16</div> <div>9:30 Walk the Mall- fm\$100</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 Shop ... Albertsons🚗</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>11:00 BVA Meeting</div> <div>11:30 Lunch Out!</div> <div>1:30 Shop ... Dollar Store🚗</div> <div>2:00 Lincoln Remembered- Presentation</div> <div>3:15 Quarter Bingo- fm\$100</div>	<div>17</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 <b>FA</b> Stretch Class- fm\$100</div> <div>1:00 VV Pinochle\$</div> <div>6:30 Trivia Game Night</div>
<div>18</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 Movie &amp; Popcorn</div> <div>2:00 Quiddler</div>	<div>19</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:30 Bible Study</div> <div>1:00 VV Bridge Group</div> <div>1:15 Catholic Rosary</div> <div>1:30 In the Mix ... Baking- fm\$100</div> <div>2:00 Catholic Mass</div> <div>2:30 Sorting Jewelry ... Youth Ranch</div> <div>3:30 L-C-R Dice Game- fm\$100</div>	<div>20</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>11:00 Book Club</div> <div>1:00 VV Pinochle\$</div> <div>1:00 Walking Club</div> <div>1:30 Target Toss- fm\$100</div> <div>1:30 VV Bridge Group 2</div> <div>3:15 Quarter Bingo- fm\$100</div>	<div>21</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:45 <b>FA</b> Worship Service</div> <div>1:30 VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:30 Ceramic Class-fm\$100</div> <div>5:00 Art Show &amp; Sale ... Meet the Artist</div> <div>6:30 <b>FA</b> Chinese Traditional Dancers of Boise</div>	<div>22</div> <div>9:30 Banking &amp; Fred Meyer</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚗</div> <div>1:00 VV Pinochle\$</div> <div>1:30 Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚗</div> <div>2:00 Just Such! Story Discussion</div> <div>3:30 Happy Hour ... Music &amp; Cocktails</div> <div>6:30 Sing-Along With Barb</div>	<div>23</div> <div>9:30 Walk the Mall- fm\$100</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 Shop ... Albertsons🚗</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>1:30 Shop ... Thrift Store🚗</div> <div>2:00 Table Talk- fm\$100</div> <div>3:00 Resident Birthday Bash♥</div>	<div>24</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 <b>FA</b> Stretch Class- fm\$100</div> <div>1:00 VV Pinochle\$</div> <div>6:30 Trivia Game Night</div>
<div>25</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 Movie &amp; Popcorn</div> <div>2:00 Quiddler</div>	<div>26</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:30 Bible Study</div> <div>1:00 VV Bridge Group</div> <div>1:15 Catholic Rosary</div> <div>1:30 In the Mix ... Baking- fm\$100</div> <div>3:30 L-C-R Dice Game- fm\$100</div>	<div>27</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>11:00 Food Committee- fm\$500</div> <div>1:00 VV Pinochle\$</div> <div>1:00 Walking Club</div> <div>1:30 Target Toss- fm\$100</div> <div>1:30 VV Bridge Group 2</div> <div>3:15 Quarter Bingo- fm\$100</div>	<div>28</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:45 <b>FA</b> Worship Service</div> <div>1:30 VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:00 Craft Class-fm\$100</div>	<div>29</div> <div>9:30 Banking &amp; Fred Meyer</div> <div>10:00 <b>FA</b> Pledge of Allegiance- fm\$100</div> <div>10:00 <b>FA</b> Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚗</div> <div>1:00 VV Pinochle\$</div> <div>1:30 Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚗</div> <div>2:00 Foot Note Choir</div> <div>3:30 Team Jeopardy- fm\$100</div>		





2nd	Joan Hull
6th	John Leininger
7th	Keith Burns
7th	Beatrice Gzowski
9th	Karen Prockish
11th	Marilyn Snyder
12th	Robert Brouws
14th	Kathleen Cahill
17th	John Hadden
19th	Patrick Bertsch
20th	Donna Douglass
24th	Luana Lamkin
27th	Don McReynolds



### Take Advantage of Fun Activities

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!

### Take a Leap

2024 is a leap year, when February has an extra day. Take inspiration from Leap Day on Feb. 29 to "take a leap" and try something new in your life, such as joining a club or taking a class.



### Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

**Wear red.** Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

**Know your numbers.** Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

**Get fit with a friend.** Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

**Set a nutritious example.** Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

**Give back.** Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.

### Presidential Pop Quiz

1. He was the first president to be born a citizen of the United States:
2. This president served two non-consecutive terms in the late 1800s:
3. Before becoming president, this man briefly served as the director of the CIA:
4. The first Siamese cat in America was gifted to this president and his wife:
5. This former U.S. president was awarded the Nobel Peace Prize in 2002:
6. After his presidency, this man was appointed chief justice on the Supreme Court:
7. To date, he's the only U.S. president to have earned a Ph.D.:
8. He was the first president who was born outside the continental U.S.:
9. This president's middle initial doesn't stand for anything:
10. The country's Interstate Highway System was established under this president:

(Answers: 1. Martin Van Buren; 2. Grover Cleveland; 3. George H.W. Bush; 4. Rutherford B. Hayes; 5. Jimmy Carter; 6. William Howard Taft; 7. Woodrow Wilson; 8. Barack Obama; 9. Harry S. Truman; 10. Dwight D. Eisenhower)

