



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 New Year

Dear Residents:

With the new year ahead of us, it is a pleasure to reflect upon the good times we had in our community last year. We shared wonderful news, as well as unfortunate sorrow, and we know we have many blessings for which we should be thankful and possibilities that await us as we approach the months to come.

Keep an eye on this newsletter as we bring you notice of familiar events and important news, and let us know if you have an idea for something new and exciting we can plan together. As always, give me a call, or stop by my office, to discuss activities that might benefit all residents of our community. We wish you a safe, healthy and happy new year!
~Sherrie Hix, Recreation Director

Spread the Good News

Do you love calling our community home? Don't keep it to yourself! When you refer a friend, and they sign a lease and move in, you'll receive a great referral reward! What could be better than that?

Do Something New

As a 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.

Come Play With Us!



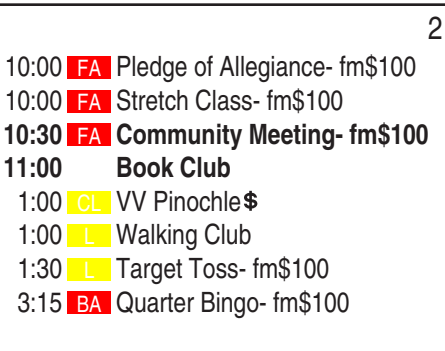
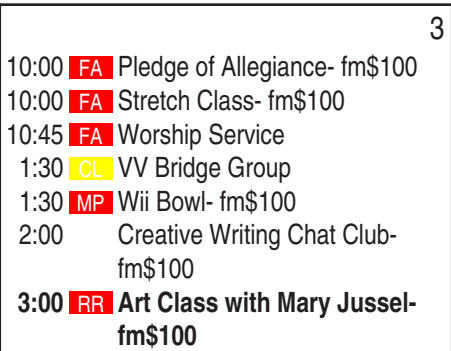
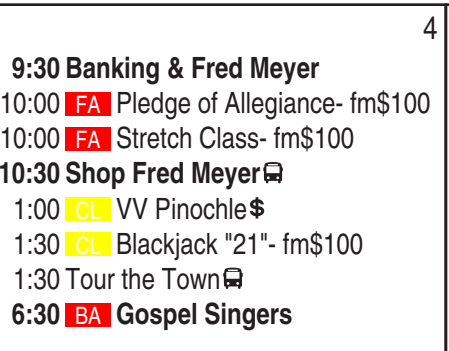

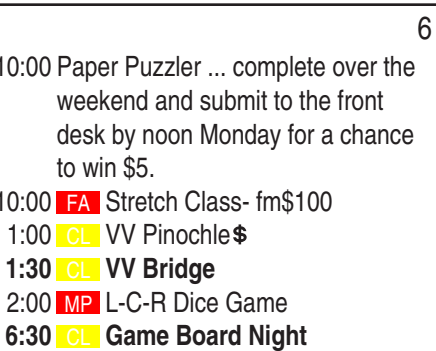



Join us each week for our weekly game session. Whether you're a beginner or have been playing for years, you are welcome to a seat at the table. From pinochle to bridge to blackjack ... we've got it all. Don't just sit at home—come out and play!

Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest "thank you" can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.

Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<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>11:00 MP Catholic Service</div> <div>2:00 RR Kings in the Corner</div> <div>2:00 MP Movie & Popcorn</div> <div>2:00 RR Quiddler</div>	<div>8</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 RR Bible Study</div> <div>1:00 CL VV Bridge Group</div> <div>1:15 MP Catholic Rosary</div> <div>1:30 RR In the Mix ... Baking- fm\$100</div> <div>2:30 RR Sorting Jewelry ... Youth Ranch</div> <div>3:30 CL L-C-R Dice Game- fm\$100</div>	<div>9</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>11:00 RR Activity Planning Meeting</div> <div>1:00 MP Bookmobile</div> <div>1:00 CL VV Pinochle\$</div> <div>1:00 L Walking Club</div> <div>1:30 L Target Toss- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div>	<div>10</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:45 FA Worship Service</div> <div>1:30 CL VV Bridge Group</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:00 RR Team Jeopardy- fm\$100</div> <div>5:00 L Meet & Greet the Artist</div>	<div>11</div> <div>9:30 Banking & Fred Meyer</div> <div>9:30 RR Foot Care Clinic- Sign Up!</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town</div> <div>3:30 BA Happy Hour ... Music & Cocktails</div>	<div>12</div> <div>9:30 Walk the Mall- fm\$100</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 Shop ... Albertsons</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>1:30 Shop ... Walmart</div> <div>2:00 MP Discussion Group- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div> <div>6:30 BA Sing-Along With Barb</div>	<div>13</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 FA Stretch Class- fm\$100</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL VV Bridge</div> <div>2:00 MP L-C-R Dice Game</div> <div>6:30 CL Game Board Night</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>11:00 MP Catholic Service</div> <div>2:00 RR Kings in the Corner</div> <div>2:00 MP Movie & Popcorn</div> <div>2:00 RR Quiddler</div>	<div>15</div> <div>Martin Luther King Jr. Day</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 RR Bible Study</div> <div>1:00 CL VV Bridge Group</div> <div>1:15 MP Catholic Rosary</div> <div>1:30 RR In the Mix ... Baking- fm\$100</div> <div>2:30 MP Understanding Great Music</div> <div>3:30 CL L-C-R Dice Game- fm\$100</div>	<div>16</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 Book Club</div> <div>1:00 CL VV Pinochle\$</div> <div>1:00 L Walking Club</div> <div>1:30 L Target Toss- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div>	<div>17</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:45 FA Worship Service</div> <div>1:30 CL VV Bridge Group</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:00 RR Ceramic Class-fm\$100</div>	<div>18</div> <div>9:30 Banking & Fred Meyer</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town</div> <div>3:30 BA Meet & Greet New Residents</div>	<div>19</div> <div>9:30 Walk the Mall- fm\$100</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 Shop ... Albertsons</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>11:00 MP BVA Meeting</div> <div>1:30 Shop ... Dollar Store</div> <div>2:00 MP Discussion Group- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div> <div>6:30 BA Sing-Along With Barb</div>	<div>20</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 FA Stretch Class- fm\$100</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL VV Bridge</div> <div>2:00 MP L-C-R Dice Game</div> <div>6:30 CL Game Board Night</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>11:00 MP Catholic Service</div> <div>2:00 RR Kings in the Corner</div> <div>2:00 MP Movie & Popcorn</div> <div>2:00 RR Quiddler</div>	<div>22</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 RR Bible Study</div> <div>1:00 CL VV Bridge Group</div> <div>1:15 MP Catholic Rosary</div> <div>1:30 RR In the Mix ... Baking- fm\$100</div> <div>2:00 MP Catholic Mass</div> <div>2:30 RR Sorting Jewelry ... Youth Ranch</div> <div>3:30 CL L-C-R Dice Game- fm\$100</div>	<div>23</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>1:00 CL VV Pinochle\$</div> <div>1:00 L Walking Club</div> <div>1:30 L Target Toss- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div>	<div>24</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:45 FA Worship Service</div> <div>1:30 CL VV Bridge Group</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:00 RR Team Jeopardy- fm\$100</div>	<div>25</div> <div>9:30 Banking & Fred Meyer</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town</div> <div>3:30 Happy Hour... Music & Cocktails</div>	<div>26</div> <div>9:30 Walk the Mall- fm\$100</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 Shop ... Albertsons</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>1:30 Shop ... Thrift Store</div> <div>2:00 MP Discussion Group- fm\$100</div> <div>3:00 BA Resident Birthday Bash</div> <div>6:30 BA Sing-Along With Barb</div>	<div>27</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 FA Stretch Class- fm\$100</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL VV Bridge</div> <div>2:00 MP L-C-R Dice Game</div> <div>6:30 CL Game Board Night</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>11:00 MP Catholic Service</div> <div>2:00 RR Kings in the Corner</div> <div>2:00 MP Movie & Popcorn</div> <div>2:00 RR Quiddler</div>	<div>29</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 RR Bible Study</div> <div>1:00 CL VV Bridge Group</div> <div>1:15 MP Catholic Rosary</div> <div>1:30 RR In the Mix ... Baking- fm\$100</div> <div>3:30 CL L-C-R Dice Game- fm\$100</div>	<div>30</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>11:00 RR Food Committee- fm\$500</div> <div>1:00 CL VV Pinochle\$</div> <div>1:00 L Walking Club</div> <div>1:30 L Target Toss- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div>	<div>31</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:45 FA Worship Service</div> <div>1:30 CL VV Bridge Group</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:00 CL Trivia Challenge-fm\$100</div>			

Happy Birthday

1st	Dave Browne
5th	Alice Jerome
9th	James Knuckles
11th	Donna Zimmerman
15th	Harlene Blair
22nd	Marlene Moore
24th	Helen Baker
25th	Gary Worcester
29th	Christy Anadama

Welcome New Residents

Laura MacGregor
Betty Mancuso
Carol Miller
Elaine Miller
Evie Smith

Life Enrichment Corner

Pick a Puzzle

Jigsaw puzzles, crosswords, word searches and puzzles of every kind can be relaxing while also engaging the brain. If you're not already a puzzler, take your pick and solve one on National Puzzle Day, Jan. 29.

Ideas Wanted

With a new year upon us, we are looking for ideas for new outings and activities. We would love to hear your suggestions, so please reach out to us!

happy new year

Have a Healthy New Year

Make this year a good one by making healthy choices. Here are some goals to get you started:

Schedule checkups and screenings. Older adults need a complete physical once a year, as well as additional screenings for conditions such as osteoporosis. Ask your doctor what is appropriate for you. During your annual exam, discuss any medications you're taking, prescription and over-the-counter.

Set a fitness goal. If you don't already exercise, set a goal to be more active in the new year. Go for a walk with friends, attend a fitness class, or try yoga or water aerobics. If you already exercise regularly, great! Keep it up this year by introducing new activities to your routine.

Improve your diet. Lots of people go on a diet after the new year begins, but quickly crash and burn. A smart way to avoid this is to start with a simple goal: Maybe you want to cut back on caffeine, choose fish once or twice a week, eat a piece of fresh fruit with breakfast, or enjoy a handful of nuts every day.

Take care of your brain. A good way to help prevent dementia is to challenge your brain. Consider making a resolution to learn something new every week—read an article or book, attend a lecture, visit a museum, and stay sharp with games and puzzles. Also, don't neglect another aspect of mental health: depression and anxiety. If you are feeling down, reach out to a friend, relative or health care provider.

Beat the Winter Blues

The winter blues have a way of getting us down, but that doesn't mean we have to stay there. The next time you're feeling in a funk, try one of these methods to boost your mood:

Pull out the photo album. A U.K. study found that looking at personal photos lifted people's spirits by 11 percent. Pick pictures with fond memories, such as those from a fun vacation or family gathering.

Spread the warmth. There's a reason we turn to steaming mugs of hot tea or cocoa for comfort—a Yale study shows that warm liquids can make us feel happier. Taking a warm bath or shower will have the same effect.

Lighten up. Sunlight is a natural mood booster, and studies show that increased light exposure contributes to happiness and better sleep. Open your shades and have a meal by the window to soak up as much daylight as you can.

Put on a happy face. A simple smile is sometimes all it takes to raise your spirits. According to experts, our emotions respond to our physical actions, so appearing happy will make us feel happy, too. A cheerful demeanor will also invite others to strike up a conversation with you—another instant mood booster.

