



1130 N Allumbaugh Street
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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

A National Celebration

More than any other holiday, Independence Day unifies our country. Citizens put aside their differences and remember our many reasons for national pride. "From sea to shining sea," our abundant natural resources support and inspire us. Our diverse populations are the source of our collective strength. Our freedoms and ideals are an inspiration for people around the globe. This Independence Day, we hope that you will experience the full meaning of this special event.



Seniors and Summer Heat

While many of us love summer weather, extreme heat is particularly dangerous for those 65 and older. Beat the heat this month by drinking plenty of fluids, eating fruits with high water content and avoiding the outdoors during the high temperatures.



Banish Summer Boredom

Long summer days with not much on a to-do list can make many seniors stir crazy. If this is the case for you, seize the day and create your own schedule, then stick to it. Think of the things you enjoy doing, then pen your wish list of activities in a daily planner. An example day might be waking up and planning to read the newspaper for an hour after breakfast. Then spend an hour socializing, bird watching or people watching! Slate the next hour as a time for writing—whether poetry, letters to loved ones or personal journaling. Get a friend to craft a similar schedule so your days intersect ... and don't forget about exercise and community activities. Regular schedules keep our minds focused and give us something to look forward to. So, what are you doing today?

Celebrate Summer

It's time for picnics, ball games and fun in the sun. We hope you'll join our activities to take advantage of the longer days and warm nights. Check the community activity schedule for details and sign up at the front desk!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|---|
|  <div>2</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 Kings in the Corner</div> <div>2:00 Quiddler</div> <div>3:00 MP Movie & Popcorn</div> |  <div>3</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 MP Bible Study</div> <div>1:00 MP Catholic Rosary</div> <div>1:00 VV Bridge Group</div> <div>1:30 In the Mix ... Baking-fm\$100</div> <div>3:30 L-C-R Dice Game- fm\$100</div> |  <div>4</div> <div>Independence Day</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>1:00 VV Pinochle\$</div> <div>1:00 L Walking Club</div> <div>1:30 L Target Toss- fm\$100</div> <div>3:15 MP Quarter Bingo- fm\$100</div> |  <div>5</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:30 VV Bridge Group</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 IL Creative Writing Chat Club-fm\$100</div> <div>3:00 Art Class with Mary Jussel- fm\$100</div> |  <div>6</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 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>6:30 BA Gospel Singers</div> |  <div>7</div> <div>9:30 Walk in the Park- fm\$100</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop ... Albertsons🚗</div> <div>1:30 Shop ... Winco🚗</div> <div>3:15 BA Quarter Bingo- fm\$100</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>10:30 Rummikub Game</div> <div>1:00 VV Pinochle\$</div> <div>1:30 VV Bridge</div> <div>2:00 MP L-C-R Dice Game</div> |
| <div>9</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 Kings in the Corner</div> <div>2:00 Quiddler</div> <div>3:00 MP Movie & Popcorn</div> | <div>10</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 MP Bible Study</div> <div>1:00 MP Catholic Rosary</div> <div>1:00 VV Bridge Group</div> <div>1:30 In the Mix ... Baking-fm\$100</div> <div>2:30 BA Understanding Music ♪</div> <div>3:30 L-C-R Dice Game- fm\$100</div> <div>6:30 BA Fiddle Express Band</div> | <div>11</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Community Meeting-fm\$100</div> <div>1:00 MP Bookmobile</div> <div>1:00 VV Pinochle\$</div> <div>1:30 L Target Toss- fm\$100</div> <div>3:15 MP Quarter Bingo- fm\$100</div> | <div>12</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:30 VV Bridge Group</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 IL Creative Writing Chat Club-fm\$100</div> <div>3:15 MP Team Jeopardy</div> <div>5:00 L Meet & Greet the Artist</div> | <div>13</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 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>3:30 BA Happy Hour ... Music & Cocktails</div> | <div>14</div> <div>9:30 Walk in the Park- fm\$100</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop ... Albertsons🚗</div> <div>11:30 Lunch Out! Cottonwood Grill</div> <div>1:30 Shop ... Walmart🚗</div> <div>3:15 BA Quarter Bingo- fm\$100</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>10:30 Rummikub Game</div> <div>1:00 VV Pinochle\$</div> <div>1:30 VV Bridge</div> <div>2:00 MP L-C-R Dice Game</div> |
| <div>16</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 Kings in the Corner</div> <div>2:00 Quiddler</div> <div>3:00 MP Movie & Popcorn</div> | <div>17</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 MP Bible Study</div> <div>1:00 MP Catholic Rosary</div> <div>1:00 VV Bridge Group</div> <div>1:30 In the Mix ... Baking-fm\$100</div> <div>2:00 MP Catholic Mass</div> <div>3:30 L-C-R Dice Game- fm\$100</div> | <div>18</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>11:00 Activity Planning Meeting</div> <div>1:00 VV Pinochle\$</div> <div>1:00 L Walking Club</div> <div>1:30 L Target Toss- fm\$100</div> <div>3:15 MP Quarter Bingo- fm\$100</div> | <div>19</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:00 Boise Art Museum</div> <div>1:30 VV Bridge Group</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 IL Creative Writing Chat Club-fm\$100</div> <div>3:30 Ceramic Class-fm\$100</div> | <div>20</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 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>3:30 BA New Resident Meet & Greet</div> | <div>21</div> <div>9:30 Walk in the Park- fm\$100</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop ... Albertsons🚗</div> <div>11:00 MP BVA Meeting</div> <div>1:30 Shop ... Dollar Store🚗</div> <div>3:00 BA Get Lucky Friday\$\$\$</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>10:30 Rummikub Game</div> <div>1:00 VV Pinochle\$</div> <div>1:30 VV Bridge</div> <div>2:00 MP L-C-R Dice Game</div> |
| <div>23</div> <div>11:00 MP Catholic Service</div> <div>2:00 Kings in the Corner</div> <div>2:00 Quiddler</div> <div>3:00 MP Movie & Popcorn</div> | <div>24</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 MP Bible Study</div> <div>1:00 MP 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>25</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>11:00 Food Committee- fm\$500</div> <div>1:00 VV Pinochle\$</div> <div>1:00 L Walking Club</div> <div>1:30 L Target Toss- fm\$100</div> <div>3:15 MP Quarter Bingo- fm\$100</div> | <div>26</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:00 Guided Tour Camille Beckman Factory🚗</div> <div>1:30 VV Bridge Group</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 IL Creative Writing Chat Club-fm\$100</div> <div>3:30 Craft Class-fm\$100</div> | <div>27</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 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>3:30 BA Happy Hour... Music & Cocktails</div> <div>6:30 L Outdoor Summer Concert... Sons of Thunder Mountain</div> | <div>28</div> <div>9:30 Walk in the Park- fm\$100</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop ... Albertsons🚗</div> <div>1:30 Shop ... Thrift Store🚗</div> <div>1:30 Shuffleboard</div> <div>3:00 BA Resident Birthday Bash ♥</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>10:30 Rummikub Game</div> <div>1:00 VV Pinochle\$</div> <div>1:30 VV Bridge</div> <div>2:00 MP L-C-R Dice Game</div> |
| <div>30</div> <div>11:00 MP Catholic Service</div> <div>2:00 Kings in the Corner</div> <div>2:00 Quiddler</div> <div>3:00 MP Movie & Popcorn</div> | <div>31</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 MP Bible Study</div> <div>1:00 MP Catholic Rosary</div> <div>1:30 In the Mix ... Baking-fm\$100</div> <div>3:30 L-C-R Dice Game- fm\$100</div> | | | | | |

Happy Birthday

| | |
|------|------------------|
| 1st | Dan Boisse |
| 1st | Victor Frangiosa |
| 7th | Joyce Palazzolo |
| 8th | Dave Speigel |
| 12th | Ron Points |
| 14th | Linda Milot |
| 20th | Beverly Price |
| 22nd | Joan Kelly |
| 28th | Marti Brennan |
| 28th | Clarence Forrey |
| 30th | Audrey Lawrence |
| 31st | Harvey Pitman |

Activities

Lights, Camera, Action!

We're hosting a movie matinee every Sunday at 3 pm! Don't worry about the popcorn or sodas, we'll provide all the snacks. Just take a seat next to your neighbor and enjoy the show! If you have a special movie request, let us know in advance and we'll try to get it. We'll see you at the movies!



Sunshiny Day

"A little bit of summer is what the whole year's all about." — John Mayer

History Lesson

Let Freedom Sing

This Fourth of July, celebrate both our nation's history and the history of some favorite patriotic songs:

"America" ("My Country 'Tis of Thee"). This song's lyrics, set to the melody of "God Save the King," were written by the Rev. Samuel Francis Smith, who debuted it at an Independence Day celebration in 1831. It was used as the country's anthem for decades until "The Star-Spangled Banner" was officially given that honor in 1931.

"America the Beautiful." According to Katharine Lee Bates, an English professor who wrote the words of this stirring tune in 1913, the lyrics were inspired by a prairie wagon ride she took up Pikes Peak in Colorado, where she gazed upon the breathtaking beauty of the countryside below. The music was composed in 1882 by Samuel Augustus Ward.

"You're a Grand Old Flag." Written by George M. Cohan for his 1906 stage show "George Washington Jr.," this lively march was the first song from a musical to sell more than 1 million copies of sheet music.

"Yankee Doodle." Although its exact origins are unknown, this upbeat ditty dates back to pre-Revolutionary War times, when British officers sang it to mock American militiamen. But in true American style, this parody has been embraced as a patriotic classic.

Health & Wellness

Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun. If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately. To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

Keep cool. Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.

Let others know your plans. Include information such as where you will be and when you'll return.