



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

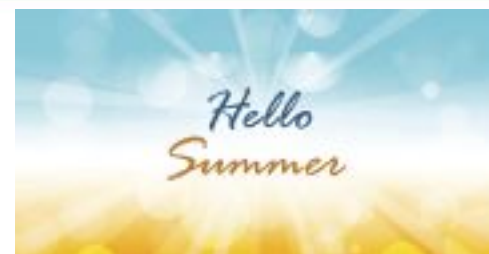
Thanks, Dad

Every June, families set aside a day to honor fathers. A father is more than just a family's patriarch: he is a source of wisdom and strength for everyone in his home. At our community, we'll be hosting a **Father's Day Barbeque Lunch** on Thursday, June 15th, to say thank you to all our dads who've raised generations. We encourage family members to accompany their dads and granddads to this special event. Contact the office for details. We will have a feast fit for a king! Don't miss the fun and fellowship at this Father's Day feast.



Refer A Friend

Don't you just love living in our community? Whether it's because of our great staff, great location or great amenities, make sure you 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.



Summer Fun

Summer is on its way, and we can't wait to see our residents out and about in the community. To make sure there's never a dull moment, we're planning tons of fun activities for the summer.






Be Prepared

It's that time of year when we're getting out and about! While fun is the focus, please be sure to arrive prepared. Some outings require walking and time spent outdoors. Wear proper footwear so your feet are protected and supported. Be ready for the elements or a change in the weather by bringing along a jacket.

Associate Spotlight: Nursing Assistants

We offer our heartfelt thanks to all the nursing assistants who provide comfort and care to our residents here at our community!



| 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 MP Catholic Service</div> <div>2:00 RR Kings in the Corner</div> <div>2:00 RR Quiddler</div> <div>3:00 MP Movie & Popcorn</div> |  <div>5</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 CL VV Bridge Group</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>6</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 CL 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>7</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 CL 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 RR Art Class with Mary Jussel- fm\$100</div> | <div>1</div> <div>8</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 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚗</div> <div>6:30 BA Gospel Singers</div> | <div>2</div> <div>9</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>3</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>10:30 CL Rummikub Game</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 VV Bridge</div> <div>2:00 MP L-C-R Dice Game</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 MP Catholic Service</div> <div>2:00 RR Kings in the Corner</div> <div>2:00 RR Quiddler</div> <div>3:00 MP Movie & Popcorn</div> | <div>12</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 CL VV Bridge Group</div> <div>1:30 RR In the Mix ... Baking-fm\$100</div> <div>2:30 BA Understanding Great Music with Eric Collett ♪</div> <div>3:30 CL L-C-R Dice Game- fm\$100</div> | <div>13</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 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 MP Quarter Bingo- fm\$100</div> | <div>14</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 CL 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- fm\$100</div> <div>5:00 L Art Show & Sale... Meet the Artist Lizzie Taylor</div> | <div>15</div> <div>Father's Day Lunch BBQ</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>12:00 Father's Day BBQ Lunch♥</div> <div>1:30 CL Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚗</div> <div>3:30 BA New Residents Meet & Greet</div> <div>6:30 BA Opera Night! -Michelle & Jason Detwiler</div> | <div>16</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>3:15 BA Get Lucky Friday\$\$\$</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>10:30 CL Rummikub Game</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 VV Bridge</div> <div>2:00 MP L-C-R Dice Game</div> |
| <div>18</div> <div>Happy Father's Day</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 RR Quiddler</div> <div>3:00 MP Movie & Popcorn</div> | <div>19</div> <div>Juneteenth</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 CL VV Bridge Group</div> <div>1:30 RR In the Mix ... Baking-fm\$100</div> <div>2:00 MP Catholic Mass</div> <div>3:30 CL L-C-R Dice Game- fm\$100</div> | <div>20</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 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 MP Quarter Bingo- fm\$100</div> | <div>21</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 CL 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 Trivia Challenge-fm\$100</div> | <div>22</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 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>23</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 ... Mall🚗</div> <div>3:15 BA Quarter Bingo- fm\$100</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>10:30 CL Rummikub Game</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 VV Bridge</div> <div>2:00 MP L-C-R Dice Game</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 MP Catholic Service</div> <div>2:00 RR Kings in the Corner</div> <div>2:00 RR Quiddler</div> <div>3:00 MP Movie & Popcorn</div> | <div>26</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 CL VV Bridge Group</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>4:30 MP Ladies' Night!</div> | <div>27</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 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 MP Quarter Bingo- fm\$100</div> | <div>28</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 CL 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 RR Ceramic Class-fm\$100</div> | <div>29</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 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚗</div> <div>6:30 Outdoor Summer Concert... June Babies</div> | <div>30</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>3:00 BA Resident Birthday Bash♥</div> |  |



Sending a big "happy birthday" to all our residents celebrating their special day this month!

3rd - Mae Culley
12th - Katherine Norris
19th - Geraldine Pettis

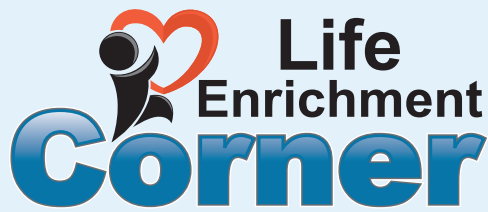
Welcome New Residents

Dan Boisse
Sue Byrne
Clarence & Marian Forrey
Hugo Helfenstein
Gerry Pettis
Barbra Pickering
Linda Sprague



Help Us Plan Activities

Would you like to help us organize activities and events for our community? Join the activity planning committee! This group meets regularly to brainstorm ideas for entertainment, crafts, games, outings and more. We'd love to have your input! Sign up at the front desk or speak to the activities director if you're interested in joining.



Creating Contentment

There are several methods for nurturing contentment in your daily life.

Get moving. It's widely known that regular physical activity benefits the body, but it also affects mental well-being. Exercise sparks the release of endorphins—the feel-good chemicals that promote happiness—and suppresses hormones that cause anxiety.

Make a connection. Strong relationships are proven to be as important to a person's health as proper diet, exercise and sleep. Studies show close social connections can bolster the immune system, speed recovery from illnesses, improve self-esteem, and even increase longevity.

Do something new. Those who engage in new and challenging tasks boost their pride and self-esteem. Explore a new hobby, learn another game, or read up on a foreign country.

Remember when. Reminiscing about good times from days gone by can enhance your outlook about today and the future. Experts say the comfort that comes from experiencing nostalgia promotes optimism, and they recommend surrounding yourself with sentimental photos and objects to remind you of your past.

Positive Thought

"Live your life and forget your age." —Frank Bering



The Stars and Stripes

Flying outside businesses and homes, in classrooms and on TV, the American flag is seen by many of us every day. Each year on June 14, Flag Day is an opportunity for us to appreciate this patriotic symbol and all it stands for. The holiday marks the date in 1777 when the Second Continental Congress adopted the nation's first flag, which had 13 red and white stripes and 13 white stars on a blue field in the upper left corner. The number of stars and stripes represented the 13 Colonies that formed the U.S. Today's flag continues to honor the original Colonies by keeping the 13 stripes, but there are now 50 stars in the corner, as the country has grown to include 50 states.

Happy Juneteenth

Commemorating the end of slavery in the U.S., Juneteenth takes place on June 19 every year. On that date in 1865, U.S. troops arrived in Galveston, Texas, the western-most state at the time, to announce the end of the Civil War. The following year, freed slaves celebrated the anniversary as Jubilee Day, and the festive tradition spread through the remaining states, eventually becoming a federal holiday.