



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

## Team Member Spotlight

### Meet Our New General Manager

Introducing our New General Manager, **Eddie Johnson**. Eddie is a dedicated professional and brings a wealth of experience in leading senior living communities. He is already hard at work keeping our community running smoothly and is eager to meet all of you! So please stop by his office to introduce yourselves. Be sure to bring along any ideas or suggestions you may have.



### March Greetings

Hello, there! March is upon us, and with it comes the welcome arrival of spring. We are all looking forward to warmer weather and more outings. Many activities planned this month, and I encourage everyone to join us!

### Lucky Celebration

We're celebrating all things Irish this month with our St. Patrick's Day party. Join us for food and fun, and don't forget to wear green for luck!

### Filled With Love

“May your home always be too small to hold all your friends.”  
—Irish blessing

## Welcome New Residents

Jackie Wainwright #221  
Garry Worcester #216  
Jack Ownby #245

### Spring Forward

Remember that daylight saving time begins on the second Sunday in March. So move those clocks ahead one hour.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



5  
**10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5**  
**11:00 FA AC Bridge League**  
 11:00 Catholic Service  
 2:00 RR Quiddler  
 2:00 RR Scrabble Game

6  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:30 Bible Study  
 1:00 VV Bridge Group  
 1:30 RR In the Mix ... Baking- fm\$100  
 3:30 L-C-R Dice Game- fm\$100

7  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 FA Community Meeting- fm\$100**  
**11:00 FA AC Bridge League**  
 1:00 VV Pinochle\$  
 1:30 L Target Toss- fm\$100  
 3:15 Quarter Bingo- fm\$100

8  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:45 FA Worship Service  
 1:30 VV Bridge Group  
 1:30 Wii Bowl- fm\$100  
 3:00 RR Craft Class- fm\$100  
**5:00 BA Meet & Greet the Artist Cherry Woodbury Art Show & Sale**

9  
**9:30 Banking**  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 Shop Fred Meyer**☰  
 1:00 VV Pinochle\$  
 1:30 Blackjack "21"- fm\$100  
 1:30 Tour the Town☰  
**3:30 BA Happy Hour ... Music & Cocktails**

10  
 9:30 Walk in the Park- fm\$100  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 Shop ... Albertsons**☰  
**11:30 Out to Lunch! Cracker Barrel**☰  
**1:30 Shop ... Walmart**☰  
 3:15 BA Quarter Bingo- fm\$100

11  
 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5  
 1:00 VV Pinochle\$  
**1:30 VV Bridge**  
**2:00 Movie & Popcorn**  
**3:15 BA Killarney Irish Dancers**

12  
**Daylight Saving Time Begins**  
**10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5**  
**11:00 FA AC Bridge League**  
 11:00 Catholic Service  
 2:00 RR Quiddler  
 2:00 RR Scrabble Game

13  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:30 Bible Study  
 1:00 VV Bridge Group  
 1:30 RR In the Mix ... Baking- fm\$100  
**2:30 BA Understanding Great Music with Eric Collett** ♪  
 3:30 L-C-R Dice Game- fm\$100

14  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
**11:00 FA AC Bridge League**  
**11:00 RR Activity Planning Meeting**  
**1:00 Bookmobile**  
 1:00 VV Pinochle\$  
 1:30 L Target Toss- fm\$100  
 3:15 Game of Chance "31"

15  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:45 FA Worship Service  
 1:30 VV Bridge Group  
 1:30 Wii Bowl- fm\$100  
 3:30 RR Ceramic Class- fm\$100

16  
**9:30 Banking**  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 Shop Fred Meyer**☰  
 1:00 VV Pinochle\$  
 1:30 Blackjack "21"- fm\$100  
 1:30 Tour the Town☰  
**3:30 BA New Resident Meet & Greet**

17  
 9:30 Walk in the Park- fm\$100  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 Shop ... Albertsons**☰  
**11:00 BVA Meeting**  
**1:30 Shop ... Dollar Store**☰  
**3:00 BA St. Patrick's Day Party**

18  
 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5  
 1:00 VV Pinochle\$  
**1:30 VV Bridge**  
**2:00 BA Good Time Band ... Sing-Along**  
**2:00 Movie & Popcorn**

19  
**10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5**  
**11:00 FA AC Bridge League**  
 11:00 Catholic Service  
 2:00 RR Quiddler  
 2:00 RR Scrabble Game

20  
**Spring Begins**  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:30 Bible Study  
 1:00 VV Bridge Group  
 1:30 RR In the Mix ... Baking- fm\$100  
**2:00 Catholic Mass**  
 3:30 L-C-R Dice Game- fm\$100

21  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
**11:00 FA AC Bridge League**  
 1:00 VV Pinochle\$  
 1:30 L Target Toss- fm\$100  
 3:15 Quarter Bingo- fm\$100  
**5:30 L Rack'em Up! Billiards**

22  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:45 FA Worship Service  
 1:30 VV Bridge Group  
 1:30 Wii Bowl- fm\$100  
 3:15 Trivia Challenge

23  
**9:30 Banking**  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 Shop Fred Meyer**☰  
 1:00 VV Pinochle\$  
 1:30 Blackjack "21"- fm\$100  
 1:30 Tour the Town☰  
**3:30 BA Happy Hour ... Music & Cocktails**

24  
 9:30 Walk in the Park- fm\$100  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 Shop ... Albertsons**☰  
**1:30 Coffee Out!**☰  
**3:15 BA Get Lucky Friday\$\$\$**

25  
 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5  
 1:00 VV Pinochle\$  
**1:30 VV Bridge**  
**2:00 Movie & Popcorn**

26  
**10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5**  
**11:00 FA AC Bridge League**  
 11:00 Catholic Service  
 2:00 RR Quiddler  
 2:00 RR Scrabble Game

27  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:30 Bible Study  
 1:00 VV Bridge Group  
 1:30 RR In the Mix ... Baking- fm\$100  
 3:30 L-C-R Dice Game- fm\$100  
**4:30 Ladies' Night!**

28  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
**11:00 FA AC Bridge League**  
**11:00 RR Food Committee- fm\$500**  
 1:00 VV Pinochle\$  
 1:30 L Target Toss- fm\$100  
**3:00 Funny Money Auction\$\$\$**

29  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:45 FA Worship Service  
 1:30 VV Bridge Group  
 1:30 Wii Bowl- fm\$100  
 3:15 Team Jeopardy- fm\$100

30  
**9:30 Banking**  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 Shop Fred Meyer**☰  
 1:00 VV Pinochle\$  
 1:30 Blackjack "21"- fm\$100  
 1:30 Tour the Town☰  
 3:30 BA Name That Tune- fm\$100

31  
 9:30 Walk in the Park- fm\$100  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 Shop ... Albertsons**☰  
**1:30 Shop ... Thrift Store**☰  
**3:00 BA Resident Birthday Bash**♥





### March Birthdays

- 3rd ..... Dot Phillips
- 5th ..... Joyce Magnuson
- 12th ..... Carol Hooker
- 13th ..... George Starr
- 27th ..... John Lewellen
- 30th ..... Kathryn Peterman
- 31st ..... John Bianchi

## Just for Fun

### Not Just Lucky

According to Irish legend, the four petals of a four-leaf clover stand for hope, faith, love and luck.

### Irish Treats

Order your Shamrock Cookie Bouquet from our new specialty Bakery "Wishful Cookies" here at Garden Plaza of Valley View.



# Life Enrichment Corner

### 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! Check your calendar for date and time or speak to the activities director if you're interested in joining.

## Health & Wellness

### Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.

## What's Cooking

### Spring Eats

Our menus are changing for spring! Stop by the dining room to check out our latest selections of seasonal produce and fresh entrées that are sure to please.

# Activities

### 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 chess to bridge to dominoes, we've got it all. Don't just sit at home—come out and play!

## Arts and Crafts

### Join Us for Crafts

Do you enjoy creating handmade projects? If so, join us for our monthly craft class! We love to have fun, and we welcome all skill levels and abilities. Check calendar for dates and times.

## Spiritual Corner

### Bible Study

We host a Bible Study each Monday at 10:30 am. This is a nondenominational class and all faiths are invited. Come and join us for fellowship and a great discussion.

