



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

Spring Greetings!

The season is in full bloom, and so are our best wishes for all of our residents. Here’s to a happy spring full of smiles, laughter and beautiful weather!



Family Fun for Everyone!

Hop on over Easter Sunday for Brunch and Egg Hunt. Our Easter Bunny will be busy hiding eggs and we need the little ones to help find them. Our egg hunt will begin at 11 a.m. and be held outside, weather permitting. Brunch served at 11:30 a.m. Please RSVP to the front desk. Guest meal tickets \$20. We’re EGG-cited to see everyone!



Parkinson's Support Group



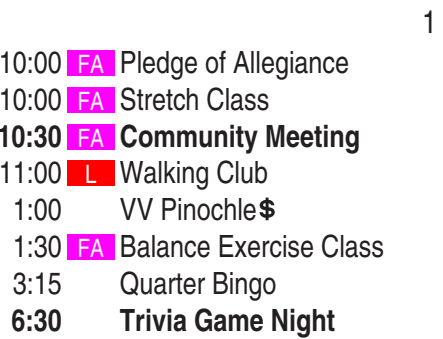
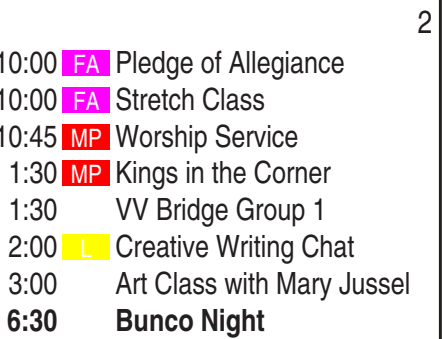
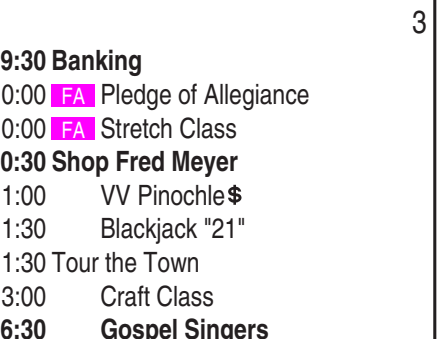

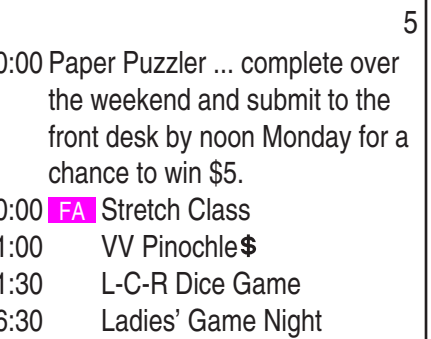



Valley View offers a Parkinson’s support group that meets monthly. This support group is open to anyone affected by the disease and can help you cope with the day-to-day realities of having Parkinson’s. Care partners and family members also can benefit from the group by sharing questions, concerns, and utilizing educational resources that are currently available. Being part of a support group is a great way to reduce stress and connect with others who can relate to your experience.

Creative Minds

Calling all creative writers! If you’re interested in sharing your work and discussing ideas with fellow authors and poets, then our Writing Club is the “write” place for you. You could even publish a piece in a future newsletter! Our writing club meets in the library every Wednesday.

Here We Grow!

It’s that time of year and spring is in the air, and we invite you to “plant” yourself into our Gardening Club, “The Busy Bloomers”! We always need help weeding, watering, harvesting produce, and trimming blooms, so feel free to lend a hand—or a green thumb—anytime!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>6</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>11:00 MP Catholic Service</p> <p>2:00 MP Movie & Popcorn</p> <p>2:00 Quiddler</p>	<p>7</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Bible Study</p> <p>1:15 MP Catholic Rosary</p> <p>1:30 In the Mix- Baking</p> <p>2:30 Sorting Jewelry -Youth Ranch</p> <p>3:30 L-C-R Dice Game</p>	<p>8</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 L Book Club</p> <p>11:00 L Walking Club</p> <p>12:30 L Bookmobile</p> <p>1:00 VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>3:15 Quarter Bingo</p> <p>6:30 Trivia Game Night</p>	<p>9</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:45 MP Worship Service</p> <p>1:30 MP Kings in the Corner</p> <p>1:30 VV Bridge Group 1</p> <p>2:00 L Creative Writing Chat</p> <p>3:00 FA Team Jeopardy</p> <p>5:00 L Meet & Greet the Artist</p> <p>6:30 Bunco Night</p>	<p>10</p> <p>9:30 Banking</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop Fred Meyer</p> <p>1:00 VV Pinochle\$</p> <p>1:30 Blackjack "21"</p> <p>1:30 Tour the Town</p> <p>3:30 Happy Hour</p> <p>6:30 MP Sing-Along With Barb</p>	<p>11</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop ... Albertsons</p> <p>11:00 L Walking Club</p> <p>11:30 Lunch Out!</p> <p>1:00 Mahjong</p> <p>1:30 Shop ... Walmart</p> <p>2:00 You Be The Judge</p> <p>3:15 Quarter Bingo</p>	<p>12</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>10:00 FA Stretch Class</p> <p>1:00 VV Pinochle\$</p> <p>1:30 L-C-R Dice Game</p> <p>6:30 Ladies' Game Night</p>
<p>13</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>11:00 MP Catholic Service</p> <p>2:00 MP Movie & Popcorn</p> <p>2:00 Quiddler</p>	<p>14</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Bible Study</p> <p>1:15 MP Catholic Rosary</p> <p>1:30 In the Mix- Baking</p> <p>2:00 MP Parkinson's Support Group</p> <p>3:30 L-C-R Dice Game</p>	<p>15</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 L Book Club</p> <p>10:30 MP Veterans Coffee Social</p> <p>11:00 L Walking Club</p> <p>1:00 VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>3:15 Quarter Bingo</p> <p>6:30 Trivia Game Night</p>	<p>16</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:45 MP Worship Service</p> <p>1:30 MP Kings in the Corner</p> <p>1:30 VV Bridge Group 1</p> <p>2:00 L Creative Writing Chat</p> <p>3:00 FA Team Jeopardy</p> <p>6:30 Bunco Night</p>	<p>17</p> <p>9:30 Banking</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop Fred Meyer</p> <p>1:00 VV Pinochle\$</p> <p>1:30 Blackjack "21"</p> <p>1:30 Tour the Town</p> <p>3:30 Meet & Greet New Residents</p>	<p>18</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop ... Albertsons</p> <p>11:00 MP BVA Meeting</p> <p>11:00 L Walking Club</p> <p>1:00 Mahjong</p> <p>1:30 Shop ... Dollar Store</p> <p>2:00 Easter Egg Decorating</p> <p>3:15 Quarter Bingo</p>	<p>19</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>10:00 FA Stretch Class</p> <p>1:00 VV Pinochle\$</p> <p>1:30 L-C-R Dice Game</p> <p>6:30 Ladies' Game Night</p>
<p>20</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>11:00 MP Catholic Service</p> <p>11:00 Easter Egg Hunt</p> <p>11:30 Easter Brunch</p> <p>2:00 MP Movie & Popcorn</p> <p>2:00 Quiddler</p>	<p>21</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Bible Study</p> <p>1:15 MP Catholic Rosary</p> <p>1:30 In the Mix- Baking</p> <p>2:00 MP Catholic Mass</p> <p>2:30 Sorting Jewelry -Youth Ranch</p> <p>3:30 L-C-R Dice Game</p>	<p>22</p> <p>Earth Day</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>11:00 L Walking Club</p> <p>1:00 VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>3:15 Quarter Bingo</p> <p>6:30 Trivia Game Night</p>	<p>23</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:45 MP Worship Service</p> <p>1:30 MP Kings in the Corner</p> <p>1:30 VV Bridge Group 1</p> <p>2:00 L Creative Writing Chat</p> <p>3:00 FA Team Jeopardy</p> <p>6:30 Bunco Night</p>	<p>24</p> <p>9:30 Banking</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop Fred Meyer</p> <p>1:00 VV Pinochle\$</p> <p>1:30 Blackjack "21"</p> <p>1:30 Tour the Town</p> <p>3:30 Happy Hour</p> <p>6:30 MP Sing-Along With Barb</p>	<p>25</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop ... Albertsons</p> <p>11:00 L Walking Club</p> <p>1:00 Mahjong</p> <p>1:30 Shop ... Target</p> <p>2:00 Lifelong Learning</p> <p>3:00 Resident Birthday Bash</p>	<p>26</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>10:00 FA Stretch Class</p> <p>1:00 VV Pinochle\$</p> <p>1:30 L-C-R Dice Game</p> <p>6:30 Ladies' Game Night</p>
<p>27</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>11:00 MP Catholic Service</p> <p>2:00 MP Movie & Popcorn</p> <p>2:00 Quiddler</p>	<p>28</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Bible Study</p> <p>1:15 MP Catholic Rosary</p> <p>1:30 In the Mix- Baking</p> <p>2:30 Activity Planning</p> <p>3:30 L-C-R Dice Game</p>	<p>29</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>11:00 Food Committee Meeting</p> <p>11:00 L Walking Club</p> <p>1:00 VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>3:15 Quarter Bingo</p> <p>6:30 Trivia Game Night</p>	<p>30</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:45 MP Worship Service</p> <p>1:30 MP Kings in the Corner</p> <p>1:30 VV Bridge Group 1</p> <p>2:00 L Creative Writing Chat</p> <p>3:00 FA Team Jeopardy</p> <p>6:30 Bunco Night</p>			



You Say It's Your Birthday!

Wishing a happy birthday and special day to everyone born this month! It's your day to have your cake (and ice cream) and eat it, too. Happy Birthday to:

- 3rd Joe Mattie
- 5th John Lamkin
- 5th Katherine McClannahan
- 5th June Pettis
- 12th Sam Tremaine
- 13th Sharon Brock
- 13th James Nelson
- 14th Mary Reed
- 15th Dennis Daily
- 18th Daisy Fetner
- 24th Ann Olson
- 24th Linda Spegue
- 28th John Pickrell



Valley View Art Exhibition

Come explore the world of art at our upcoming exhibition. This month we will be featuring a diverse range of artists and styles. Join us April 9th from 5 p.m. to 7 p.m. to meet the local artists. This show is not to be missed!

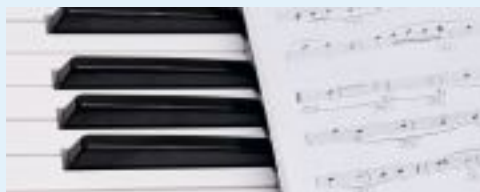


Weekend Puzzler Competition

Attention, Puzzlers, don't forget to pick up your weekend puzzler-packet and turn it in by Monday for a chance to be entered in the weekly drawing for cash prizes. Puzzles and brain games are entertaining, fun, and challenge the mind. Beyond their fun and stimulating nature, these activities offer profound mental benefits that can enhance cognitive abilities, improve emotional well-being, and even contribute to long-term brain health. Good luck, everyone!

Join Us for Sing-Alongs

We host regular sing-alongs at our community, and everyone is welcome to join us! The songs are sure to get your toes a-tappin' and put a smile on your face. Check the calendar for the schedule.



Join Our Book Club

Attention all book worms! Would you like to get to know other residents who love books as much as you do? Join the Valley View Book Club. Expand your reading horizons, engage in lively discussion and stretch your brain! Great books take on a life of their own. Their plots and characters linger in the mind long after their final words. What better way to prolong the pleasure of a good book than discussing the story with other readers? Check your calendar for date and times.

Healthy Lifestyle

Let's Go for a Walk!

Spring is here to stay, and our walking club is in full swing! Check the calendar for times and join us for some fresh air and exercise.

Mind Games

The more we age, the more important it is to exercise one of our largest organs—the brain. Do the crossword puzzle in the newspaper, check out foreign language tapes from the local library, form a book club or bridge game, or play games online.

The Joys of Age

"With mirth and laughter let old wrinkles come." —William Shakespeare

Welcome New Residents

- Evelyn Cates
- Dene Kipp
- Katherine McClannahan
- John Pickrell
- Robert Renn
- Peggy Williams

A sincere welcome to all of our new residents! We're sure you'll find this is the nicest, friendliest, most fun community in the area. If there's anything we can do to make your home more comfortable, we're just a phone call away!