



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

**"Tradition of Excellence in Boise"**  
Explore Independent Living at Garden Plaza of Valley View. Our community fosters an active and independent lifestyle for seniors throughout their retirement years. At Garden Plaza, we are committed to cultivating a warm and inviting atmosphere that you will be proud to call home. Whether you're interested in engaging activities, enjoying delicious meals crafted by our chefs, or simply unwinding in a tranquil environment, our community offers something unique for everyone. Join us and immerse yourself in a vibrant community where friendships thrive and each day presents new opportunities. Discover why we are celebrated for our tradition of excellence in Boise!

### Management Team

Eddie Johnson ..... General Mgr  
Jaimie Cox ..... Business Office  
Jennifer Kavulich ..... Dining Svs  
Frank Dowd ..... Maintenance  
Sherrie Hix ..... Recreation

### Important Numbers

Front Desk ..... 208-322-0311  
Beauty Shop ..... 208-861-4222  
Business Office ..... 208-327-1023  
Dining Room ..... 208-327-1054  
Physical Therapy ..... 208-501-7195  
Recreation ..... 208-327-1025

### Office Hours

Monday-Friday ..... 8 am - 4:30 pm  
Front Desk Available 24/7



**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 have 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. The year ahead brings with it new opportunities! So, keep an eye on this newsletter as we bring you familiar events and important news, and let me know if you have an idea for something new 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. Happy New Year!

### 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.

### Community Meeting

Our team values your opinion and we want to hear from you which is why we hope you'll join us for our monthly resident community meeting on the 1st Tuesday each month. This gathering opens the floor up to share issues you feel need to be addressed, offers you an opportunity to ask questions, make suggestions, and keeps you informed of what's happening in our community. We look forward to hearing from you!




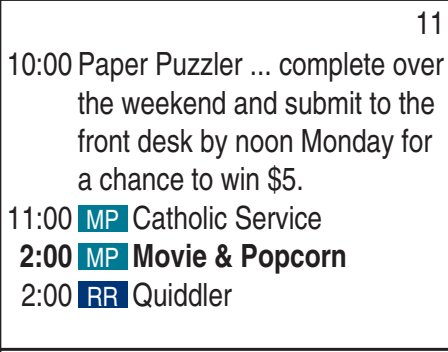
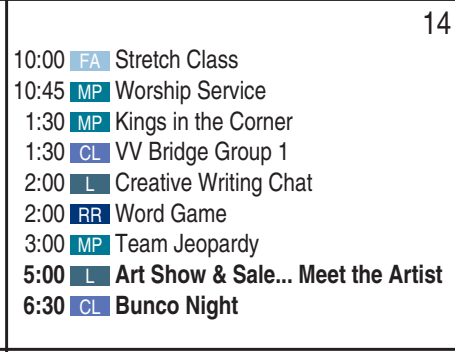
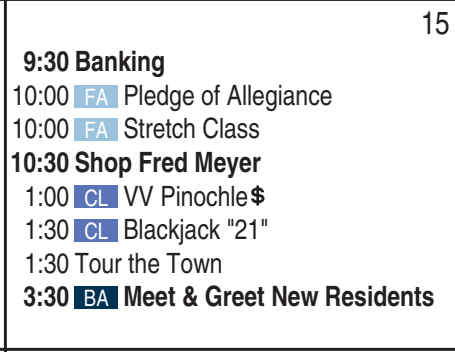
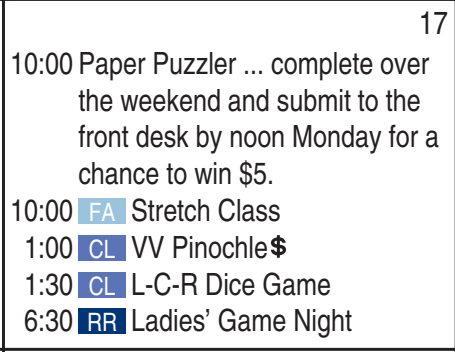
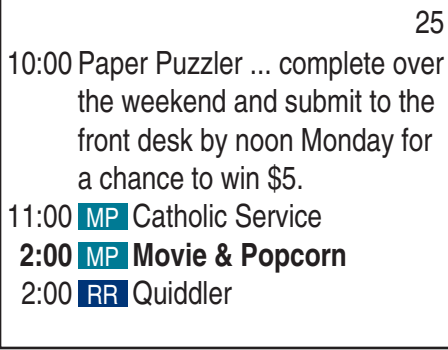
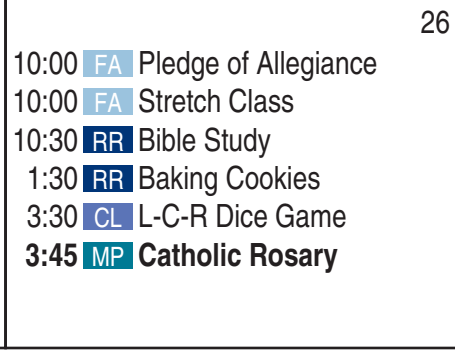

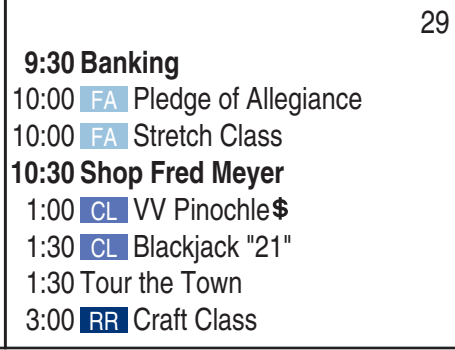

### Don't Fall This Winter

Please be especially careful when walking in the parking lots and on sidewalks and steps this time of year. Ice is not always visible and can be anywhere to trip you up. If you notice icy spots around the community, please let us know immediately so we can put a mixture of pet friendly ice melt on the area. Be careful out there!

### 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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <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. 11:00 <b>MP</b> Catholic Service <b>2:00 MP</b> Movie &amp; Popcorn 2:00 <b>RR</b> Quiddler</div>	<div></div> <div>5</div> <div>10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 <b>RR</b> Bible Study 1:30 <b>RR</b> Baking Cookies <b>2:30 RR</b> Activity Planning 3:30 <b>CL</b> L-C-R Dice Game <b>3:45 MP</b> Catholic Rosary</div>	<div></div> <div>6</div> <div>10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class <b>10:30 FA</b> Community Meeting 1:00 <b>CL</b> VV Pinochle\$ 1:30 <b>FA</b> Balance Exercise Class 2:00 <b>MP</b> Helping Hands- Xmas decor 3:15 <b>BA</b> Quarter Bingo <b>6:30 RR</b> Trivia Night</div>	<div></div> <div>7</div> <div>10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:45 <b>MP</b> Worship Service 1:30 <b>MP</b> Kings in the Corner 1:30 <b>CL</b> VV Bridge Group 1 2:00 <b>L</b> Creative Writing Chat 2:00 <b>RR</b> Helping Hands- Xmas decor 3:00 <b>MP</b> Art 4 All... painting class <b>6:30 CL</b> Bunco Night</div>	<div></div> <div>8</div> <div><b>9:30 Banking</b> 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class <b>10:30 Shop Fred Meyer</b> 1:00 <b>CL</b> VV Pinochle\$ 1:30 <b>CL</b> Blackjack "21" 1:30 Tour the Town <b>3:30 BA</b> Happy Hour</div>	<div></div> <div>2</div> <div><b>9:00 Shop ... Dollar Store</b> 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class <b>10:30 Shop ... Winco</b> 1:00 <b>CL</b> Shuffleboard Competition <b>1:30 Shop ... Albertsons</b> 2:00 <b>CL</b> Helping Hands- Xmas decor 3:15 <b>BA</b> Quarter Bingo</div>	<div></div> <div>3</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. 10:00 <b>FA</b> Stretch Class 1:00 <b>CL</b> VV Pinochle\$ 1:30 <b>CL</b> L-C-R Dice Game 6:30 <b>RR</b> Ladies' Game Night</div>
<div></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. 11:00 <b>MP</b> Catholic Service <b>2:00 MP</b> Movie &amp; Popcorn 2:00 <b>RR</b> Quiddler</div>	<div></div> <div>12</div> <div>10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 <b>RR</b> Bible Study 1:30 <b>RR</b> Baking Cookies <b>2:00 MP</b> Parkinson's Support Group 3:30 <b>CL</b> L-C-R Dice Game <b>3:45 MP</b> Catholic Rosary</div>	<div></div> <div>13</div> <div>10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 <b>L</b> Book Club <b>12:30 L</b> Bookmobile 1:00 <b>CL</b> VV Pinochle\$ 1:30 <b>FA</b> Balance Exercise Class 2:00 <b>MP</b> Do You Recall? 3:15 <b>BA</b> Quarter Bingo <b>6:30 RR</b> Trivia Night</div>	<div></div> <div>14</div> <div>10:00 <b>FA</b> Stretch Class 10:45 <b>MP</b> Worship Service 1:30 <b>MP</b> Kings in the Corner 1:30 <b>CL</b> VV Bridge Group 1 2:00 <b>L</b> Creative Writing Chat 2:00 <b>RR</b> Word Game 3:00 <b>MP</b> Team Jeopardy <b>5:00 L</b> Art Show &amp; Sale... Meet the Artist <b>6:30 CL</b> Bunco Night</div>	<div></div> <div>15</div> <div><b>9:30 Banking</b> 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class <b>10:30 Shop Fred Meyer</b> 1:00 <b>CL</b> VV Pinochle\$ 1:30 <b>CL</b> Blackjack "21" 1:30 Tour the Town <b>3:30 BA</b> Meet &amp; Greet New Residents</div>	<div></div> <div>16</div> <div><b>9:00 Shop... Target</b> 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class <b>10:30 Shop ... Walmart</b> <b>11:00 MP</b> BVA Meeting 1:00 <b>CL</b> Shuffleboard Competition <b>1:30 Shop ... Albertsons</b> 2:00 <b>CL</b> "31" Bring 3 Quarters 3:15 <b>BA</b> Quarter Bingo</div>	<div></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. 10:00 <b>FA</b> Stretch Class 1:00 <b>CL</b> VV Pinochle\$ 1:30 <b>CL</b> L-C-R Dice Game 6:30 <b>RR</b> Ladies' Game Night</div>
<div></div> <div>18</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. 11:00 <b>MP</b> Catholic Service <b>2:00 MP</b> Movie &amp; Popcorn 2:00 <b>RR</b> Quiddler</div>	<div></div> <div>19</div> <div><b>Martin Luther King Jr. Day</b> 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 <b>RR</b> Bible Study 1:30 <b>RR</b> Baking Cookies <b>2:00 MP</b> Catholic Mass 2:30 <b>RR</b> Sorting Jewelry -Youth Ranch 3:30 <b>CL</b> L-C-R Dice Game <b>3:45 MP</b> Catholic Rosary</div>	<div></div> <div>20</div> <div>10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 <b>L</b> Book Club <b>10:30 MP</b> Veterans Coffee Social 1:00 <b>CL</b> VV Pinochle\$ 1:30 <b>FA</b> Balance Exercise Class 2:00 <b>MP</b> Travelogue 3:15 <b>BA</b> Quarter Bingo <b>6:30 RR</b> Trivia Night</div>	<div></div> <div>21</div> <div>10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:45 <b>MP</b> Worship Service 1:30 <b>MP</b> Kings in the Corner 1:30 <b>CL</b> VV Bridge Group 1 2:00 <b>L</b> Creative Writing Chat 2:00 <b>RR</b> Word Game 3:00 <b>MP</b> Team Jeopardy <b>6:30 CL</b> Bunco Night</div>	<div></div> <div>22</div> <div><b>9:30 Banking</b> 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class <b>10:30 Shop Fred Meyer</b> 1:00 <b>CL</b> VV Pinochle\$ 1:30 <b>CL</b> Blackjack "21" 1:30 Tour the Town <b>3:30 BA</b> Happy Hour</div>	<div></div> <div>23</div> <div><b>9:00 Shop...Family Dollar</b> 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class <b>10:30 Shop ... Townsquare Mall</b> 1:00 <b>CL</b> Shuffleboard Competition <b>1:30 Shop ... Albertsons</b> 2:00 <b>CL</b> "31" Bring 3 Quarters 3:15 <b>BA</b> Quarter Bingo</div>	<div></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. 10:00 <b>FA</b> Stretch Class 1:00 <b>CL</b> VV Pinochle\$ 1:30 <b>CL</b> L-C-R Dice Game 6:30 <b>RR</b> Ladies' Game Night</div>
<div></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. 11:00 <b>MP</b> Catholic Service <b>2:00 MP</b> Movie &amp; Popcorn 2:00 <b>RR</b> Quiddler</div>	<div></div> <div>26</div> <div>10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 <b>RR</b> Bible Study 1:30 <b>RR</b> Baking Cookies 3:30 <b>CL</b> L-C-R Dice Game <b>3:45 MP</b> Catholic Rosary</div>	<div></div> <div>27</div> <div>10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class <b>11:00 RR</b> Food Committee Meeting 1:00 <b>CL</b> VV Pinochle\$ 1:30 <b>FA</b> Balance Exercise Class 2:00 <b>BA</b> Lifelong Learning 3:15 <b>BA</b> Quarter Bingo <b>6:30 RR</b> Trivia Night</div>	<div></div> <div>28</div> <div>10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:45 <b>MP</b> Worship Service 1:30 <b>MP</b> Kings in the Corner 1:30 <b>CL</b> VV Bridge Group 1 2:00 <b>L</b> Creative Writing Chat 2:00 <b>RR</b> Word Game 3:00 <b>MP</b> Team Jeopardy <b>6:30 CL</b> Bunco Night</div>	<div></div> <div>29</div> <div><b>9:30 Banking</b> 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class <b>10:30 Shop Fred Meyer</b> 1:00 <b>CL</b> VV Pinochle\$ 1:30 <b>CL</b> Blackjack "21" 1:30 Tour the Town 3:00 <b>RR</b> Craft Class</div>	<div></div> <div>30</div> <div><b>9:00 Shop... Grocery Outlet</b> 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class <b>10:30 Shop ... Thrift Store</b> 1:00 <b>CL</b> Shuffleboard Competition <b>1:30 Shop ... Albertsons</b> 2:00 <b>CL</b> "31" Bring 3 Quarters <b>3:00 BA</b> Resident Birthday Bash</div>	<div></div> <div>31</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. 10:00 <b>FA</b> Stretch Class 1:00 <b>CL</b> VV Pinochle\$ 1:30 <b>CL</b> L-C-R Dice Game 6:30 <b>RR</b> Ladies' Game Night</div>



# Welcome New Residents

Jeanne Robeson  
Ray & Betty Lee Taylor

## Resident Birthdays

3rd	Kathleen Harrigfeld
4th	Gloria Levis
5th	Alice Jerome
5th	Lynn Leeper
11th	Donna Zimmerman
15th	Harlene Blair
19th	Faye Barker
22nd	Marlene Moore
25th	Gary Worcester
29th	Daisy Cortez
31st	Dene Kipp

## Activities

### Helping Hands Wanted

The holidays flew right by, and now it's time to take down our decorations. We could use some help as we box everything up and store it until next year. See the calendar for the date and time.

### Daily Observations

Have you ever thought about using a calendar as a journal? Wall calendars sometimes arrive free in the mail or can be found at deep discounts after the first of the year. Use each day's square to jot down observations such as the price of gas, the weather, a meal you cooked and any significant things that happen. It's an easy way to record everyday life.



### 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.

## M of the Pet nth



Ken and Janet Fries are delighted dog owners who are lucky to share their lives with two remarkable companions. Sparky, their 11-year-old terrier mix, is a blend of Jack Russell and Schnauzer, and has been a cherished member of their family for over a decade. As a trained service dog for Janet, he offers vital support and companionship. Despite losing his sight this past year, Sparky adapts remarkably well, utilizing his heightened senses and relying on his memory to navigate his environment. He also brings joy as the beloved therapy dog mascot at the Timber Springs in-house gym. Shadow, their newest family member, is a lively six-month-old Pomeranian puppy. Ken and Janet found Shadow through an advertisement from a mountain family near Clear Creek Lodge, close to Idaho City. Her arrival has infused their home with a vibrant spirit and playful energy. They look forward to introducing Shadow to friends and staff during their walks around the grounds, perfectly complementing their new lifestyle at Valley View.