



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



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! Our activities schedule is designed to appeal to a variety of personalities and hobbies. If there’s an activity you’d like to see added to the schedule, please let us know. We will do everything we can to make it happen!

#### We’re Here To Help

At our community, your safety and comfort come first. We are here to answer any questions and resolve any issues you may have. Please don’t hesitate to reach out to us if you need help.

#### Pass the Syrup!

That’s right! We’re hosting a pancake breakfast on Shrove Tuesday, and we invite all our residents to come with hungry stomachs to join us for hot-off-the-griddle hotcakes. What smells better in the morning than pancakes? Don’t be last in line! Check calendar for date & time.



#### Honoring Vietnam Veterans

Vietnam War Veterans Day is observed every year on March 29. We offer a salute to all the Vietnam War vets in our community and thank you for your service. We are proud that you call Valley View your home.

#### Time Change

It’s time to spring forward! Daylight saving time begins the second Sunday in March.



#### St. Paddy’s Day Party

It’s the one day a year when everyone’s Irish, so come celebrate with us. Food, games and fun!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						<p>1 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 VV Pinochle\$ 1:30 L-C-R Dice Game 6:30 <b>RR</b> Ladies' Game Night</p>
<p>2 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 2:00 <b>MP</b> Movie &amp; Popcorn 2:00 <b>RR</b> Quiddler</p>	<p>3 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 <b>RR</b> Bible Study 1:15 <b>MP</b> Catholic Rosary 1:30 <b>RR</b> In the Mix- Baking 2:30 <b>RR</b> Sorting Jewelry -Youth Ranch 3:30 L-C-R Dice Game</p>	<p>4 <b>Mardi Gras</b> 8:00 <b>BA</b> Shrove Tuesday Pancake Breakfast 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 <b>FA</b> Community Meeting 1:00 VV Pinochle\$ 1:30 <b>FA</b> Balance Exercise Class 3:15 <b>BA</b> Quarter Bingo 6:30 <b>RR</b> Trivia Game Night</p>	<p>5 <b>Ash Wednesday</b> 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 VV Bridge Group 1 2:00 <b>L</b> Creative Writing Chat 3:00 <b>RR</b> Art Class with Mary Jussel 6:30 Bunco Night</p>	<p>6 9:30 Banking 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 Shop Fred Meyer 1:00 VV Pinochle\$ 1:30 Blackjack "21" 1:30 Tour the Town 6:30 <b>BA</b> Gospel Singers</p>	<p>7 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 Shop ... Albertsons 1:00 <b>RR</b> Mahjong 1:30 Shop ... Winco 2:00 <b>RR</b> Craft Class 3:15 <b>BA</b> Quarter Bingo</p>	<p>8 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 VV Pinochle\$ 1:30 L-C-R Dice Game 6:30 <b>RR</b> Ladies' Game Night</p>
<p>9 <b>Daylight Saving Time Begins</b> 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 2:00 <b>MP</b> Movie &amp; Popcorn 2:00 <b>RR</b> Quiddler</p>	<p>10 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 <b>RR</b> Bible Study 1:15 <b>MP</b> Catholic Rosary 1:30 <b>RR</b> In the Mix- Baking 2:00 <b>MP</b> Parkinson's Support Group 3:30 L-C-R Dice Game</p>	<p>11 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 <b>L</b> Book Club 12:30 <b>Bookmobile</b> 1:00 VV Pinochle\$ 1:30 <b>FA</b> Balance Exercise Class 3:15 <b>BA</b> Quarter Bingo 6:30 <b>RR</b> Trivia Game Night</p>	<p>12 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 VV Bridge Group 1 2:00 <b>L</b> Creative Writing Chat 3:00 <b>MP</b> Team Jeopardy 5:00 <b>Meet &amp; Greet the Artist</b> 6:30 Bunco Night</p>	<p>13 9:30 Banking 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 Shop Fred Meyer 1:00 VV Pinochle\$ 1:30 Blackjack "21" 1:30 Tour the Town 3:30 <b>BA</b> Happy Hour 6:30 <b>MP</b> Sing-Along With Barb</p>	<p>14 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 Shop ... Albertsons 11:30 Lunch Out! 1:00 <b>RR</b> Mahjong 1:30 Shop ... Walmart 2:00 <b>RR</b> Ceramic Class 3:15 <b>BA</b> Quarter Bingo</p>	<p>15 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 VV Pinochle\$ 1:30 L-C-R Dice Game 2:00 <b>BA</b> Killarney Irish Dancers 6:30 <b>RR</b> Ladies' Game Night</p>
<p>16 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 2:00 <b>MP</b> Movie &amp; Popcorn 2:00 <b>RR</b> Quiddler</p>	<p>17 <b>St. Patrick's Day</b> 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 <b>RR</b> Bible Study 1:15 <b>MP</b> Catholic Rosary 1:30 <b>RR</b> In the Mix- Baking 2:00 <b>MP</b> Catholic Mass 2:30 <b>RR</b> Sorting Jewelry -Youth Ranch 3:30 <b>St. Patrick's Day Party</b></p>	<p>18 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 <b>L</b> Book Club 1:00 VV Pinochle\$ 1:30 <b>FA</b> Balance Exercise Class 2:30 <b>RR</b> Activity Planning Meeting 3:15 <b>BA</b> Quarter Bingo 6:30 <b>RR</b> Trivia Game Night</p>	<p>19 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 VV Bridge Group 1 2:00 <b>L</b> Creative Writing Chat 3:00 <b>RR</b> Travelogue 6:30 Bunco Night</p>	<p>20 <b>Spring Begins</b> 9:30 Banking 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 Shop Fred Meyer 1:00 VV Pinochle\$ 1:30 Blackjack "21" 1:30 Tour the Town 3:30 <b>BA</b> Meet &amp; Greet New Residents</p>	<p>21 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 Shop ... Albertsons 11:00 <b>MP</b> BVA Meeting 1:00 <b>RR</b> Mahjong 1:30 Shop ... Dollar Store 2:00 <b>RR</b> You Be The Judge 3:15 <b>BA</b> Quarter Bingo</p>	<p>22 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 VV Pinochle\$ 1:30 L-C-R Dice Game 6:30 <b>RR</b> Ladies' Game Night</p>
<p>23 11:00 <b>MP</b> Catholic Service 2:00 <b>MP</b> Movie &amp; Popcorn 2:00 <b>RR</b> Quiddler</p>	<p>24 10:00 <b>FA</b> Stretch Class 10:30 <b>RR</b> Bible Study 1:15 <b>MP</b> Catholic Rosary 1:30 <b>RR</b> In the Mix- Baking 3:30 L-C-R Dice Game</p>	<p>25 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 11:00 <b>RR</b> Food Committee Meeting 1:00 VV Pinochle\$ 1:30 <b>FA</b> Balance Exercise Class 2:30 <b>FA</b> Idaho Bluegrass Band 6:30 <b>RR</b> Trivia Game Night</p>	<p>26 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 VV Bridge Group 1 2:00 <b>L</b> Creative Writing Chat 3:00 <b>MP</b> Team Jeopardy 6:30 Bunco Night</p>	<p>27 9:30 Banking 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 Shop Fred Meyer 1:00 VV Pinochle\$ 1:30 Blackjack "21" 1:30 Tour the Town 3:30 <b>BA</b> Happy Hour 6:30 <b>MP</b> Sing-Along With Barb</p>	<p>28 10:00 <b>FA</b> Pledge of Allegiance 10:00 <b>FA</b> Stretch Class 10:30 Shop ... Albertsons 1:00 <b>RR</b> Mahjong 1:30 Shop ... Thrift Store 2:00 <b>RR</b> Lifelong Learning 3:00 <b>BA</b> Resident Birthday Bash</p>	<p>29 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 VV Pinochle\$ 1:30 L-C-R Dice Game 6:30 <b>RR</b> Ladies' Game Night</p>
<p>30 11:00 <b>MP</b> Catholic Service 2:00 <b>MP</b> Movie &amp; Popcorn 2:00 <b>RR</b> Quiddler</p>	<p>31 10:00 <b>FA</b> Stretch Class 10:30 <b>RR</b> Bible Study 1:15 <b>MP</b> Catholic Rosary 1:30 <b>RR</b> In the Mix- Baking 3:30 L-C-R Dice Game</p>					



7th	Ruth Scurlock
8th	Marcia Coulter
12th	Carol Hooker
13th	George Starr
19th	Ron Zarbnisky
21st	Shirley Pecora
27th	John Lewellen
28th	Helen Hill
29th	Dan Shea
30th	Kay Peterman

## 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 pinochle to bridge to mahjong, we've got it all. Don't just sit in your apartment—come out and play!

### Book Club

Attention all book worms! Would you like to get to know other residents who love books as much as you do? Join our Valley View Book Club that meets twice a month. Expand your reading horizons, engage in lively discussion and stretch your brain!

### Walk for Health

With spring just ahead, it's a good time to put on your walking shoes. Regular walking, even for short amounts of time, is linked to numerous health benefits.

### Laugh Lines: March Moments

March holds many holidays and events, including Dr. Seuss Day, St. Patrick's Day, Pi Day and the March Madness basketball tournament. Browse through these jokes for laughs about all things March.

Q: What should you say to a runner in the St. Patrick's Day marathon?

A: Irish you luck!

Q: Why don't you iron four-leaf clovers?

A: Because you don't want to press your luck.

Q: What did March say to all the madness?

A: What's all that bracket?!

Q: Why doesn't the Grinch like knock-knock jokes?

A: Because there are always Whos there.

Q: What is the official animal of Pi Day?

A: The pi-thon.

Q: Why is everyone so tired on April 1?

A: Because they've just finished a long, 31-day March.

Q: How is the letter A like a spring flower?

A: A "B" comes after it!

Q: What kind of bird was banned from the jewelry store?

A: A robin.

It's allergy season again?! You've got to be pollen my leg.

The roundest knight of King Arthur's court was Sir Cumference ... he ate too much pi!

It's impossible to plant vegetable seeds when you haven't botany.



## 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.

## Just for Fun



### Going, Going, Gone!

Don't forget to make your bid at our March Funny Money Auction. Check your calendar for date & time!

### Irish Treats

Don't forget to order your Shamrock Cookie Bouquet from our specialty bakery, "Wishful Cookie." Your perfect cookie is just a visit away!

