



1130 N Allumbaugh Street
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*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. 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 Manager
Jaimie Cox Business Office
Jennifer Kavulich Dining Svs
Frank Dowd Maintenance
Sherrie Hix Recreation
Jake Garrison Sales Director

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



Spring Greetings

Hello, everyone! March has arrived, bringing with it the delightful onset of spring. We are all eager for the warmer weather ahead. As always, we have an exciting lineup of activities planned for our community this month, and I encourage everyone to participate! Our activity schedule is thoughtfully crafted to cater to a diverse range of interests and hobbies. If you have a specific activity you would like to see included, please reach out. We will do our utmost to make it happen!

Springtime Adventures

We’re thrilled for the arrival of spring! We have a variety of outings lined up, and we would be delighted to have you celebrate the season with us. Keep an eye on the calendar for outing events and register at the front desk to secure your seat on the bus.

Irish Celebration!

It’s that special day of the year when everyone embraces their inner Irish, and we invite you to celebrate with us! Delicious food, lively music and plenty of fun. Don your finest green outfit and bring your joyful spirit as we come together to honor the vibrant heritage and delightful camaraderie of this occasion. You definitely won’t want to miss out!

Irish Blessing

May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.

Cheers to Being Cheerful

March is Optimism Month, and studies show that looking on the bright side is good for your health. Optimists are better at problem-solving, have stronger immune systems, and recover faster from illness and injury than pessimists.

It’s That Time Again ...

Remember daylight saving time begins on the second Sunday in March. So move those clocks ahead one hour before you go to bed so you won’t be late! If you’re grumpy about losing that hour of sleep, keep in mind that daylight saving time is a sign that spring arrives soon!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|---|
| <p>1</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 RR Quiddler</p> <p>3:00 FA Capital City Swing Band</p> | <p>2</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 RR Bible Study</p> <p>1:30 RR Baking Cookies</p> <p>2:30 RR Activity Planning</p> <p>3:30 CL L-C-R Dice Game</p> <p>3:45 MP Catholic Rosary</p> | <p>3</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 FA Community Meeting</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>2:00 MP Do You Recall?</p> <p>3:15 BA Quarter Bingo</p> <p>6:30 RR Trivia Night</p> | <p>4</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 CL VV Bridge Group 1</p> <p>2:00 L Creative Writing Chat</p> <p>2:00 RR Word Game</p> <p>3:00 MP Art 4 All... painting class with Artist Mary Jussel</p> <p>6:30 CL Bunco Night</p> | <p>5</p> <p>9:00 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 CL VV Pinochle\$</p> <p>1:30 CL Blackjack "21"</p> <p>1:30 Tour the Town</p> <p>6:30 BA Gospel Singers</p> | <p>6</p> <p>9:00 Walk the Park</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop ... Target</p> <p>1:00 CL Pool Table Slop</p> <p>1:30 CL "31" Bring 3 Quarters</p> <p>1:30 Shop ... Albertsons</p> <p>2:00 Idaho Museum of Mining & Geology</p> <p>3:15 BA Quarter Bingo</p> | <p>7</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 CL VV Pinochle\$</p> <p>1:30 CL L-C-R Dice Game</p> <p>6:30 RR Ladies' Game Night</p> |
| <p>8</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>1:30 Boise Little Theater- Rumors... \$20</p> <p>2:00 MP Movie & Popcorn</p> <p>2:00 RR Quiddler</p> | <p>9</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 RR Bible Study</p> <p>1:30 RR Baking Cookies</p> <p>2:00 MP Parkinson's Support Group</p> <p>3:30 CL L-C-R Dice Game</p> <p>3:45 MP Catholic Rosary</p> | <p>10</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>12:30 L Bookmobile</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>2:00 MP Travelogue</p> <p>3:15 BA Quarter Bingo</p> <p>6:30 RR Trivia Night</p> | <p>11</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 CL VV Bridge Group 1</p> <p>2:00 L Creative Writing Chat</p> <p>2:00 RR Word Game</p> <p>3:00 MP Team Jeopardy</p> <p>5:00 L Art Show & Sale... Meet the Artist</p> <p>6:30 CL Bunco Night</p> | <p>12</p> <p>9:00 Banking</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop Winco</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 CL Blackjack "21"</p> <p>1:30 Tour the Town</p> <p>3:30 BA Happy Hour</p> | <p>13</p> <p>9:00 Walk the Park</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop ... Walmart</p> <p>11:30 Lunch Out! Jalapeños</p> <p>1:00 CL Pool Table Slop</p> <p>1:30 CL "31" Bring 3 Quarters</p> <p>1:30 Shop ... Albertsons</p> <p>3:15 BA Quarter Bingo</p> | <p>14</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 CL VV Pinochle\$</p> <p>1:30 CL L-C-R Dice Game</p> <p>6:30 RR Ladies' Game Night</p> |
| <p>15</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 RR Quiddler</p> <p>3:40 BA Killarney Irish Dancers</p> | <p>16</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 RR Bible Study</p> <p>1:30 RR Baking Cookies</p> <p>2:00 MP Catholic Mass</p> <p>3:30 CL L-C-R Dice Game</p> <p>3:45 MP Catholic Rosary</p> | <p>17</p> <p>St. Patrick's Day</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>1:00 CL VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>2:00 MP Do You Recall?</p> <p>3:30 BA St. Patrick's Day Social</p> <p>6:30 RR Trivia Night</p> | <p>18</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 Boise Art Museum- Here We Have Idaho</p> <p>1:30 MP Kings in the Corner</p> <p>1:30 CL VV Bridge Group 1</p> <p>2:00 L Creative Writing Chat</p> <p>2:00 RR Word Game</p> <p>3:00 RR Craft Class</p> <p>6:30 CL Bunco Night</p> | <p>19</p> <p>9:00 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 CL VV Pinochle\$</p> <p>1:30 CL Blackjack "21"</p> <p>1:30 Tour the Town</p> <p>3:30 BA New Resident Meet & Greet</p> | <p>20</p> <p>Spring Begins</p> <p>9:00 Walk the Park</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop ... Dollar Store</p> <p>11:00 MP BVA Meeting</p> <p>1:00 CL Pool Table Slop</p> <p>1:30 CL "31" Bring 3 Quarters</p> <p>1:30 Shop ... Albertsons</p> <p>3:15 BA Quarter Bingo</p> | <p>21</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 CL VV Pinochle\$</p> <p>1:30 CL L-C-R Dice Game</p> <p>6:30 RR Ladies' Game Night</p> |
| <p>22</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 RR Quiddler</p> | <p>23</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 RR Bible Study</p> <p>1:30 RR Baking Cookies</p> <p>2:30 L Beading Class-Cross</p> <p>3:30 CL L-C-R Dice Game</p> <p>3:45 MP Catholic Rosary</p> | <p>24</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>2:00 MP Lifelong Learning</p> <p>3:15 BA Quarter Bingo</p> <p>6:30 RR Trivia Night</p> | <p>25</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 CL VV Bridge Group 1</p> <p>2:00 L Creative Writing Chat</p> <p>2:00 RR Word Game</p> <p>3:00 MP Team Jeopardy</p> <p>6:30 CL Bunco Night</p> | <p>26</p> <p>9:00 Banking</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop Winco</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 CL Blackjack "21"</p> <p>1:30 Tour the Town</p> <p>3:30 BA Happy Hour</p> | <p>27</p> <p>9:00 Walk the Park</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop ... Thrift Store</p> <p>1:00 CL Pool Table Slop</p> <p>1:30 CL "31" Bring 3 Quarters</p> <p>1:30 Shop ... Albertsons</p> <p>2:00 Boise Flower & Garden Show \$10</p> <p>3:00 BA Resident Birthday Bash</p> | <p>28</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 CL VV Pinochle\$</p> <p>1:30 CL L-C-R Dice Game</p> <p>6:30 RR Ladies' Game Night</p> |
| <p>29</p> <p>Palm Sunday</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 RR Quiddler</p> | <p>30</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 RR Bible Study</p> <p>1:30 RR Baking Cookies</p> <p>2:30 L Beading Class-Cross</p> <p>3:30 CL L-C-R Dice Game</p> <p>3:45 MP Catholic Rosary</p> | <p>31</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>11:00 RR Food Committee Meeting</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>2:00 MP Who, What, Where</p> <p>3:15 BA Quarter Bingo</p> <p>6:30 RR Trivia Night</p> |  |  |  |  |



Happy Birthday

You're not getting older—you're getting better! Happy birthday to all our residents celebrating birthdays this month. Remember, this is the one time each year when you can have your cake and eat it, too!

- 7th Ruth Scurlock
- 12th Carol Hooker
- 13th George Starr
- 19th Ronald Zarbnisky
- 21st Shirley Pecora
- 22nd Mary McCallister
- 27th John Lewellen
- 28th Helen Hill
- 29th Dan Shea
- 30th Donna Groth
- 30th Kathryn Peterman

Welcome New Residents

Linda Seybold
Dorothy Wollan

Our entire staff welcomes all new residents! We are here to ensure you experience the very best in your new home. Please contact us if we can assist in any way. We also thank those of you who continue to call our community home. We are dedicated to your comfort and convenience.

Lion to Lamb

The common March maxim "March comes in like a lion and leaves like a lamb" has a double meaning. The month begins with Leo, the lion constellation, rising in the east, and ends with Aries, the ram or lamb, setting in the west. It also conveniently describes the tempestuous shift from winter to a usually milder springtime.



Brain Bender: Leprechaun Logic

Four young leprechauns—Bridget, Erin, Declan and Seamus—are going to a St. Patrick's Day party. Each is taking a treat—shamrock cookies, a rainbow cake, Irish stew and soda bread. Use the clues to find out the name and age of each leprechaun and the food they're taking to the party.

- Bridget is the same age as the leprechaun who likes bread.
- The 8-year-old girl is not bringing a cake.
- Declan isn't taking the stew.
- Erin loves rainbows. She is younger than Seamus.
- Seamus and his twin sister are 8 years old.
- The youngest leprechaun, who is 6, isn't bringing cake or stew.
- Bridget isn't taking bread, and Seamus isn't taking cookies.

(Answers: Declan is 6 years old and taking cookies. Erin is 7 and taking a cake. Bridget is 8 and taking Irish stew. Seamus is 8 and taking soda bread.)

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Meet **Barbara Pickering** & her companion **Korky**, an 8-year-old Yorkshire Terrier and Maltese mix, who adores snuggling with Barb and enjoys attending activities to meet friends. Barb describes him as her best friend, stating that she cannot envision her life at this moment without him. Together, they embark on daily adventures, whether it's a stroll through the neighborhood or a cozy afternoon on the couch watching their favorite shows. Korky's playful nature and wagging tail bring endless joy and laughter to Barb's days, turning ordinary moments into cherished memories. Their bond is a testament to the unspoken language of love and companionship.

Honoring Our 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.