



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

May Greetings

I’m looking forward to a month full of springtime activities, outings and conversations with each of you. If you have any questions, ideas or suggestions for our community, I would love to hear from you. ~ Sherrie Hix



Celebrating All Mothers

We warmly invite all women in our community to join us for a delightful Mother’s Day Tea on Saturday, May 2nd, starting at 2 pm. Bring along a special friend or relative to share in this elegant experience. You can expect an abundance of good taste from the exquisite table settings to the delectable scones and pastries that will be served. Please RSVP for this special occasion.

Derby Day Watch Party

Gallop, trot, or stroll to our exciting Kentucky Derby watch party! Come celebrate this iconic American sporting event with a front-row view of the race day action on our big-screen TV. Enjoy traditional Derby fare served for dinner in the dining room, and perhaps treat yourself to a mint julep or two.

Remembrance Day

On Memorial Day, we honor the men and women who have sacrificed their lives for our country. We want to take this opportunity to recognize all our residents and their family members and friends who are serving or have served our country, both at home and abroad. Our heartfelt thanks goes out to them and to all of our community’s veterans for their service.








Taco’Bout Fun!

Join us for a lively celebration on Cinco de Mayo in the bar area! Our skilled Chef will showcase how to prepare fresh pico de gallo and guacamole for your enjoyment, complemented by delectable margaritas to satisfy your thirst. Save the date. ¡Viva la fiesta!

Honoring Nurses

The important role of nurses in health care is recognized during National Nurses Week beginning May 6. Nurses are the heart of health care, and we thank them for their compassion, courage, care and commitment to our residents here at Valley View. We appreciate all you do!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					May Day	
<p>3</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>4</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>2:30 FA Fiddler Express</p> <p>3:45 MP Catholic Rosary</p>	<p>5</p> <p>Cinco De Mayo</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 CL Women of Note- Ladies' Choir</p> <p>3:00 CL Fiesta Time!</p> <p>6:30 RR Trivia Night</p>	<p>6</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 CL 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>7</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>3:00 RR Craft Class</p> <p>6:30 CL Gospel Singers</p>	<p>8</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! James Kitchen</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 CL Quarter Bingo</p>	<p>9</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>10</p> <p>Mother's Day</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>11:30 Mother's Day Brunch</p> <p>2:00 MP Movie & Popcorn</p> <p>2:00 RR Quiddler</p>	<p>11</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>2:30 FA Fiddler Express</p> <p>3:45 MP Catholic Rosary</p>	<p>12</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 CL Book Club</p> <p>12:30 RR 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 CL Quarter Bingo</p> <p>6:30 RR Trivia Night</p>	<p>13</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 CL Creative Writing Chat</p> <p>2:00 RR Word Game</p> <p>3:00 MP Team Jeopardy</p> <p>5:00 RR Meet & Greet the Artist</p> <p>6:30 CL Bunco Night</p>	<p>14</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 CL Happy Hour</p>	<p>15</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 CL Quarter Bingo</p>	<p>16</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>2:00 CL Piano Recital</p> <p>6:30 RR Ladies' Game Night</p>
<p>17</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>18</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>2:30 FA Fiddler Express</p> <p>3:45 MP Catholic Rosary</p>	<p>19</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 MP 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 Lifelong Learning</p> <p>3:15 CL Quarter Bingo</p> <p>6:30 RR Trivia Night</p>	<p>20</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 CL Creative Writing Chat</p> <p>2:00 RR Word Game</p> <p>3:00 MP Trivia Challenge</p> <p>6:30 CL Bunco Night</p>	<p>21</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 CL New Resident Meet & Greet</p>	<p>22</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>3:00 CL Resident Birthday Bash</p>	<p>23</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>24</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>25</p> <p>Memorial Day</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 FA Fiddler Express</p> <p>3:45 MP Catholic Rosary</p>	<p>26</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 Blood Pressure Clinic</p> <p>2:00 RR Do You Recall?</p> <p>3:15 CL Quarter Bingo</p> <p>6:30 RR Trivia Night</p>	<p>27</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:45 MP Worship Service</p> <p>11:00 Lunch in the Park</p> <p>1:30 MP Kings in the Corner</p> <p>1:30 CL VV Bridge Group 1</p> <p>2:00 CL 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>28</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 CL Happy Hour</p>	<p>29</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>3:15 CL Quarter Bingo</p>	<p>30</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>31</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>31</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>31</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>31</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>31</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>31</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>31</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>

Welcome New Residents

Mary Flaschner
Emma & Al Hammers
Jerry Haxby
Lolly Herbold
Sharon Long
Deanna Klaus
Gerry Soule

Welcome, new residents! As you settle into your new home, please feel free to call the office if we can help you in any way. We're sure you'll find our community is the friendliest in the area, and we owe it all to our residents. We're glad to have you with us!

Happy Birthday

Make a wish and blow out the candles! To all our residents celebrating birthdays this month, we offer best wishes.

1st	Mary Bowden
6th	Dewey Rowland
11th	Linda Diggins
11th	Billie Huskey
13th	Linda Miller
13th	Robert Miller
14th	Gene Olson
20th	Rae Thomason
23rd	Marie Durrant
24th	Ray Taylor
25th	Fred Hart "Buzzy"
25th	Carol Stecklein
26th	Carolyn Knuckles
26th	Doris Prinzing
26th	Wilma Jean Walker
26th	Char Zarbnisky
27th	Bradley Zittel



Health & Wellness



Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration to work out by reviewing the top benefits of exercise:

Helps prevent illness. High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy. The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood. Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep. A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

Reduces fall risk. Exercise strengthens muscles and bones, increases flexibility, and improves balance—all benefits that are key to preventing falls and broken bones.

Enhances social life. Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.

Pet Month



Meet Sandy Dunn and Libby

Libby, a 7-year-old Maltese-Poodle mix, is the cherished companion of her mom, Sandy. While she tends to be shy around other dogs, Libby's heart is full of love for people—especially for Sandy, who means everything to her. Sandy brought Libby into her life as a puppy, and since then, Libby has provided comfort, joy and companionship in countless ways. She adores snuggling up close and playing with her favorite person. Together, Libby and Sandy make the perfect pair.

You'll 'Dig' Our Gardening Club

Want to get some exercise while enjoying the warm weather outside? Then "plant" yourself into our Gardening Club! Check the calendar for meeting times.