



1130 N Allumbaugh Street  
Boise, ID 83704  
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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



### Happy Mother's Day

We wish all the moms in our community a happy Mother's Day! Thanks for all the love, attention and hard work. Where would we be without you? Please join us as we celebrate you at our Mother's Day Brunch. The service begins at 11:00 on Sunday, May 12th. Please feel free to invite a special friend or relative with whom you would like to share this special day. Good taste will abound, from the beautiful table settings to the delicious entrees and pastries we will serve. We look forward to celebrating all the wonderful things we love about mom! Be sure to RSVP at the front desk. All residents are welcome to join us on Sunday!

### Seniors, Are You Fit?

The last Wednesday in May is Senior Health and Fitness Day. It's the largest annual health promotion event for older adults. We offer a number of activities to help senior residents keep active, so check the calendar, or ask the recreation director about ways we help you stay fit and healthy.

### Memorial Day Remembrance

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. Happy Memorial Day!

### Scenic Drive Time





We're on the road again! Sit back, relax and leave the driving to us! We always have fun on our scenic drives, so steer your way to the front desk and sign up for an upcoming ride. Look for details in the newsletter or the calendar.

### Spread the Good News

Do you love calling our community home? Don't keep it to yourself! When you refer a friend, and they sign a lease and move in, you'll receive a great referral reward!

### Take Advantage of Fun Activities

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>May Day1</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:30 VV Bridge Group 1</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:30 MP Team Jeopardy- fm\$100</div>	<div>2</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚗</div> <div>1:00 VV Pinochle\$</div> <div>1:30 Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚗</div> <div>6:30 BA Gospel Singers</div>	<div>3</div> <div>9:30 Walk the Park- fm\$100🚗</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Shop ... Albertsons🚗</div> <div>10:00 Stretch Class- fm\$100</div> <div>1:30 Shop ... Winco🚗</div> <div>2:00 MP Discussion Group- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</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.</div> <div>10:00 Stretch Class- fm\$100</div> <div>1:00 VV Pinochle\$</div> <div>6:30 Trivia Game Night</div>
<div>5</div> <div>Cinco De Mayo</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.</div> <div>11:00 MP Catholic Service</div> <div>2:00 MP Movie &amp; Popcorn</div> <div>2:00 RR Quiddler</div>	<div>6</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 RR Bible Study</div> <div>1:15 MP Catholic Rosary</div> <div>1:30 RR In the Mix ... Baking- fm\$100</div> <div>2:30 RR Sorting Jewelry ... Youth Ranch</div> <div>3:30 L-C-R Dice Game- fm\$100</div>	<div>7</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Community Meeting- fm\$100</div> <div>1:00 VV Pinochle\$</div> <div>1:00 Walking Club</div> <div>1:30 Target Toss- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div>	<div>8</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:30 VV Bridge Group 1</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:30 RR Craft Class- fm\$100</div> <div>5:00 Meet &amp; Greet the Artist</div>	<div>9</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚗</div> <div>1:00 VV Pinochle\$</div> <div>1:30 Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚗</div> <div>3:30 BA Happy Hour ... Music &amp; Cocktails</div>	<div>10</div> <div>9:30 Walk the Park- fm\$100🚗</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Shop ... Albertsons🚗</div> <div>10:00 Stretch Class- fm\$100</div> <div>11:00 Lunch Out! Cheesecake Factory</div> <div>1:30 Shop ... Walmart🚗</div> <div>2:00 MP Discussion Group- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</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.</div> <div>10:00 Stretch Class- fm\$100</div> <div>1:00 Music Week ... Cinderella🚗</div> <div>1:00 VV Pinochle\$</div> <div>6:30 Trivia Game Night</div>
<div>12</div> <div>Happy Mother's Day</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.</div> <div>11:00 MP Catholic Service</div> <div>11:00 Mother's Day Brunch</div> <div>2:00 MP Movie &amp; Popcorn</div> <div>2:00 RR Quiddler</div>	<div>13</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 RR Bible Study</div> <div>1:15 MP Catholic Rosary</div> <div>1:30 RR In the Mix ... Baking- fm\$100</div> <div>2:00 MP Parkinson's Support Group</div> <div>2:30 BA Understanding Great Music with Eric Collett ♪</div> <div>3:30 L-C-R Dice Game- fm\$100</div>	<div>14</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Book Club</div> <div>11:00 RR Activity Planning Meeting</div> <div>12:30 MP Bookmobile</div> <div>1:00 VV Pinochle\$</div> <div>1:00 Walking Club</div> <div>1:30 Target Toss- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div>	<div>15</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:30 VV Bridge Group 1</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:30 MP Team Jeopardy- fm\$100</div>	<div>16</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚗</div> <div>1:00 VV Pinochle\$</div> <div>1:30 Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚗</div> <div>3:30 BA Meet &amp; Greet New Residents</div>	<div>17</div> <div>9:30 Walk the Park- fm\$100🚗</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Shop ... Albertsons🚗</div> <div>10:00 Stretch Class- fm\$100</div> <div>11:00 MP BVA Meeting</div> <div>1:30 Shop ... Grocery Outlet🚗</div> <div>2:00 MP Discussion Group- fm\$100</div> <div>3:00 BA Music Program-Trevor Baker</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.</div> <div>10:00 Stretch Class- fm\$100</div> <div>1:00 VV Pinochle\$</div> <div>6:30 Trivia Game Night</div>
<div>19</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.</div> <div>11:00 MP Catholic Service</div> <div>2:00 MP Movie &amp; Popcorn</div> <div>2:00 RR Quiddler</div>	<div>20</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 RR Bible Study</div> <div>1:15 MP Catholic Rosary</div> <div>1:30 RR In the Mix ... Baking- fm\$100</div> <div>2:00 MP Catholic Mass</div> <div>2:30 RR Sorting Jewelry ... Youth Ranch</div> <div>3:30 L-C-R Dice Game- fm\$100</div>	<div>21</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Book Club</div> <div>1:00 VV Pinochle\$</div> <div>1:00 Walking Club</div> <div>1:30 Target Toss- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div>	<div>22</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:30 VV Bridge Group 1</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:30 RR Ceramic Class- fm\$100</div>	<div>23</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚗</div> <div>1:00 VV Pinochle\$</div> <div>1:30 Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚗</div> <div>3:30 BA Happy Hour ... Music &amp; Cocktails</div> <div>6:30 BA Sing-Along With Barb</div>	<div>24</div> <div>9:30 Walk the Park- fm\$100🚗</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Shop ... Albertsons🚗</div> <div>10:00 Stretch Class- fm\$100</div> <div>1:30 Shop ... Dollar Store🚗</div> <div>2:00 MP Discussion Group- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</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.</div> <div>10:00 Stretch Class- fm\$100</div> <div>1:00 VV Pinochle\$</div> <div>6:30 Trivia Game Night</div>
<div>26</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.</div> <div>11:00 MP Catholic Service</div> <div>2:00 MP Movie &amp; Popcorn</div> <div>2:00 RR Quiddler</div>	<div>27</div> <div>Memorial Day</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 RR Bible Study</div> <div>1:15 MP Catholic Rosary</div> <div>2:00 RR Ice Cream Social</div> <div>3:30 L-C-R Dice Game- fm\$100</div>	<div>28</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>11:00 RR Food Committee- fm\$500</div> <div>1:00 VV Pinochle\$</div> <div>1:00 Walking Club</div> <div>1:30 Target Toss- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div>	<div>29</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:30 VV Bridge Group 1</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat Club- fm\$100</div> <div>3:30 MP Team Jeopardy- fm\$100</div>	<div>30</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚗</div> <div>1:00 VV Pinochle\$</div> <div>1:30 Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚗</div> <div>3:00 Beading Club</div> <div>6:30 BA Sing-Along With Barb</div>	<div>31</div> <div>9:30 Walk the Park- fm\$100🚗</div> <div>10:00 Pledge of Allegiance- fm\$100</div> <div>10:00 Shop ... Albertsons🚗</div> <div>10:00 Stretch Class- fm\$100</div> <div>1:30 Shop ... Thrift Store🚗</div> <div>2:00 MP Discussion Group- fm\$100</div> <div>3:00 BA Resident Birthday Bash ♥</div>	





2nd	Carol Duncan
6th	Rowland Dewey
11th	James O'Bert
11th	Billie Huskey
11th	Sheila Martin
13th	Chris Christoffer
14th	Gene Olson
15th	Joann O'Bert
18th	Charles Howard
24th	Susan Barton
25th	Carol Stecklein
26th	Carolyn Knuckles
26th	Doris Prinzing
26th	Charlotte Zarbnisky

## Welcome New Residents

Jo Ballard  
Beverly Bevins  
Carol Leonard  
John Julian  
Margaret Kvidahl  
Betty & Darwin Smith  
Janis Shaw



### Let's Go for a Walk!

Spring is here to stay, and our walking club is in full swing! Join us on Friday mornings for some fresh air and exercise in the park.

## Health & Fitness

### Simple Ways To Stay Positive

Explore these activities while social distancing.

*Connect with others.* Call friends and family members for a chat, or make virtual visits using FaceTime or Skype. Online discussion groups and book clubs can also connect you with others.

*Play games.* Crosswords, word searches and jigsaw puzzles are great ways to pass the time and give your brain a workout. If you have access to a computer, tablet or smartphone, search for some online games.

*Turn to entertainment.* Spend some time getting lost in your favorite TV shows, movies, books and music.

*Create.* Sketching, coloring and crafting are some creative outlets that will keep your hands and mind busy.

*Have a laugh.* Tune in to a comedy for some chuckles, or go online to find funny videos and jokes.

*Write.* Jot down what's on your mind, whether it's a fond memory, goal or poem.

*Stretch.* Doing gentle stretches daily can help lift your mood and boost your energy.

*Meditate.* Take a few minutes each day to close your eyes and focus on relaxed breathing.

### Embrace Healthy Aging

Lots of things change as we age—from the way our bodies move to our outlook on life. Each September, Healthy Aging Month is a reminder that change can be a good thing, and you can live your best life, every day, at any age.

Living well can look different for everybody, but several factors are common contributors to healthy aging, including strong social relationships, an active lifestyle, a nutritious diet and the drive to keep learning. Together, these areas nurture a healthy mind and body.

Having a supportive network of family and friends is linked to longevity. Not only do our relationships make us happier, but they can also affect other aspects of health. If a loved one joins you, you may be more likely to go for a walk, take an art class or volunteer.

The food we ingest significantly shapes the way we age, too. A diet rich in vitamins, antioxidants and nutrients like fiber and calcium can lower the risk of disease and help us feel our best. Treats are important, too—interviews with centenarians show that many credit their long lives to occasional indulgences like bacon, chocolate and ice cream!

Life doesn't stop as we grow older, and a surefire way to maintain that mindset is to try new things. You're never too old to learn, and having fresh experiences nourishes the brain and spirit.