



1130 N Allumbaugh Street  
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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



### October Greetings

October is here! I'm looking forward to a month of fall weather and fun festivities. Check the calendar for our daily activities and special events and plan to join us for a good time! It's a joy to have you here, and feel free to stop by my office anytime with questions or comments. ~ Sherrie Hix

### It's Oktoberfest Time!

We're rolling out the fun at our Oktoberfest party! Don your dirndl or lederhosen, or just come as you are, and celebrate the season with tasty treats and lively music with the Edelweiss Band on October 1st at 3 pm. More details to come!

### Spook-Tacular Door Decorating Contest

Our residents enjoy adding a bit of autumn and Halloween spirit to their apartments, and this year, we're excited to host a contest to find the most creatively decorated door. Winners will be announced during our Monster Mash Bash.

### Book Buddies

October is National Reading Group Month, and with winter approaching, it's a great time to join our book club that meets twice a month. Reading groups provide a wonderful opportunity to engage with fellow book lovers and share good conversation.

### 2025 Empty Bowls

Our annual Empty Bowls fundraiser to support the Idaho Food Bank kicks off this month in our community—just in time for the holiday season. Come to our ceramic class and hand paint a soup bowl for charity.




### Do the Monster Mash

Boo! We're scaring up some fun for residents this month with our Halloween costume party, so plan to join us on Friday, October 31st at 3 pm for tricks and treats—oh, and prizes for the best costumes. Keep your eyes and ears open for details.

### Halloween Candy Donations

We're collecting candy to hand out to trick-or-treaters during our family and friends Halloween Trick-or-Treat day on Saturday, the 25th. If you'd like to contribute, please see Sherrie Hix, Recreation Director. Thank you for your generosity!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>hello October</div></div> <div>5</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 <div>MP</div> Catholic Service 2:00 <div>MP</div> Movie &amp; Popcorn 2:00 <div>RR</div> Quiddler</div>	<div><div></div></div> <div>6</div> <div>10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 <div>RR</div> Bible Study 11:00 <div>L</div> Walking Club 1:15 <div>MP</div> Catholic Rosary 1:30 <div>RR</div> In the Mix- Baking 2:30 <div>RR</div> Sorting Jewelry -Youth Ranch 3:30 <div>CL</div> L-C-R Dice Game</div>	<div><div></div></div> <div>7</div> <div>10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 <div>FA</div> Community Meeting 11:00 <div>L</div> Walking Club 1:00 <div>CL</div> VV Pinochle\$ 1:30 <div>FA</div> Balance Exercise Class 2:30 <div>FA</div> Idaho Bluegrass Band 3:15 <div>BA</div> Quarter Bingo 6:30 <div>RR</div> Trivia Game Night</div>	<div><div>1</div></div> <div>10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:45 <div>MP</div> Worship Service 1:30 <div>MP</div> Kings in the Corner 1:30 <div>CL</div> VV Bridge Group 1 2:00 <div>RR</div> Ceramics- Empty Bowls 2:00 <div>L</div> Creative Writing Chat 3:00 <div>BA</div> Oktoberfest! Edelweiss Band 6:30 <div>CL</div> Wear Pink Bunco Night</div>	<div><div>2</div></div> <div>9:30 Banking 10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 Shop Fred Meyer 11:00 <div>L</div> Walking Club 1:00 <div>CL</div> VV Pinochle\$ 1:30 <div>CL</div> Blackjack "21" 1:30 Tour the Town 3:00 <div>RR</div> Craft Class 6:30 <div>BA</div> Gospel Singers</div>	<div><div>3</div></div> <div>We Wear Pink Friday 9:00 Walk the Park 10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 Shop ... Winco 11:00 <div>L</div> Walking Club 1:00 <div>CL</div> Mahjong 1:30 <div>RR</div> Craft Class 1:30 Shop ... Albertsons 3:15 <div>BA</div> Quarter Bingo</div>	<div><div>4</div></div> <div>BSU Game Day 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 <div>FA</div> Stretch Class 1:00 <div>CL</div> VV Pinochle\$ 1:30 <div>FA</div> BSU vs 8 Notre Dame 1:30 Ernest Hemingway Presentation 1:30 <div>CL</div> L-C-R Dice Game 6:30 <div>RR</div> Ladies' Game Night</div>
<div><div>12</div></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 <div>MP</div> Catholic Service 2:00 <div>MP</div> Movie &amp; Popcorn 2:00 <div>RR</div> Quiddler</div>	<div><div>13</div></div> <div>Columbus Day 10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 <div>RR</div> Bible Study 11:00 <div>L</div> Walking Club 1:15 <div>MP</div> Catholic Rosary 1:30 <div>RR</div> In the Mix- Baking 2:00 <div>MP</div> Parkinson's Support Group 3:30 <div>CL</div> L-C-R Dice Game</div>	<div><div>14</div></div> <div>10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 <div>L</div> Book Club 11:00 <div>L</div> Walking Club 12:30 <div>L</div> Bookmobile 1:00 <div>CL</div> VV Pinochle\$ 1:30 <div>FA</div> Balance Exercise Class 2:00 <div>RR</div> Activity Planning Meeting 3:15 <div>BA</div> Quarter Bingo 6:30 <div>RR</div> Trivia Game Night</div>	<div><div>15</div></div> <div>10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:45 <div>MP</div> Worship Service 1:30 <div>MP</div> Kings in the Corner 1:30 <div>CL</div> VV Bridge Group 1 2:00 <div>L</div> Creative Writing Chat 2:00 <div>FA</div> Disneyland Jazz-Rob Verdi 3:00 <div>MP</div> Team Jeopardy 6:30 <div>CL</div> Wear Pink Bunco Night</div>	<div><div>16</div></div> <div>9:30 Banking 10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 Shop Fred Meyer 11:00 <div>L</div> Walking Club 1:00 <div>CL</div> VV Pinochle\$ 1:30 <div>CL</div> Blackjack "21" 1:30 Tour the Town 3:30 <div>BA</div> Meet &amp; Greet New Residents</div>	<div><div>17</div></div> <div>We Wear Pink Friday 9:00 Walk the Park 10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 Shop ... Dollar Store 11:00 <div>MP</div> BVA Meeting 11:00 <div>L</div> Walking Club 1:00 <div>CL</div> Mahjong 1:30 <div>RR</div> Pumpkin Decorating 1:30 Shop ... Albertsons 3:15 <div>BA</div> Quarter Bingo 5:00 <div>L</div> Meet &amp; Greet the Artists</div>	<div><div>18</div></div> <div>BSU Game...TBD 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 <div>FA</div> Stretch Class 1:00 <div>CL</div> VV Pinochle\$ 1:30 <div>CL</div> L-C-R Dice Game 6:30 <div>RR</div> Ladies' Game Night</div>
<div><div>19</div></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 <div>MP</div> Catholic Service 2:00 <div>MP</div> Movie &amp; Popcorn 2:00 <div>RR</div> Quiddler</div>	<div><div>20</div></div> <div>10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 <div>RR</div> Bible Study 11:00 <div>L</div> Walking Club 1:15 <div>MP</div> Catholic Rosary 1:30 <div>RR</div> In the Mix- Baking 2:00 <div>MP</div> Catholic Mass 3:30 <div>CL</div> L-C-R Dice Game</div>	<div><div>21</div></div> <div>10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 <div>L</div> Book Club 10:30 <div>MP</div> Veterans Coffee Social 11:00 <div>L</div> Walking Club 1:00 <div>CL</div> VV Pinochle\$ 1:30 <div>FA</div> Balance Exercise Class 2:00 <div>MP</div> Travelogue 3:15 <div>BA</div> Quarter Bingo 6:30 <div>RR</div> Trivia Game Night</div>	<div><div>22</div></div> <div>10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:45 <div>MP</div> Worship Service 1:30 <div>MP</div> Kings in the Corner 1:30 <div>CL</div> VV Bridge Group 1 2:00 <div>RR</div> Ceramics- Empty Bowls 2:00 <div>L</div> Creative Writing Chat 3:00 <div>MP</div> Team Jeopardy 6:30 <div>CL</div> Wear Pink Bunco Night</div>	<div><div>23</div></div> <div>9:30 Banking 10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 Shop Fred Meyer 11:00 <div>L</div> Walking Club 1:00 <div>CL</div> VV Pinochle\$ 1:30 <div>CL</div> Blackjack "21" 1:30 Tour the Town 3:30 <div>BA</div> Happy Hour</div>	<div><div>24</div></div> <div>We Wear Pink Friday 9:00 Walk the Park 10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 Shop ... Target 11:00 <div>L</div> Walking Club 1:00 <div>CL</div> Mahjong 1:30 Shop ... Albertsons 1:30 <div>RR</div> Sorting Halloween Candy 3:00 <div>BA</div> Resident Birthday Party</div>	<div><div>25</div></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 <div>FA</div> Stretch Class 1:00 <div>CL</div> VV Pinochle\$ 1:30 <div>CL</div> L-C-R Dice Game 2:00 <div>L</div> Kids Trick-r-Treat 6:30 <div>RR</div> Ladies' Game Night</div>
<div><div>26</div></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 <div>MP</div> Catholic Service 2:00 <div>MP</div> Movie &amp; Popcorn 2:00 <div>RR</div> Quiddler</div>	<div><div>27</div></div> <div>10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 <div>RR</div> Bible Study 11:00 <div>L</div> Walking Club 1:15 <div>MP</div> Catholic Rosary 1:30 <div>RR</div> In the Mix- Baking 3:30 <div>CL</div> L-C-R Dice Game 4:30 <div>MP</div> Ladies Wear Pink Night</div>	<div><div>28</div></div> <div>10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 11:00 <div>RR</div> Food Committee Meeting 11:00 <div>L</div> Walking Club 1:00 <div>CL</div> VV Pinochle\$ 1:30 <div>FA</div> Balance Exercise Class 2:00 <div>MP</div> Who, What, When 3:15 <div>BA</div> Quarter Bingo 6:30 <div>RR</div> Trivia Game Night</div>	<div><div>29</div></div> <div>10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:45 <div>MP</div> Worship Service 1:30 <div>MP</div> Kings in the Corner 1:30 <div>CL</div> VV Bridge Group 1 2:00 <div>RR</div> Ceramics- Empty Bowls 2:00 <div>L</div> Creative Writing Chat 3:00 <div>MP</div> Team Jeopardy 6:30 <div>CL</div> Wear Pink Bunco Night</div>	<div><div>30</div></div> <div>9:30 Banking 10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 Shop Fred Meyer 11:00 <div>L</div> Walking Club 1:00 <div>CL</div> VV Pinochle\$ 1:30 <div>CL</div> Blackjack "21" 1:30 Tour the Town 3:00 <div>MP</div> Trivia Challenge</div>	<div><div>31</div></div> <div>Happy Halloween 9:00 Walk the Park 10:00 <div>FA</div> Pledge of Allegiance 10:00 <div>FA</div> Stretch Class 10:30 Shop ... Thrift Store 11:00 <div>L</div> Walking Club 1:00 <div>CL</div> Mahjong 1:30 <div>RR</div> Do You Recall? 1:30 Shop ... Albertsons 3:00 <div>BA</div> Monster Mash Bash</div>	<div><div></div></div>





## Enjoy Your Special Day

To all our residents celebrating birthdays this month, we offer our best wishes for the coming year. Enjoy your day!

4th	Janet Fries
14th	Dorris Martin
16th	Betty Smith
17th	Jim Inlow
23rd	Diane Bertsch
23rd	Carol Patchen
26th	Margaret Kvidahl
29th	Beverly Blevins
30th	James Addington



## Go Pink in October

October is dedicated to Breast Cancer Awareness Month, and we have a variety of pink-themed activities scheduled throughout the month. Check the calendar and special bulletins for all the details. Please do your part to support this vital cause.

## "Trick-or-Treat"

We've asked the mini ghosts and goblins from our area to join us for a truly bewitching trick-or-treat. Now, we invite you, our residents, to join in the fun by donning your most ghoulish attire. We'll have plenty of treats available for you to hand-out to all the witches and wizards who may sweep through our community on Saturday, 25th at 2 pm outside the front portico.

## Time for Candy Corn

This time of year brings with it a harvest of candy corn, those sugary tricolored treats of yellow, orange and white. The Goelitz Confectionery Company in Cincinnati began making the candy kernels in 1898 and called it "chicken feed." It was such a bestseller, it kept the company going through two world wars and the Depression.



## Pumpkin Points

Are you out of your gourd? No, we don't mean crazy. We're referring to having access to some *real* gourds. In October, your gourd of choice is probably a pumpkin (well, it's actually a squash). Some pumpkin facts:

- Pumpkins have been around for hundreds of years. Native American Indians used dried pumpkin strips to make mats.
- Pumpkins are a fruit. In fact, they are the state fruit of New Hampshire.
- Pumpkin seeds provide protein and zinc. They are believed to lower cholesterol and lessen the inflammation of arthritis.
- The self-proclaimed pumpkin capital of the world is Morton, Ill., where 85 percent of the world's canned pumpkin is produced.
- Antarctica is the only continent that can't grow pumpkins.



## Happy Meowloween

Meet Jasper and his devoted owner, Evelyn Cates. Jasper is an energetic black cat with a penchant for sneaking into the lobby, where he joyfully darts around the furniture while Evelyn playfully chases after him. With his sleek fur and mischievous green eyes, Jasper is the epitome of feline curiosity. Whether he's pouncing on his favorite toys or lounging in a sunbeam, Jasper's antics never fail to bring a smile to Evelyn's face. Despite his playful escapades, Jasper has a gentle side, curling up on Evelyn's lap at the end of the day, purring contentedly. Their bond is a testament to the joy and companionship that pets bring into our lives, making Jasper a truly deserving Pet of the Month.

## Feline Good Fortune

With their sleek coats and curious personalities, black cats aren't always considered unlucky. In fact, black cats are seen as symbols of good fortune in many countries, including England, Ireland, Scotland and Japan. They are also traditional lucky companions of fishermen and sailors.