



1130 N Allumbaugh Street
Boise, ID 83704
(208) 322-0311
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*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, everyone! September is turning out to be another wonderful month for our community. With the arrival of fall, we can anticipate cooler weather and the stunning colors of autumn foliage. Don't forget to take a look at this month's calendar and keep an eye out for details on some cherished fall activities we have in store, including our annual visit to the Spirit of Boise Balloon Festival, the Classic Car Show on Grandparents Day, and our football parties. As always, we encourage you to share your ideas and suggestions for making this month even more special. Let's embrace the changing season and create wonderful memories together.

Celebrating National Grandparents Day!

Excited to host our annual car show and BBQ, featuring entertainment for everyone to enjoy. Bring the entire family for a day filled with classic cars, mouthwatering food and vibrant music. Our event will showcase a variety of vintage automobiles, sure to delight car enthusiasts of all ages.

This occasion isn't just about the festivities. It's a chance to create treasured memories with your grandparents and loved ones. Let's come together to honor the wisdom, love and joy that grandparents bring into our lives. We can't wait to see you there!



Football Kickoff!

The college football season is upon us, and we're excited to see if BSU will emerge as this year's national champion! Join us for our BSU game watch party (date and time on calendar).



Spirit of Boise Balloon Festival

Join us for this beloved annual celebration that fills the skies of Idaho with vibrant colors and a sense of amazement. Witness the spectacular sight of hot air balloons inflate and take flight!

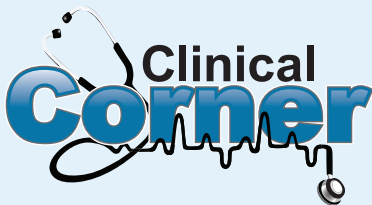
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>Labor Day 1</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>11:00 L Walking Club</div> <div>1:15 Catholic Rosary</div> <div>1:30 RR In the Mix- Baking</div> <div>2:30 Labor Day Fun...Root Beer Floats</div> <div>3:30 CL L-C-R Dice Game</div>	<div>Labor Day 1</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>11:00 L Walking Club</div> <div>1:15 Catholic Rosary</div> <div>1:30 RR In the Mix- Baking</div> <div>2:30 Labor Day Fun...Root Beer Floats</div> <div>3:30 CL L-C-R Dice Game</div>	<div>Labor Day 2</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 FA Community Meeting</div> <div>11:00 L Walking Club</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 FA Balance Exercise Class</div> <div>2:00 Do You Recall?</div> <div>3:15 Quarter Bingo</div> <div>6:30 RR Trivia Game Night</div>	<div>Labor Day 3</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:45 Worship Service</div> <div>1:30 Kings in the Corner</div> <div>1:30 CL VV Bridge Group 1</div> <div>2:00 L Craft Class</div> <div>3:00 Team Jeopardy</div> <div>6:30 CL Bunco Night</div>	<div>Labor Day 4</div> <div>9:30 Banking</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 Shop Fred Meyer</div> <div>11:00 L Walking Club</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"</div> <div>1:30 Tour the Town</div> <div>6:30 Gospel Singers</div>	<div>BSU Game Day 5</div> <div>9:00 Walk the Park</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 Shop ... Winco</div> <div>11:00 L Walking Club</div> <div>1:00 RR Mahjong</div> <div>1:30 Shop ... Albertsons</div> <div>2:00 RR You Be The Judge</div> <div>3:15 Quarter Bingo</div> <div>7:00 BSU Watch Party</div>	<div>BSU Game Day 6</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 FA Stretch Class</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL L-C-R Dice Game</div> <div>6:30 RR Ladies' Game Night</div>
<div>National Grandparents Day 7</div> <div>10:00 L Car Show & BBQ</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 Catholic Service</div> <div>2:00 Movie & Popcorn</div> <div>2:00 RR Quiddler</div>	<div>National Grandparents Day 8</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 RR Bible Study</div> <div>11:00 L Walking Club</div> <div>1:15 Catholic Rosary</div> <div>1:30 RR In the Mix- Baking</div> <div>2:00 Parkinson's Support Group</div> <div>3:30 CL L-C-R Dice Game</div> <div>6:30 FA Samples of English Literature by John Pickrell</div>	<div>National Grandparents Day 9</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 L Book Club</div> <div>11:00 L Walking Club</div> <div>12:30 L Bookmobile</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 FA Balance Exercise Class</div> <div>2:00 Activity Planning Meeting</div> <div>3:15 Quarter Bingo</div> <div>6:30 RR Trivia Game Night</div>	<div>National Grandparents Day 10</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:45 Worship Service</div> <div>1:30 Kings in the Corner</div> <div>1:30 CL VV Bridge Group 1</div> <div>2:00 L Creative Writing Chat</div> <div>2:00 RR Painting Class</div> <div>3:00 Team Jeopardy</div> <div>6:30 CL Bunco Night</div>	<div>Patriot Day 11</div> <div>9:30 Banking</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 Shop Fred Meyer</div> <div>11:00 L Walking Club</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"</div> <div>1:30 Tour the Town</div> <div>3:30 Happy Hour</div>	<div>Patriot Day 12</div> <div>9:00 Walk the Park</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 Shop ... Dollar Store</div> <div>11:00 L Walking Club</div> <div>11:30 Lunch Out! OutBack</div> <div>1:00 RR Mahjong</div> <div>1:30 Shop ... Albertsons</div> <div>2:00 RR Travelogue</div> <div>3:15 Quarter Bingo</div>	<div>Patriot Day 13</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 FA Stretch Class</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL L-C-R Dice Game</div> <div>6:30 RR Ladies' Game Night</div>
<div>Patriot Day 14</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 Catholic Service</div> <div>2:00 Movie & Popcorn</div> <div>2:00 RR Quiddler</div>	<div>Patriot Day 15</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 RR Bible Study</div> <div>11:00 L Walking Club</div> <div>1:15 Catholic Rosary</div> <div>1:30 RR In the Mix- Baking</div> <div>2:00 Catholic Mass</div> <div>2:30 RR Sorting Jewelry -Youth Ranch</div> <div>3:30 CL L-C-R Dice Game</div>	<div>Patriot Day 16</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 L Book Club</div> <div>10:30 Veterans' Coffee Social</div> <div>11:00 L Walking Club</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 FA Balance Exercise Class</div> <div>2:00 Who, What, Where</div> <div>3:15 Quarter Bingo</div> <div>6:30 RR Trivia Game Night</div>	<div>Patriot Day 17</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:45 Worship Service</div> <div>1:30 Kings in the Corner</div> <div>1:30 CL VV Bridge Group 1</div> <div>2:00 RR Beading Class...BSU Charm Bracelets</div> <div>2:00 L Creative Writing Chat</div> <div>3:00 Team Jeopardy</div> <div>6:30 CL Bunco Night</div>	<div>Patriot Day 18</div> <div>9:30 Banking</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 Shop Fred Meyer</div> <div>11:00 L Walking Club</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"</div> <div>1:30 Tour the Town</div> <div>3:30 Meet & Greet New Residents</div>	<div>Patriot Day 19</div> <div>9:00 Walk the Park</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 Shop ... Walmart</div> <div>11:00 BVA Meeting</div> <div>11:00 L Walking Club</div> <div>1:00 RR Mahjong</div> <div>1:30 Shop ... Albertsons</div> <div>2:00 Harvest Pie Social</div> <div>3:15 Quarter Bingo</div>	<div>BSU Game Day 20</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 FA Stretch Class</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL L-C-R Dice Game</div> <div>5:00 BSU Watch Party</div> <div>6:30 RR Ladies' Game Night</div>
<div>Patriot Day 21</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 Catholic Service</div> <div>2:00 Movie & Popcorn</div> <div>2:00 RR Quiddler</div>	<div>Patriot Day 22</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 RR Bible Study</div> <div>11:00 L Walking Club</div> <div>1:15 Catholic Rosary</div> <div>1:30 RR In the Mix- Baking</div> <div>3:30 CL L-C-R Dice Game</div> <div>6:30 FA Readings from the English Bible with John Pickrell</div>	<div>Patriot Day 23</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>11:00 L Walking Club</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 FA Balance Exercise Class</div> <div>2:00 Lifelong Learning</div> <div>3:15 Quarter Bingo</div> <div>6:30 RR Trivia Game Night</div>	<div>Patriot Day 24</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:45 Worship Service</div> <div>1:30 Kings in the Corner</div> <div>1:30 CL VV Bridge Group 1</div> <div>2:00 L Creative Writing Chat</div> <div>2:00 RR Dominoes</div> <div>3:00 Team Jeopardy</div> <div>6:30 CL Bunco Night</div>	<div>Patriot Day 25</div> <div>9:30 Banking</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 Shop Fred Meyer</div> <div>11:00 L Walking Club</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"</div> <div>1:30 Tour the Town</div> <div>2:00 Foot Note Choir</div> <div>3:30 Happy Hour</div>	<div>Flu Shot Clinic 26</div> <div>9:00 Walk the Park</div> <div>9:30 RR Flu Shoot Clinic... Please sign Up!</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 Shop ... Thrift Store</div> <div>11:00 L Walking Club</div> <div>1:00 RR Mahjong</div> <div>1:30 Shop ... Albertsons</div> <div>3:00 Resident Birthday Bash</div>	<div>BSU Game...TBD 27</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 FA Stretch Class</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL L-C-R Dice Game</div> <div>6:30 RR Ladies' Game Night</div>
<div>Patriot Day 28</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 Catholic Service</div> <div>2:00 Movie & Popcorn</div> <div>2:00 RR Quiddler</div>	<div>Patriot Day 29</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>10:30 RR Bible Study</div> <div>11:00 L Walking Club</div> <div>1:15 Catholic Rosary</div> <div>1:30 RR In the Mix- Baking</div> <div>3:30 CL L-C-R Dice Game</div>	<div>Patriot Day 30</div> <div>10:00 FA Pledge of Allegiance</div> <div>10:00 FA Stretch Class</div> <div>11:00 RR Food Committee Meeting</div> <div>11:00 L Walking Club</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 FA Balance Exercise Class</div> <div>3:15 Quarter Bingo</div> <div>6:30 RR Trivia Game Night</div>				



Happy Birthday!

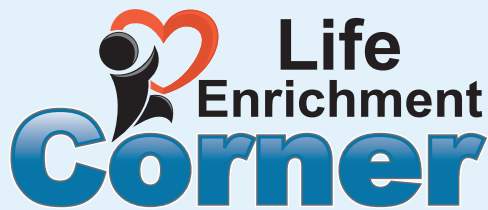
We'd like to send a big "happy birthday" out to all our residents celebrating their special day this month. We hope your day is filled with joy!

1st	Rebecca Tremaine
3rd	Marvin Dixon
4th	Patricia Smith
5th	Marilyn Jennings
7th	Shirley Rogers
11th	Marilyn Hoover
14th	Karen Shell
14th	Peggy Williams
16th	Donna Salisbury
18th	Laura MacGregor
21st	Warn Culver
21st	Virginia Humphress
21st	Ruth Lambert
23rd	Joanne Collins
25th	Sharron Jarvis
27th	Pauline Hendrix
28th	Pam Fraser



Flu Clinic

It's that time of year again to safeguard yourself against the flu virus. We will be hosting a flu vaccination clinic in collaboration with Savon Pharmacy on Friday, September 26th, from 9:30 to noon. Please register at the front desk. Remember to bring your insurance information so that the pharmacy can bill your insurance.



Your Voice Matters!

We love to hear feedback from our residents, so we can learn what is working well. Please give us a call, send an email or, better yet, stop by the office to share your thoughts.

Positive feedback is especially helpful when it's public! Help us spread the word about our wonderful community by posting a review online. Lastly, thank you for reading our newsletter! If you have ideas for how we can better share stories and information that you need, please let me know. Thank you for being a part of our community. I appreciate you! Sherrie Hix

Let's Celebrate Fall

From gazing at the colorful leaves to sipping a warm mug of apple cider, autumn is full of special moments to celebrate. Come savor the season at our harvest party, where you can enjoy music, games, seasonal goodies and more! See calendar for details.

Aging in Your Autumn Years

This month, summer turns to fall, and many people view the change in seasons as a good time to make personal changes. Healthy Aging Month in September encourages older adults to adopt and maintain habits that will help them stay fit, stay connected and stay adventurous in their golden years.



Meet Missy and her devoted owner, Harlene Blair—a remarkable duo whose connection is both touching and motivating. Missy, an energetic Cockapoo with a fluffy coat and sparkling brown eyes, is truly a charming sight to behold. Her wagging tail seems to have a magical ability to spread joy wherever she goes. With her friendly nature and playful spirit, she has captured the hearts of everyone in our community. Whether she's out for a walk or relaxing by Harlene's side, Missy's presence is an unwavering source of happiness and comfort to those around her.

Calling All Card Players

Let us deal you in for a round of cards! Our residents always have a game going, including bridge, pinochle, blackjack and king's in the corner—and there's always room for another hand. See the calendar for game times. And if you have another card game you'd like to introduce to our schedule, please let us know.