



1130 N Allumbaugh Street
Boise, ID 83704
(208) 322-0311
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



September Greetings

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Check out this month's calendar and be on the lookout for details about some favorite Fall activities that we have planned. As always, feel free to stop by my office at any time. Have a great September! - Sherrie Hix

Honoring Grandparents

We wish all the grandparents in our community a Happy Grandparents Day (the first Sunday after Labor Day). Grandparents make a real difference in the lives of their grandchildren. We salute your contributions to family and the community. Have a great day!

Labor Day Salute

We often think of Labor Day as the end of summer, but its observance encompasses so much more. Americans have a long-held tradition of honoring the men and women who make this country work. No matter what kind of work each of us does, we play an important role in our nation's success. Labor Day is set aside to take pride in our work and to salute those who have worked to make our jobs secure. We hope you have a safe and terrific day, and we salute you and thank you for your contribution to our economy and our nation.

Vaccination Reminder

We love our residents, and we want everyone to stay as healthy as possible during flu season. Savon Pharmacy will be hosting a flu shot clinic in our community on Friday, Sept 27th. Sign-ups available at Front Desk.

Register to Vote!

Each September, National Voter Registration Day encourages eligible citizens to register to vote. Since 2012, over 5 million people have registered to vote on this day, allowing voices to be heard on both national and local issues. Check your voter registration status at Vote.gov.

Grandparents Day Classic Car Show

Cruise on over and join us for our Annual Car Show on National Grandparents Day Sunday, September 8th, from 10 am to 1:30 pm.
Family Fun For Everyone
Free BBQ and Entertainment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</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 Quiddler</div>	<div>2</div> <div></div>	<div>3</div> <div>10:00 Pledge of Allegiance-fm100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Community Meeting-\$100</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:00 <div>L</div> Walking Club</div> <div>2:00 <div>L</div> Brain Teaser-fm\$100</div> <div>3:15 <div>BA</div> Quarter Bingo- fm\$100</div> <div>6:30 Trivia Game Night</div>	<div>4</div> <div>10:00 Pledge of Allegiance-fm100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:30 <div>CL</div> VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat-\$100</div> <div>3:00 Art Class with Mary Jussel- fm\$100</div> <div>6:00 <div>CL</div> Bunco Night-fm\$100</div>	<div>5</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance-\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚶</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚶</div> <div>6:30 <div>BA</div> Gospel Singers</div>	<div>6</div> <div>9:00 Walk the Park- fm\$100🚶</div> <div>10:00 Pledge of Allegiance-\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop ... Albertsons🚶</div> <div>1:30 Shop ... Winco🚶</div> <div>2:00 UNO Card Game-fm\$100</div> <div>3:15 <div>BA</div> Quarter Bingo- fm\$100</div>	<div>7</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 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> L-C-R Dice Game</div> <div>6:30 Ladies' Game Night</div> <div>8:00 BSU @ Oregon</div>
<div>8</div> <div>National Grandparents Day</div> <div>10:00 Classic Car Show ... BBQ & Entertainment- Family Fun For Everyone♥</div> <div>11:00 Catholic Service</div> <div>2:00 Movie & Popcorn</div> <div>2:00 Quiddler</div>	<div>9</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 In the Mix ... Baking- fm\$100</div> <div>2:00 Parkinson's Support Group</div> <div>3:30 <div>CL</div> L-C-R Dice Game- fm\$100</div>	<div>10</div> <div>10:00 Pledge of Allegiance-fm100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Book Club</div> <div>10:30 Trolley Tour of Historical Boise \$</div> <div>12:30 <div>L</div> Bookmobile</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:00 <div>L</div> Walking Club</div> <div>2:00 <div>L</div> Brain Teaser-fm\$100</div> <div>3:15 <div>BA</div> Quarter Bingo- fm\$100</div> <div>6:30 Trivia Game Night</div>	<div>11</div> <div>Patriot Day</div> <div>10:00 Pledge of Allegiance-fm100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:30 <div>CL</div> VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat-\$100</div> <div>3:00 Craft Class-fm\$100</div> <div>5:00 <div>L</div> Art Show & Sale ... Meet the Artist</div>	<div>12</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance-\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚶</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚶</div> <div>3:30 <div>BA</div> Happy Hour</div>	<div>13</div> <div>9:00 Walk the Park- fm\$100🚶</div> <div>10:00 Pledge of Allegiance-\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop ... Albertsons🚶</div> <div>1:30 Shop ... Walmart🚶</div> <div>2:00 UNO Card Game-fm\$100</div> <div>3:15 <div>BA</div> Quarter Bingo- fm\$100</div>	<div>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>10:00 Stretch Class- fm\$100</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> L-C-R Dice Game</div> <div>6:30 Ladies' Game Night</div>
<div>15</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 Quiddler</div>	<div>16</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 In the Mix ... Baking- fm\$100</div> <div>2:00 Catholic Mass</div> <div>2:30 Sorting Jewelry ... Youth Ranch</div> <div>3:30 <div>CL</div> L-C-R Dice Game- fm\$100</div>	<div>17</div> <div>10:00 Pledge of Allegiance-fm100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Veterans' Coffee Social</div> <div>11:00 Book Club</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:00 <div>L</div> Walking Club</div> <div>2:00 <div>L</div> Brain Teaser-fm\$100</div> <div>3:15 <div>BA</div> Quarter Bingo- fm\$100</div> <div>6:30 Trivia Game Night</div>	<div>18</div> <div>10:00 Pledge of Allegiance-fm100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:30 <div>CL</div> VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat-\$100</div> <div>3:00 Ceramic Class-fm\$100</div> <div>6:00 <div>CL</div> Bunco Night-fm\$100</div>	<div>19</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance-\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚶</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚶</div> <div>3:30 <div>BA</div> New Resident Meet & Greet</div>	<div>20</div> <div>9:00 Walk the Park- fm\$100🚶</div> <div>10:00 Pledge of Allegiance-\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop ... Albertsons🚶</div> <div>11:00 BVA Meeting</div> <div>1:30 Shop ... Dollar Store🚶</div> <div>2:00 UNO Card Game-fm\$100</div> <div>3:15 <div>BA</div> Quarter Bingo- fm\$100</div>	<div>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>10:00 Stretch Class- fm\$100</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> L-C-R Dice Game</div> <div>6:30 Ladies' Game Night</div> <div>7:45 BSU vs Portland State</div>
<div>22</div> <div>Autumn Begins</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 Quiddler</div>	<div>23</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 In the Mix ... Baking- fm\$100</div> <div>2:30 Activity Planning Meeting</div> <div>3:30 <div>CL</div> L-C-R Dice Game- fm\$100</div>	<div>24</div> <div>10:00 Pledge of Allegiance-fm100</div> <div>10:00 Stretch Class- fm\$100</div> <div>11:00 Food Committee- fm\$500</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:00 <div>L</div> Walking Club</div> <div>1:30 Outing: Top Golf \$</div> <div>2:00 <div>L</div> Brain Teaser-fm\$100</div> <div>3:15 <div>BA</div> Quarter Bingo- fm\$100</div> <div>6:30 Trivia Game Night</div>	<div>25</div> <div>10:00 Pledge of Allegiance-fm100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:45 Worship Service</div> <div>1:30 <div>CL</div> VV Bridge Group 1</div> <div>1:30 Wii Bowl- fm\$100</div> <div>2:00 Creative Writing Chat-\$100</div> <div>3:00 Team Jeopardy- fm\$100</div> <div>6:00 <div>L</div> Billiards Night</div>	<div>26</div> <div>9:30 Banking</div> <div>10:00 Pledge of Allegiance-\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚶</div> <div>1:00 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚶</div> <div>3:30 <div>BA</div> Happy Hour ... Music & Cocktails</div>	<div>27</div> <div>9:00 Walk the Park- fm\$100🚶</div> <div>9:30 Flu Shoot Clinic ... Please sign Up!</div> <div>10:00 Pledge of Allegiance-\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Shop ... Albertsons🚶</div> <div>1:30 Shop ... Thrift Store🚶</div> <div>2:00 UNO Card Game-fm\$100</div> <div>3:00 <div>BA</div> Resident Birthday Bash♥</div>	<div>28</div> <div>BSU Game Time ... TBD</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 <div>CL</div> VV Pinochle\$</div> <div>1:30 <div>CL</div> L-C-R Dice Game</div> <div>6:30 Ladies' Game Night</div>
<div>29</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 Quiddler</div>	<div>30</div> <div>10:00 Pledge of Allegiance-fm\$100</div> <div>10:00 Stretch Class- fm\$100</div> <div>10:30 Bible Study</div> <div>1:15 Catholic Rosary</div> <div>1:30 In the Mix ... Baking- fm\$100</div> <div>2:30 Funny Money Auction\$\$\$</div> <div>3:30 <div>CL</div> L-C-R Dice Game- fm\$100</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>



Enjoy Your Special Day

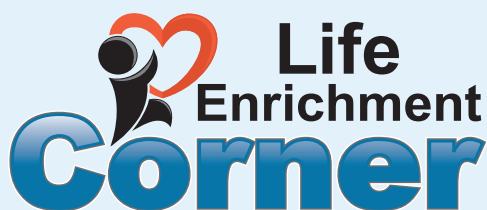
To all our residents celebrating birthdays this month, we offer best wishes for the coming year!

1st	Rebecca Tremaine
3rd	Marvin Dixon
4th	Patricia Smith
5th	Marilyn Jennings
7th	Shirley Rogers
9th	Carol Leonard
9th	Grace Palmer
11th	Marilyn Hoover
14th	Karen Shell
16th	Donna Salisbury
18th	Laura MacGregor
21st	Warn Culver
21st	Ruth Lambert
23rd	Joanne Collins
25th	Sharron Jarvis
27th	Jackie Cushing
27th	Pauline Hendrix
28th	Pam Fraser
29th	Carole Hassler



BSU Game Watching Party

Why watch the big game on your TV, when you could watch all the action on our big-screen? We'll have all the snacks and drinks. You just need your school spirit and maybe a good cheer or two. Bring your friends - the more the merrier. We'll be there until the final score!



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.

Play With Clay

Whether molding simple shapes or creating an elaborate sculpture, crafting with clay can lift your mood and increase motivation. Researchers say that making ceramics is an effective form of art therapy due to the physical sensation of working the clay and transforming it into something beautiful.

Self-Care Corner: Take a Class

Continuing to learn beyond your school years has many benefits, including a stronger sense of identity, more confidence, a richer social life and a healthier brain. Whether online or in person, you can take a class on pretty much anything that interests you. Study another language, explore a new hobby, improve your computer skills or take music lessons. There's no limit to learning!



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!

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.