



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



November Greetings

Hello, everyone, and welcome to November! There’s excitement in the air as we begin preparing for the holidays. Our community will be hosting a bounty of festivities in the next couple of months, and we hope everyone can join us for the activities we have planned. As always, we are thankful for our residents.

Turkey Day

Get ready for a feast during our lunch meal on Thanksgiving Day! We’re serving all the traditional favorites—turkey, dressing, pumpkin pie and more—we hope you’ll join your friends & neighbors to give thanks and enjoy a fantastic meal.

Exercise With a Friend

Exercising regularly can help you fight off seasonal colds. But if you need motivation to get moving, get a little help from a friend. Working out with a companion provides encouragement to stick with the commitment and helps take your focus off the physical exertion.

Mitten Tree

Help someone in need this winter by adding to our mitten tree! Throughout the next few weeks, we invite staff and residents to hang mittens, gloves, hats, scarves and other winterwear on the tree’s branches. These items will go to a local organization serving our community in need. We appreciate your generosity.

Honoring Our Veterans







Thank you to all the heroic men and women who have bravely served our country. We will honor our community’s veterans in a special ceremony on Veterans Day. See calendar for time and location.



Don’t Forget To Fall Back

Daylight saving time ends on Sunday, Nov. 5, so remember to set your clocks and watches back one hour the night before.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:30 CL VV Bridge Group 1:30 Wii Bowl- fm\$100 2:00 Creative Writing Chat Club- fm\$100 3:00 Art Class with Mary Jussel- fm\$100</p>	<p>2 9:30 Banking 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop Fred Meyer 🚗 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"- fm\$100 1:30 Tour the Town 🚗 6:30 Gospel Singers</p>	<p>3 9:30 Walk in the Park- fm\$100 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop ... Albertsons 🚗 1:30 Shop ... Winco 🚗 2:00 L Ceramics- fm\$100 3:15 Quarter Bingo- fm\$100</p>	<p>4 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 Stretch Class- fm\$100 10:30 CL Rummikub Game 1:00 CL VV Pinochle\$ 1:30 CL VV Bridge 2:00 L-C-R Dice Game 8:00 BSU @ Fresno State</p>
<p>5 Daylight Saving Time Ends 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 Catholic Service 2:00 Kings in the Corner 2:00 Movie & Popcorn 2:00 Quiddler</p>	<p>6 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Bible Study 1:00 CL VV Bridge Group 1:15 Catholic Rosary 1:30 In the Mix ... Baking- fm\$100 2:30 Sort Jewelry... Youth Ranch 3:30 CL L-C-R Dice Game- fm\$100</p>	<p>7 Election Day 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Book Club 10:30 Community Meeting- fm\$100 1:00 L Bookmobile 1:00 CL VV Pinochle\$ 1:00 L Walking Club 1:30 L Target Toss- fm\$100 3:15 Quarter Bingo- fm\$100</p>	<p>8 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:30 CL VV Bridge Group 1:30 Wii Bowl- fm\$100 2:00 Creative Writing Chat Club- fm\$100 3:15 Team Jeopardy- fm\$100 5:00 L Meet & Greet the Artist</p>	<p>9 9:30 Banking 9:30 Foot Care Clinic- Sign Up! 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop Fred Meyer 🚗 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"- fm\$100 1:30 Tour the Town 🚗 3:30 Happy Hour ... Music & Cocktails</p>	<p>10 Veterans Day (Observed) 9:30 Walk in the Park- fm\$100 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop ... Albertsons 🚗 11:30 Lunch Out! 🚗 1:30 Shop ... Walmart 🚗 2:00 L Craft Class- fm\$100 3:15 Quarter Bingo- fm\$100</p>	<p>11 Veterans Day 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 10:30 Veterans Day Tribute 1:00 CL VV Pinochle\$ 1:30 CL VV Bridge 2:00 L-C-R Dice Game</p>
<p>12 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 Catholic Service 2:00 Kings in the Corner 2:00 Movie & Popcorn 2:00 Quiddler</p>	<p>13 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Bible Study 1:00 CL VV Bridge Group 1:15 Catholic Rosary 1:30 In the Mix ... Baking- fm\$100 2:30 Understanding Great Music with Eric Collett ♪ 3:30 CL L-C-R Dice Game- fm\$100</p>	<p>14 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Book Club 11:00 Activity Planning Meeting 1:00 CL VV Pinochle\$ 1:00 L Walking Club 1:30 L Target Toss- fm\$100 3:15 Quarter Bingo- fm\$100</p>	<p>15 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:30 CL VV Bridge Group 1:30 Wii Bowl- fm\$100 2:00 Creative Writing Chat Club- fm\$100 3:00 Ceramics Class- fm\$100</p>	<p>16 9:30 Banking 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop Fred Meyer 🚗 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"- fm\$100 1:30 Tour the Town 🚗 3:30 New Resident Meet & Greet</p>	<p>17 9:30 Walk in the Park- fm\$100 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop ... Albertsons 🚗 11:00 BVA Meeting 1:30 Shop ... Dollar Store 🚗 2:00 Valley View Sing-Along 3:15 Quarter Bingo- fm\$100</p>	<p>18 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 Stretch Class- fm\$100 10:30 CL Rummikub Game 1:00 CL VV Pinochle\$ 1:30 CL VV Bridge 2:00 L-C-R Dice Game 5:00 BSU @ Utah State</p>
<p>19 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 Catholic Service 2:00 Kings in the Corner 2:00 Movie & Popcorn 2:00 Quiddler</p>	<p>20 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Bible Study 1:00 CL VV Bridge Group 1:15 Catholic Rosary 1:30 In the Mix ... Baking- fm\$100 2:00 Catholic Mass 2:30 Sort Jewelry... Youth Ranch 3:30 CL L-C-R Dice Game- fm\$100</p>	<p>21 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 1:00 CL VV Pinochle\$ 1:00 L Walking Club 1:30 L Target Toss- fm\$100 3:15 Quarter Bingo- fm\$100</p>	<p>22 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:30 Festival Of Trees,, Please Sign Up! 1:30 CL VV Bridge Group 2:00 Creative Writing Chat Club- fm\$100</p>	<p>23  </p>	<p>24 9:30 Walk in the Park- fm\$100 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop ... Albertsons 🚗 1:30 Shop ... Thrift Store 🚗 2:00 BSU vs Air Force 3:00 Resident Birthday Bash ♥</p>	<p>25 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 Stretch Class- fm\$100 10:30 CL Rummikub Game 1:00 CL VV Pinochle\$ 1:30 CL VV Bridge 2:00 L-C-R Dice Game</p>
<p>26 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 Catholic Service 2:00 Kings in the Corner 2:00 Movie & Popcorn 2:00 Quiddler</p>	<p>27 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Bible Study 1:00 CL VV Bridge Group 1:15 Catholic Rosary 1:30 In the Mix ... Baking- fm\$100 2:30 This Is Your Life 3:30 CL L-C-R Dice Game- fm\$100</p>	<p>28 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 11:00 Food Committee- fm\$500 1:00 CL VV Pinochle\$ 1:00 L Walking Club 1:30 L Target Toss- fm\$100 3:15 Quarter Bingo- fm\$100</p>	<p>29 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:45 Worship Service 1:30 CL VV Bridge Group 1:30 Wii Bowl- fm\$100 2:00 Creative Writing Chat Club- fm\$100 3:15 Team Jeopardy- fm\$100</p>	<p>30 9:30 Banking 10:00 Pledge of Allegiance- fm\$100 10:00 Stretch Class- fm\$100 10:30 Shop Fred Meyer 🚗 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"- fm\$100 1:30 Tour the Town 🚗 3:15 Trivia Challenge</p>		

Welcome New Residents

Jennifer Amrod
Frank & Faye Bowles
Pam Fraser
Milt & Carli Knuckles
Dewey Roland



9th	Juanita Thompson
17th	Patricia McDermont
19th	Barbara Pickering
20th	Joe Caskin
20th	Juanita Hermon
20th	Ela McDonald
24th	Gerrie Sturtevant
29th	Ruth Garrison

Activities



Exercise Your Right!

V is for making your Voice heard

O is for Opening doors to the future

T is for Thinking long and hard about the right decisions

E is for Exercising your civil rights

Life Enrichment Corner

Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

Eat healthy foods. Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

Stay hydrated. Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

Exercise. Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

Get plenty of sleep. Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

Socialize. Loneliness can lead to depression, which can weaken immunity. Chatting with a friend, joining a club or taking part in a group activity can reduce feelings of isolation.

Smile. Smiling and laughing release serotonin, a feel-good brain chemical that also plays an important role in a strong immune system.

Turkey Teasing

It was early November when the turkey turned to the other barnyard animals and worriedly said, "I have a bad feeling something's up." When they asked why, the turkey answered, "The farmer just unfriended me on Facebook."

A woman was searching through the frozen turkeys at a grocery store. She couldn't find one large enough for her dinner, so she asked a clerk, "Do these turkeys get any bigger?" The clerk replied, "No, ma'am. They're all dead."

On Thanksgiving, the four basic food groups are: more, a little more, a lot more, and too much.

Q: How many chefs does it take to stuff a turkey?

A: One, and it's a very tight squeeze.

Q: What side of a turkey has the most feathers?

A: The outside.

Q: What's a turkey's favorite dessert?

A: Cherry gobbler.

Q: What happened when the turkey got into a fight?

A: It got the stuffing knocked out of it.

Q: Why did the police arrest the turkey?

A: They suspected fowl play.

Q: What do you call a turkey on the day after Thanksgiving?

A: Lucky.

