



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



#### A National Celebration

More than any other holiday, Independence Day unifies our country. Citizens put aside their differences and remember our many reasons for national pride. “From sea to shining sea,” our abundant natural resources support and inspire us. Our diverse populations are the source of our collective strength. Our freedoms and ideals are an inspiration for people around the globe. This Independence Day, we hope that you will experience the full meaning of this special event with family and friends.

#### Banish Summer Boredom

Long summer days with not much on a to-do list can make many seniors stir crazy. If this is the case for you, seize the day and create your own schedule, then stick to it. Think of the things you enjoy doing, then pen your wish list of activities in a daily planner. An example day might be waking up and planning to read the newspaper for an hour after breakfast. Then spend an hour socializing, bird watching or people watching! Slate the next hour as a time for writing—whether poetry, letters to loved ones or personal journaling. Get a friend to craft a similar schedule so your days intersect ... and don't forget about exercise and community activities. Regular schedules keep our minds focused and give us something to look forward to. So, what are you doing today?



#### 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

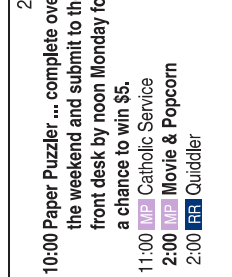
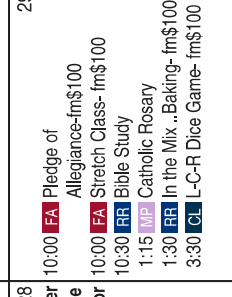
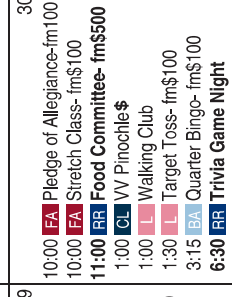
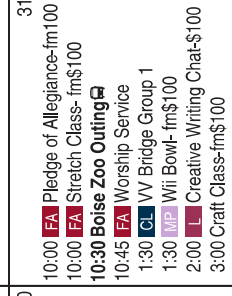
#### Summer Fun

Summer is always fun in our community, and this year is no different. We're planning a bunch of fun activities to take advantage of the warm weather, so watch for details in the community activity bulletin. If you have any suggestions, please stop by my office. See you soon!

#### Share the Love

Don't you just love living in our community? Whether it's because of our great staff, great location or great amenities, make sure you tell everyone you know about how much you love living here. Then, if they visit us, sign a lease and move in, you'll receive a reward.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 <b>FA</b> Pledge of Allegiance-fm\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:30 <b>RR</b> Bible Study</p> <p>1:15 <b>MP</b> Catholic Rosary</p> <p>1:30 <b>RR</b> In the Mix ..Baking- fm\$100</p> <p>2:30 <b>RR</b> Sorting Jewelry.. Youth Ranch</p> <p>3:30 <b>CL</b> L-C-R Dice Game- fm\$100</p>	<p>10:00 <b>FA</b> Pledge of Allegiance-fm\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:30 <b>FA</b> Community Meeting-\$100</p> <p>1:00 <b>CL</b> VV Pinochle\$</p> <p>1:00 <b>CL</b> Walking Club</p> <p>1:30 <b>LL</b> Target Toss- fm\$100</p> <p>3:15 <b>BA</b> Quarter Bingo- fm\$100</p> <p>6:30 <b>RR</b> Trivia Game Night</p>	<p>10:00 <b>FA</b> Pledge of Allegiance-fm\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:30 <b>LL</b> Book Club</p> <p>12:30 <b>MP</b> Bookmobile</p> <p>1:00 <b>CL</b> VV Pinochle\$</p> <p>1:00 <b>LL</b> Walking Club</p> <p>1:30 <b>BA</b> Target Toss- fm\$100</p> <p>3:15 <b>BA</b> Quarter Bingo- fm\$100</p> <p>6:30 <b>RR</b> Trivia Game Night</p>	<p>10:00 <b>FA</b> Pledge of Allegiance-fm\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:45 <b>FA</b> Worship Service</p> <p>1:30 <b>CL</b> VV Bridge Group 1</p> <p>1:30 <b>MP</b> Wii Bowl- fm\$100</p> <p>2:00 <b>LL</b> Creative Writing Chat-\$100</p> <p>3:00 <b>MP</b> Team Jeopardy</p> <p>6:30 <b>LL</b> Meet &amp; Greet the Artist</p>	<p>9:30 <b>Banking</b></p> <p>10:00 <b>FA</b> Pledge of Allegiance-\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:30 <b>Shop Fred Meyer</b></p> <p>1:00 <b>MP</b> Vietnam Veteran Social</p> <p>1:30 <b>CL</b> VV Pinochle\$</p> <p>1:30 <b>CL</b> Blackjack *21*- fm\$100</p> <p>1:30 <b>Tour the Town</b></p> <p>3:30 <b>BA</b> Happy Hour</p> <p>6:30 <b>BA</b> Sing-Along</p>	<p>9:00 Walk the Park- fm\$100</p> <p>10:00 <b>FA</b> Pledge of Allegiance-\$100</p> <p>10:00 <b>Shop ... Albertsons</b></p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>1:30 <b>Shop ... Walmart</b></p> <p>2:00 <b>RR</b> We Started the Fire-fm\$100</p> <p>3:15 <b>BA</b> Quarter Bingo- fm\$100</p>	<p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>11:00 <b>MP</b> Catholic Service</p> <p>2:00 <b>MP</b> Movie &amp; Popcorn</p> <p>2:00 <b>RR</b> Quiddler</p>
<p>10:00 <b>FA</b> Pledge of Allegiance-fm\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:30 <b>MP</b> Veterans' Coffee Social</p> <p>11:00 <b>RR</b> Activity Planning Meeting</p> <p>1:00 <b>CL</b> VV Pinochle\$</p> <p>1:00 <b>LL</b> Walking Club</p> <p>1:30 <b>BA</b> Target Toss- fm\$100</p> <p>3:15 <b>BA</b> Quarter Bingo- fm\$100</p> <p>6:30 <b>RR</b> Trivia Game Night</p>	<p>10:00 <b>FA</b> Pledge of Allegiance-fm\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:30 <b>MP</b> Veterans' Coffee Social</p> <p>11:00 <b>RR</b> Activity Planning Meeting</p> <p>1:00 <b>CL</b> VV Pinochle\$</p> <p>1:00 <b>LL</b> Walking Club</p> <p>1:30 <b>BA</b> Target Toss- fm\$100</p> <p>3:15 <b>BA</b> Quarter Bingo- fm\$100</p> <p>6:30 <b>RR</b> Trivia Game Night</p>	<p>10:00 <b>FA</b> Pledge of Allegiance-fm\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:45 <b>FA</b> Worship Service</p> <p>1:30 <b>CL</b> VV Bridge Group 1</p> <p>1:30 <b>MP</b> Wii Bowl- fm\$100</p> <p>2:00 <b>LL</b> Creative Writing Chat-\$100</p> <p>3:00 <b>RR</b> Ceramic Class-fm\$100</p>	<p>10:00 <b>FA</b> Pledge of Allegiance-fm\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:30 <b>Pl picnic in the Park</b></p> <p>10:45 <b>FA</b> Worship Service</p> <p>1:30 <b>CL</b> VV Bridge Group 1</p> <p>1:30 <b>MP</b> Wii Bowl- fm\$100</p> <p>2:00 <b>LL</b> Creative Writing Chat-\$100</p> <p>3:00 <b>RR</b> Team Jeopardy</p>	<p>9:30 <b>Banking</b></p> <p>10:00 <b>FA</b> Pledge of Allegiance-\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:30 <b>Shop Fred Meyer</b></p> <p>1:00 <b>MP</b> Vietnam Veteran Social</p> <p>1:00 <b>CL</b> VV Pinochle\$</p> <p>1:30 <b>CL</b> Blackjack *21*- fm\$100</p> <p>1:30 <b>Tour the Town</b></p> <p>3:30 <b>BA</b> Happy Hour</p> <p>6:30 <b>BA</b> Sing-Along</p>	<p>9:00 Walk the Park- fm\$100</p> <p>10:00 <b>FA</b> Pledge of Allegiance-\$100</p> <p>10:00 <b>Shop ... Albertsons</b></p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>11:00 <b>MP</b> BVA Meeting</p> <p>1:30 <b>Shop ... Dollar Store</b></p> <p>2:00 <b>RR</b> We Started the Fire-fm\$100</p> <p>3:15 <b>BA</b> Quarter Bingo- fm\$100</p>	<p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>11:00 <b>MP</b> Catholic Service</p> <p>2:00 <b>MP</b> Movie &amp; Popcorn</p> <p>2:00 <b>RR</b> Quiddler</p>
<p>10:00 <b>FA</b> Pledge of Allegiance-fm\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:30 <b>RR</b> Bible Study</p> <p>1:15 <b>MP</b> Catholic Rosary</p> <p>1:30 <b>RR</b> In the Mix ..Baking- fm\$100</p> <p>2:30 <b>RR</b> Sorting Jewelry.. Youth Ranch</p> <p>3:30 <b>CL</b> L-C-R Dice Game- fm\$100</p>	<p>10:00 <b>FA</b> Pledge of Allegiance-fm\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:30 <b>RR</b> Bible Study</p> <p>1:15 <b>MP</b> Catholic Rosary</p> <p>1:30 <b>RR</b> In the Mix ..Baking- fm\$100</p> <p>2:00 <b>MP</b> Catholic Mass</p> <p>2:30 <b>RR</b> Sorting Jewelry.. Youth Ranch</p> <p>3:30 <b>CL</b> L-C-R Dice Game- fm\$100</p>	<p>10:00 <b>FA</b> Pledge of Allegiance-fm\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:30 <b>RR</b> Bible Study</p> <p>1:15 <b>MP</b> Catholic Rosary</p> <p>1:30 <b>RR</b> In the Mix ..Baking- fm\$100</p> <p>2:30 <b>RR</b> Target Toss- fm\$100</p> <p>3:30 <b>CL</b> L-C-R Dice Game- fm\$100</p>	<p>10:00 <b>FA</b> Pledge of Allegiance-fm\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:45 <b>FA</b> Worship Service</p> <p>1:30 <b>CL</b> VV Bridge Group 1</p> <p>1:30 <b>MP</b> Wii Bowl- fm\$100</p> <p>2:00 <b>LL</b> Creative Writing Chat-\$100</p> <p>3:00 <b>RR</b> Team Jeopardy</p> <p>6:30 <b>RR</b> Outdoor Summer Concert</p>	<p>9:30 <b>Banking</b></p> <p>10:00 <b>FA</b> Pledge of Allegiance-\$100</p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>10:30 <b>Shop Fred Meyer</b></p> <p>1:00 <b>MP</b> Vietnam Veteran Social</p> <p>1:00 <b>CL</b> VV Pinochle\$</p> <p>1:30 <b>CL</b> Blackjack *21*- fm\$100</p> <p>1:30 <b>Tour the Town</b></p> <p>3:30 <b>BA</b> Happy Hour</p> <p>6:30 <b>BA</b> Sing-Along</p>	<p>9:00 Walk the Park- fm\$100</p> <p>10:00 <b>FA</b> Pledge of Allegiance-\$100</p> <p>10:00 <b>Shop ... Albertsons</b></p> <p>10:00 <b>FA</b> Stretch Class- fm\$100</p> <p>1:30 <b>Shop ... Thrift Store</b></p> <p>2:00 <b>RR</b> We Started the Fire-fm\$100</p> <p>3:00 <b>BA</b> Resident Birthday Bash</p>	<p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>11:00 <b>MP</b> Catholic Service</p> <p>2:00 <b>MP</b> Movie &amp; Popcorn</p> <p>2:00 <b>RR</b> Quiddler</p>
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# Happy Birthday

2nd	Russell Goebel
3rd	Ken Fires
7th	Joyce Palazzolo
8th	Dave Speigel
14th	Linda Milot
19th	Ron Jennings
22nd	Joan Kelly
26th	Dorothy Stevens
28th	Martha Brennan
28th	Clarence Forrey
31st	Harvey Pitman



# Life Enrichment Corner

## Get Ready for the Games!

The 2024 Summer Olympics are set to begin this month in Paris. Featuring more than 30 different sports, the global competition will start July 26 through August 12.

## Calorie-Burning Boost

Walking is one of the best forms of exercise. Increase the calories you burn by up to 15% by swinging your arms while you walk, keeping your elbows at a 90-degree angle.



# Welcome New Residents

Mary Bowden  
Marilyn Hoover  
William Lewis  
Gary Newcomb



# History Lesson

## Let Freedom Sing

This Fourth of July, celebrate both our nation's history and the history of some favorite patriotic songs:

*"America"* (*"My Country 'Tis of Thee"*). This song's lyrics, set to the melody of "God Save the King," were written by the Rev. Samuel Francis Smith, who debuted it at an Independence Day celebration in 1831. It was used as the country's anthem for decades until "The Star-Spangled Banner" was officially given that honor in 1931.

*"America the Beautiful."* According to Katharine Lee Bates, an English professor who wrote the words of this stirring tune in 1913, the lyrics were inspired by a prairie wagon ride she took up Pikes Peak in Colorado, where she gazed upon the breathtaking beauty of the countryside below. The music was composed in 1882 by Samuel Augustus Ward, a church organist and choirmaster.

*"You're a Grand Old Flag."* Written by George M. Cohan for his 1906 stage show "George Washington Jr.," this lively march was the first song from a musical to sell more than 1 million copies of sheet music.

*"Yankee Doodle."* Although its exact origins are unknown, this upbeat ditty dates back to pre-Revolutionary War times, when British officers sang it to mock American militiamen. But this parody has been embraced as a patriotic classic.



# Health & Wellness

## Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

*Stay out of the sun.* If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

*Use sunscreen.* Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

*Dress appropriately.* To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

*Stay hydrated.* Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

*Keep cool.* Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.

*Let others know your plans.* Include information such as where you will be and when you'll return.