

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

### Summer Greetings

Welcome to the dog days of summer! We have plenty of “cool” activities planned this month, so make plans to dive right in and join us for some fun times. If you have any suggestions, comments or questions, please stop by my office. My door is always open, and I enjoy chatting with each and every one of you!

### Spread the Good News

Do you love calling our community home? Don’t keep it to yourself! When you refer a friend, and they sign a lease and move in, you’ll receive a great referral reward! What could be better than that?



### We All Scream For Ice Cream!

It’s summertime, and it’s HOT! To help everyone keep cool this month, we’re having an ice cream social outside under the portico every Tuesday at 2 pm. We’ll have your favorite flavors and lots of toppings, so join us for a real cool tme.



### Help Us Plan Activities

Would you like to help us organize activities and events for our community? Join the activity planning committee! This group meets regularly to brainstorm ideas for entertainment, crafts, games, outings and more. We’d love to have your input! See your activity calendar for date and time. See you there!

### Read ... Read ... Read

Did you know that we have a great selection of books for you to check out right here in our library? Whether you are lounging outside or having a lazy day in your apartment, we have a book for you. Come check it out! And remember, we are always glad to receive donations.

### Immunization Awareness

August is Immunization Awareness Month and a good time to check with your physician to make sure you are up to date on all of your vaccinations. Remember, flu season is approaching, and it’s important to get your flu shot when it becomes available.

Sunday

Monday

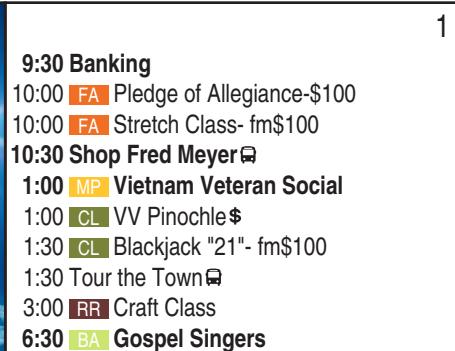
Tuesday

Wednesday

Thursday

Friday

Saturday



4

**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 MP Catholic Service  
 2:00 MP Movie & Popcorn  
 2:00 RR Quiddler

5

10:00 FA Pledge of Allegiance-fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:30 RR Bible Study  
 1:15 MP Catholic Rosary  
 1:30 RR In the Mix ... Baking- fm\$100  
 2:30 RR Sorting Jewelry ... Youth Ranch  
 3:30 CL L-C-R Dice Game- fm\$100

6

10:00 FA Pledge of Allegiance-fm100  
 10:00 FA Stretch Class- fm\$100  
**10:30 FA Community Meeting-\$100**  
 1:00 CL VV Pinochle\$  
 1:00 L Walking Club  
 1:30 L Target Toss- fm\$100  
**2:00 L Ice Cream Social**  
 3:15 BA Quarter Bingo- fm\$100  
**6:30 RR Trivia Game Night**

7

10:00 FA Pledge of Allegiance-fm100  
 10:00 FA Stretch Class- fm\$100  
 10:45 FA Worship Service  
 1:30 CL VV Bridge Group 1  
 1:30 MP Wii Bowl- fm\$100  
 2:00 L Creative Writing Chat-\$100  
**2:00 MP Dynamic Divas**  
**3:00 RR Art Class with Mary Jussel- fm\$100**

8

**9:30 Banking**  
 10:00 FA Pledge of Allegiance-\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 Shop Fred Meyer**  
**1:00 MP Vietnam Veteran Social**  
 1:00 CL VV Pinochle\$  
 1:30 CL Blackjack "21"- fm\$100  
 1:30 Tour the Town  
**3:30 BA Happy Hour**  
**6:30 BA Sing-Along with Barb**

9

9:00 Walk the Park- fm\$100  
 10:00 FA Pledge of Allegiance-\$100  
**10:00 Shop ... Albertsons**  
 10:00 FA Stretch Class- fm\$100  
**11:30 Lunch Out**  
**1:30 Shop ... Walmart**  
 2:00 RR We Started the Fire-fm\$100  
 3:15 BA Quarter Bingo- fm\$100

10

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 FA Stretch Class- fm\$100  
 1:00 CL VV Pinochle\$  
 1:30 CL L-C-R Dice Game  
 6:30 RR Ladies' Game Night

11

**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 MP Catholic Service  
 2:00 MP Movie & Popcorn  
 2:00 RR Quiddler

12

10:00 FA Pledge of Allegiance-fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:30 RR Bible Study  
 1:15 MP Catholic Rosary  
 1:30 RR In the Mix ... Baking- fm\$100  
**2:00 MP Parkinson's Support Group**  
 3:30 CL L-C-R Dice Game- fm\$100

13

10:00 FA Pledge of Allegiance-fm100  
 10:00 FA Stretch Class- fm\$100  
 10:30 L Book Club  
**12:30 L Bookmobile**  
 1:00 CL VV Pinochle\$  
 1:00 L Walking Club  
 1:30 L Target Toss- fm\$100  
**2:00 L Ice Cream Social**  
 3:15 BA Quarter Bingo- fm\$100  
**6:30 RR Trivia Game Night**

14

10:00 FA Pledge of Allegiance-fm100  
 10:00 FA Stretch Class- fm\$100  
 10:45 FA Worship Service  
 1:30 CL VV Bridge Group 1  
 1:30 MP Wii Bowl- fm\$100  
 2:00 L Creative Writing Chat-\$100  
**2:00 MP Dynamic Divas**  
 3:00 MP Team Jeopardy  
**5:00 L Meet & Greet The Artist**

15

**9:30 Banking**  
 10:00 FA Pledge of Allegiance-\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 Shop Fred Meyer**  
**1:00 MP Vietnam Veteran Social**  
 1:00 CL VV Pinochle\$  
 1:30 CL Blackjack "21"- fm\$100  
 1:30 Tour the Town  
**3:30 BA New Resident Meet & Greet**

16

9:00 Walk the Park- fm\$100  
 10:00 MP BVA Meeting  
 10:00 FA Pledge of Allegiance-\$100  
**10:00 Shop ... Albertsons**  
 10:00 FA Stretch Class- fm\$100  
**1:30 Shop ... Dollar Store**  
 2:00 RR We Started the Fire-fm\$100  
 3:15 BA Quarter Bingo- fm\$100

17

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 FA Stretch Class- fm\$100  
 1:00 CL VV Pinochle\$  
 1:30 CL L-C-R Dice Game  
 6:30 RR Ladies' Game Night

18

**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 MP Catholic Service  
 2:00 MP Movie & Popcorn  
 2:00 RR Quiddler

19

10:00 FA Pledge of Allegiance-fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:30 RR Bible Study  
 1:15 MP Catholic Rosary  
 1:30 RR In the Mix ... Baking- fm\$100  
**2:00 MP Catholic Mass**  
 2:30 RR Sorting Jewelry ... Youth Ranch  
 3:30 CL L-C-R Dice Game- fm\$100

20

10:00 FA Pledge of Allegiance-fm100  
 10:00 FA Stretch Class- fm\$100  
 10:30 L Book Club  
**10:30 MP Veterans' Coffee Social**  
 1:00 CL VV Pinochle\$  
 1:00 L Walking Club  
 1:30 L Target Toss- fm\$100  
**2:00 L Ice Cream Social**  
 3:15 BA Quarter Bingo- fm\$100  
**6:30 RR Trivia Game Night**

21

10:00 FA Pledge of Allegiance-fm100  
 10:00 FA Stretch Class- fm\$100  
 10:45 FA Worship Service  
 1:30 CL VV Bridge Group 1  
 1:30 MP Wii Bowl- fm\$100  
 2:00 L Creative Writing Chat-\$100  
**2:00 MP Dynamic Divas**  
 3:00 RR Ceramics

22

**9:30 Banking**  
 10:00 FA Pledge of Allegiance-\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 Shop Fred Meyer**  
**1:00 MP Vietnam Veteran Social**  
 1:00 CL VV Pinochle\$  
 1:30 CL Blackjack "21"- fm\$100  
 1:30 Tour the Town  
**3:30 BA Happy Hour**  
**6:30 BA Sing-Along with Barb**

23

9:00 Walk the Park- fm\$100  
 10:00 FA Pledge of Allegiance-\$100  
**10:00 Shop ... Albertsons**  
 10:00 FA Stretch Class- fm\$100  
**1:30 Shop ... Target**  
 2:00 RR We Started the Fire-fm\$100  
 3:15 BA Quarter Bingo- fm\$100

24

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 FA Stretch Class- fm\$100  
 1:00 CL VV Pinochle\$  
 1:30 CL L-C-R Dice Game  
 6:30 RR Ladies' Game Night

25

**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 MP Catholic Service  
 2:00 MP Movie & Popcorn  
 2:00 RR Quiddler

26

10:00 FA Pledge of Allegiance-fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:30 RR Bible Study  
 1:15 MP Catholic Rosary  
 1:30 RR In the Mix ... Baking- fm\$100  
 2:30 RR Travelogue  
 3:30 CL L-C-R Dice Game- fm\$100

27

10:00 FA Pledge of Allegiance-fm100  
 10:00 FA Stretch Class- fm\$100  
**11:00 RR Food Committee- fm\$500**  
 1:00 CL VV Pinochle\$  
 1:00 L Walking Club  
 1:30 L Target Toss- fm\$100  
**2:00 L Ice Cream Social**  
 3:15 BA Quarter Bingo- fm\$100  
**6:30 RR Trivia Game Night**

28

10:00 FA Pledge of Allegiance-fm100  
 10:00 FA Stretch Class- fm\$100  
 10:45 FA Worship Service  
 1:30 CL VV Bridge Group 1  
 1:30 MP Wii Bowl- fm\$100  
 2:00 L Creative Writing Chat-\$100  
**2:00 MP Dynamic Divas**  
 3:00 MP Team Jeopardy  
**6:30 Summer Concert**

29

**9:30 Banking**  
 10:00 FA Pledge of Allegiance-\$100  
 10:00 FA Stretch Class- fm\$100  
**10:30 Shop Fred Meyer**  
**1:00 MP Vietnam Veteran Social**  
 1:00 CL VV Pinochle\$  
 1:30 CL Blackjack "21"- fm\$100  
 1:30 Tour the Town  
 3:00 MP Trivia Challenge

30

9:00 Walk the Park- fm\$100  
 10:00 FA Pledge of Allegiance-\$100  
**10:00 Shop ... Albertsons**  
 10:00 FA Stretch Class- fm\$100  
**1:30 Shop ... Thrift Store**  
 2:00 RR We Started the Fire-fm\$100  
**3:00 BA Resident Birthday Bash ♥**

31

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 FA Stretch Class- fm\$100  
 1:00 CL VV Pinochle\$  
 1:30 CL L-C-R Dice Game  
 6:30 RR Ladies' Game Night



# Happy Birthday

1st	Roberta Dixon
8th	Sachiko Sakoi
9th	Dennis Moller
12th	Carol Miller
13th	Beverly Wibbels
15th	Florence Mattie
21st	Dorothy Patterson
23rd	Richard Johnson
24th	Larry McDonald
26th	Myrna Cortner
28th	Connie Tighe
29th	Carol Hronek
31st	Marian Forrey



# Welcome New Residents

Richard Bettencourt  
Hellen Hill  
Bob Miller  
Linda Miller  
Shirley Pecora  
Karen Sheil



# Activities

## Mind Games

The more we age, the more important it is to exercise one of our largest organs—the brain. Do the crossword puzzle in the newspaper, check out foreign language tapes from the local library, form a book club or bridge game, or play games online at web sites like [www.Games.Yahoo.com](http://www.Games.Yahoo.com).



# Fun Facts

## Are You Sirius?

The dog days of summer mean that scorching temperatures have arrived, but have you ever wondered why this sultry period is called the dog days? Ancient astronomers noticed that Sirius, the dog star, is the brightest star in the night sky and that it occasionally rises and sets with the sun. Many believed that the extreme heat during this time was because Sirius was adding its heat to the sun's. Thus this period—20 days before and 20 days after the conjunction of the dog star and the sun—became known as the dog days of summer. While we now know that Sirius isn't the reason for the extra heat, we still use this name for the time from July 3 to Aug. 11.

## Did You Know?

Check out these fun facts from places across the country and around the world:

- Seattle's Space Needle had the second revolving restaurant in the world. The first was in the Ala Moana shopping mall in Hawaii.
- If any of the heads on Mt. Rushmore had a body, it would be nearly 500 feet tall.
- The Eiffel Tower receives a fresh coat of 300 tons of reddish-green paint every 7 years.
- The Hoover Dam was built to last 2,000 years. The concrete in it will not even be fully cured for another 500 years.



# Health & Wellness

## Keep Cool in the Heat

Heat-related illnesses are preventable. To have a safe summer, follow these recommendations from the Centers for Disease Control and Prevention:

*Fluids first.* It's important to hydrate even before you feel thirsty. Avoid very cold drinks, because they can cause stomach cramps. Don't drink liquids that contain alcohol or large amounts of sugar because they can cause you to lose more body fluid.

*Cool clothing.* When at home, wear as little clothing as possible. If you are going outdoors, wear clothing that is lightweight, light-colored and loose-fitting. Add a wide-brimmed hat and sunglasses.

*Don't skip sunscreen.* Sunburn affects the body's ability to cool itself. Protect yourself by applying sunscreen 30 minutes before going outside. Use sunscreen with an SPF of 15 or higher and make sure the label says "broad spectrum" or "UVA/UVB protection."

*Minimize midday exposure.* Limit your outdoor activity to morning and evening hours. When you are outside, take time to rest in shady areas.

*Play it safe.* If the heat seems unbearable, stay indoors in an air-conditioned space. Take a cool shower or bath. At the beginning of summer, give your body time to adjust to the warmer temperatures.