



1130 N Allumbaugh Street
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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



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 Celebrations

Get ready for a feast this Thanksgiving Day! We’re serving all the traditional favorites—turkey and dressing, pumpkin pie and more—and hope you’ll join us to give thanks and enjoy a fantastic meal. Please RSVP for your guest at the front office. Guest meals \$20. We’ll see you there!

Fall Back

Remember that daylight saving time ends on Sunday, November 3rd. So don’t forget to move your clocks back one hour and enjoy the extra sleep!



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 winter wear on the tree’s branches. The items will go to a local organization serving community members in need. We appreciate your generosity and support!

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.



Your Vote: It Counts

Your vote matters. Let your voice be heard and help influence the direction of the country. Election Day provides a chance to elect officials who will make our nation into the country you would like it to be. We will provide transportation to our polling place for you to vote!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  Daylight Saving Ends 3 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 |  10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 RR Bible Study 1:15 MP Catholic Rosary 1:30 RR In the Mix ... Baking- fm 2:30 RR Sorting Jewelry ... Youth Ranch 3:30 CL L-C-R Dice Game- fm |  Election Day 5 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 FA Community Meeting-fm 1:00 CL VV Pinochle\$ 2:00 L Balance Exercise Class 3:15 BA Quarter Bingo- fm 6:30 RR Trivia Game Night |  10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:45 FA Worship Service 1:30 CL VV Bridge Group 1 1:30 MP Wii Bowl- fm 2:00 L Creative Writing Chat-fm 3:00 RR Art Class with Mary Jussel |  9:30 Banking 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 Shop Fred Meyer 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"- fm 1:30 Tour the Town 6:30 BA Gospel Singers | 1 9:00 Walk the Park- fm 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 Shop ... Albertsons 1:30 Shop ... Winco 2:00 RR UNO Card Game-fm 3:15 BA Quarter Bingo- fm 6:00 FA BSU vs San Diego State | 2 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 1:00 CL VV Pinochle\$ 1:30 CL L-C-R Dice Game 6:30 RR Ladies' Game Night |
| 10 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 | Veterans Day 11 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 RR Bible Study 1:15 MP Catholic Rosary 1:30 FA Veterans Day Tribute 2:00 MP Parkinson's Support Group 3:30 CL L-C-R Dice Game- fm | 12 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 L Book Club 12:30 L Bookmobile 1:00 CL VV Pinochle\$ 2:00 L Balance Exercise Class 3:15 BA Quarter Bingo- fm 6:30 RR Trivia Game Night | 13 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:45 FA Worship Service 1:30 CL VV Bridge Group 1 1:30 MP Wii Bowl- fm 2:00 L Creative Writing Chat-fm 3:00 MP Team Jeopardy 5:00 Meet & Greet The Artist | 14 9:30 Banking 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 Shop Fred Meyer 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"- fm 1:30 Tour the Town 3:30 BA Happy Hour 6:30 BA Sing-Along With Barb... IL | 15 9:00 Walk the Park- fm 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 Shop ... Albertsons 11:00 MP BVA Meeting 1:30 Shop ... Dollar Store 2:00 RR UNO Card Game-fm 3:15 BA Quarter Bingo- fm | 16 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 1:00 CL VV Pinochle\$ 1:30 CL L-C-R Dice Game 5:00 FA BSU @ San Jose State 6:30 RR Ladies' Game Night |
| 17 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 | 18 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 RR Bible Study 1:15 MP Catholic Rosary 1:30 RR In the Mix ... Baking- fm 2:00 MP Catholic Mass 2:30 RR Sorting Jewelry ... Youth Ranch 3:30 CL L-C-R Dice Game- fm | 19 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 L Book Club 10:30 MP Veterans' Coffee Social 1:00 CL VV Pinochle\$ 2:00 L Balance Exercise Class 3:15 BA Quarter Bingo- fm 6:30 RR Trivia Game Night | 20 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:45 FA Worship Service 1:30 CL VV Bridge Group 1 1:30 MP Wii Bowl- fm 2:00 L Creative Writing Chat-fm 3:00 RR Ceramics | 21 9:30 Banking 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 Shop Fred Meyer 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"- fm 1:30 Tour the Town 3:30 BA New Resident Meet & Greet 6:30 BA Sing-Along With Barb | 22 9:00 Walk the Park- fm 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 Shop ... Albertsons 1:30 Shop ... Townsquare Mall 2:00 RR UNO Card Game-fm 3:15 BA Quarter Bingo- fm | 23 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 1:00 CL VV Pinochle\$ 1:30 CL L-C-R Dice Game 5:00 FA BSU @ Wyoming 6:30 RR Ladies' Game Night |
| 24 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 | 25 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:30 RR Bible Study 1:15 MP Catholic Rosary 1:30 RR In the Mix ... Baking- fm 2:30 RR Activity Planning 3:30 CL L-C-R Dice Game- fm | 26 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 11:00 RR Food Committee- fm 1:00 CL VV Pinochle\$ 2:00 L Balance Exercise Class 3:15 BA Quarter Bingo- fm 6:30 RR Trivia Game Night | 27 10:00 FA Pledge of Allegiance-fm 10:00 FA Stretch Class- fm 10:45 FA Worship Service 1:30 Festival Of Trees - Please sign up! 1:30 CL VV Bridge Group 1 1:30 MP Wii Bowl- fm 2:00 L Creative Writing Chat-fm 3:00 MP Team Jeopardy | 28  | 29 9:00 Walk the Park- fm 10:00 FA BSU vs Oregon State 10:00 FA Pledge of Allegiance-fm 10:30 Shop ... Albertsons 1:30 Shop ... Thrift Store 2:00 RR UNO Card Game-fm 3:00 BA Resident Birthday Bash | 30 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 1:00 CL VV Pinochle\$ 1:30 CL L-C-R Dice Game 6:30 RR Ladies' Game Night |



| | |
|------|-------------------|
| 1st | Carolyn Warner |
| 17th | Patty McDermott |
| 17th | Vernon Spease |
| 19th | Barbara Pickering |
| 20th | Joe Caskin |
| 20th | Ella McDonald |
| 20th | Gary Newcomb |
| 22nd | Carolyn Hilk |
| 24th | Gerrie Sturtevant |
| 30th | William Lewis |



Avoid the Winter Cold and Flu

Cold and flu season can begin as early as November and usually ends in April. While there is no sure-fire cure for the common cold, you can take certain steps to help reduce your chances of getting sick in the first place, such as getting a flu shot. You can also use a number of natural strategies. Following these steps may improve your overall health and provide an extra layer of flu and cold protection:

- Eat a well-balanced diet with plenty of fruits, vegetables and whole grains, as well as foods with immune-boosting nutrients, such as ginger, vitamin C, zinc and lactobacillus (the bacteria in yogurt).
- Wash your hands frequently with soap and warm water.
- Drink water to stay hydrated.
- Exercise regularly to increase your body's natural immunity.

Gobbling Up Turkey for Thanksgiving

Chances are, on Thanksgiving Day, turkey will be on the menu for the holiday meal. How did this bird become the symbol for the day?

The Pilgrims of the Plymouth colony and local Wampanoag Indians marked the first Thanksgiving in 1621. Although written accounts of the food offered mention wild fowl, and turkeys were plentiful in the area, they likely weren't the focus of the spread then.

However, the Pilgrims' tradition of giving thanks for harvests became common, and in 1863, President Abraham Lincoln made Thanksgiving a national holiday. Magazine editor Sarah Josepha Hale had lobbied for such a day, and she wrote about New Englanders serving roast turkey for the festivities. Others then adopted the menu.

Historians point to the fact that turkey is native to North America and widely available across the U.S. The pick is also practical because a turkey can feed a large gathering of people. At the same time, turkey as a main dish on holidays and special occasions was reflected in popular books throughout the 19th century.

All this helped reinforce the turkey's image as a symbol of Thanksgiving, a celebration now nicknamed Turkey Day.



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.