



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



#### Holiday Traditions

When we flip to the last month in the calendar, we know that our traditions of family get-togethers, festive food and memorable celebrations are in store. But along with the holidays comes a new year filled with new opportunities. As you sit bundled under a blanket, think back on the traditions you hold dear and how they have enriched your life. Then look ahead as the new year approaches; vow to try something out of the ordinary every week. Whether it’s a new activity, friend, food or simply learning a new word. Bringing something different into your world can enhance brain health and enrich your life.

#### Tinsel Time

Show your holiday spirit by decorating your apartment door. Join our contest—complete with fabulous prizes—to encourage everyone to get in on the fun. Call or stop by Sherrie’s office for details and start stringing those lights and hanging that greenery.

#### A Holly Jolly Time

Ho, ho, ho! Break out the mistletoe! Our newsletter is your communications link to all the festive upcoming holiday activities we have planned! A variety of exciting events going on . . . plan to attend all of them! Rely on your newsletter to find details on upcoming parties, contests and other plans. If you have ideas of your own to suggest, let us know!

#### Christmas Cheer!

It’s that time of year, and we’re ready to celebrate! All residents and their family are cordially invited to join us at our annual holiday party on Thursday, December 19th, starting at 5:30. Be on the lookout for the fabulous details! We’re sure to have a great time! Please RSVP to the front desk if you plan to attend. Happy Holidays! We hope to see everyone at the festivities.

#### Our Toy Drive Keeps Rolling!

Our holiday toy drive is in full swing. If you want to donate, there’s still time. Come by the office with a new, unopened, unwrapped toy and help give a special holiday gift to a child in need. Get involved and help us spread holiday cheer!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b></p> <p>11:00 <span style="color: red;">MP</span> Catholic Service</p> <p>2:00 <span style="color: red;">MP</span> <b>Movie &amp; Popcorn</b></p> <p>2:00 <span style="color: green;">RR</span> Quiddler</p>	<p>2</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:30 <span style="color: green;">RR</span> Bible Study</p> <p>1:15 <span style="color: red;">MP</span> Catholic Rosary</p> <p>1:30 <span style="color: green;">RR</span> In the Mix- Baking</p> <p>2:30 <span style="color: green;">RR</span> Sorting Jewelry -Youth Ranch</p> <p>3:30 <span style="color: green;">CL</span> L-C-R Dice Game- fm</p>	<p>3</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:30 <span style="color: red;">FA</span> <b>Community Meeting</b></p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="color: pink;">L</span> Balance Exercise Class</p> <p>2:00 <span style="color: blue;">BA</span> <b>Women of Note ... Ladies' Choir</b></p> <p>3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm</p> <p>6:30 <span style="color: green;">RR</span> <b>Trivia Game Night</b></p>	<p>4</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:45 <span style="color: red;">FA</span> Worship Service</p> <p>1:30 <span style="color: red;">MP</span> Kings in the Corner</p> <p>1:30 <span style="color: green;">CL</span> VV Bridge Group 1</p> <p>2:00 <span style="color: pink;">L</span> Creative Writing Chat</p> <p>3:00 <span style="color: green;">RR</span> Team Jeopardy</p>	<p>5</p> <p>9:30 <b>Banking</b></p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:30 <b>Shop Fred Meyer</b></p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:15 <span style="color: blue;">BA</span> <b>Long Fellow Elementary Choir</b></p> <p>1:30 <span style="color: green;">CL</span> Blackjack "21"- fm</p> <p>1:30 Tour the Town</p> <p>3:00 <span style="color: green;">RR</span> Travelogue</p> <p>6:30 <span style="color: blue;">BA</span> <b>Gospel Singers</b></p>	<p>6</p> <p><b>9:00 Shop Walgreens</b></p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p><b>10:30 Shop ... Albertsons</b></p> <p><b>1:30 Shop ... Winco</b></p> <p>2:00 <span style="color: green;">RR</span> UNO Card Game</p> <p>3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm</p>	<p>7</p> <p><b>Pearl Harbor Remembrance Day</b></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>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="color: green;">CL</span> L-C-R Dice Game</p> <p>6:30 <span style="color: green;">RR</span> Ladies' Game Night</p>
<p>8</p> <p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b></p> <p>11:00 <span style="color: red;">MP</span> Catholic Service</p> <p>2:00 <span style="color: red;">MP</span> <b>Movie &amp; Popcorn</b></p> <p>2:00 <span style="color: green;">RR</span> Quiddler</p>	<p>9</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:30 <span style="color: green;">RR</span> Bible Study</p> <p>1:15 <span style="color: red;">MP</span> Catholic Rosary</p> <p>1:30 <span style="color: green;">RR</span> <b>Boise Choristers -Choir</b></p> <p>2:00 <span style="color: red;">MP</span> <b>Parkinson's Support Group</b></p> <p>2:30 <span style="color: blue;">BA</span> <b>Guitar Music with Bruce Biggs</b></p> <p>3:30 <span style="color: green;">CL</span> L-C-R Dice Game- fm</p>	<p>10</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:30 <span style="color: pink;">L</span> Book Club</p> <p>12:30 <span style="color: pink;">L</span> <b>Bookmobile</b></p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="color: pink;">L</span> Balance Exercise Class</p> <p>3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm</p> <p>6:30 <span style="color: green;">RR</span> <b>Trivia Game Night</b></p>	<p>11</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:45 <span style="color: red;">FA</span> Worship Service</p> <p>1:30 <span style="color: red;">MP</span> Kings in the Corner</p> <p>1:30 <span style="color: green;">CL</span> VV Bridge Group 1</p> <p>2:00 <span style="color: pink;">L</span> Creative Writing Chat</p> <p>3:00 <span style="color: red;">MP</span> Team Jeopardy</p> <p>5:00 <span style="color: pink;">L</span> <b>Meet &amp; Greet the Artist</b></p>	<p>12</p> <p>9:30 <b>Banking</b></p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:30 <b>Shop Fred Meyer</b></p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="color: green;">CL</span> Blackjack "21"- fm</p> <p>1:30 Tour the Town</p> <p>3:30 <span style="color: blue;">BA</span> <b>Happy Hour</b></p> <p>6:30 <span style="color: blue;">BA</span> <b>Sing-Along With Barb</b></p>	<p>13</p> <p><b>9:00 Shop ... Dollar Store</b></p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p><b>10:30 Shop ... Albertsons</b></p> <p><b>11:30 Lunch Out! Cracker Barrel</b></p> <p><b>1:30 Shop ... Townsquare Mall</b></p> <p>2:00 <span style="color: green;">RR</span> Art Class-painting</p> <p>3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm</p>	<p>14</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>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="color: green;">CL</span> L-C-R Dice Game</p> <p>3:00 <span style="color: blue;">BA</span> <b>Sweet Adeline's- Choir</b></p> <p>6:30 <span style="color: green;">RR</span> Ladies' Game Night</p>
<p>15</p> <p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b></p> <p>11:00 <span style="color: red;">MP</span> Catholic Service</p> <p>2:00 <span style="color: red;">MP</span> <b>Movie &amp; Popcorn</b></p> <p>2:00 <span style="color: green;">RR</span> Quiddler</p>	<p>16</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:30 <span style="color: green;">RR</span> Bible Study</p> <p>1:15 <span style="color: red;">MP</span> Catholic Rosary</p> <p>1:30 <span style="color: green;">RR</span> In the Mix- Baking</p> <p>2:00 <span style="color: red;">MP</span> <b>Catholic Mass</b></p> <p>2:30 <span style="color: green;">RR</span> Sorting Jewelry -Youth Ranch</p> <p>3:30 <span style="color: green;">CL</span> <b>Christmas Funny Money Auction</b></p>	<p>17</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:30 <span style="color: pink;">L</span> Book Club</p> <p>10:30 <span style="color: red;">MP</span> <b>Veterans' Coffee Social</b></p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="color: pink;">L</span> Balance Exercise Class</p> <p>3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm</p> <p>6:30 <span style="color: green;">RR</span> <b>Trivia Game Night</b></p>	<p>18</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:45 <span style="color: red;">FA</span> Worship Service</p> <p>1:30 <span style="color: red;">MP</span> Kings in the Corner</p> <p>1:30 <span style="color: green;">CL</span> VV Bridge Group 1</p> <p>2:00 <span style="color: pink;">L</span> Creative Writing Chat</p> <p>3:00 <span style="color: red;">MP</span> Team Jeopardy</p> <p>6:30 <span style="color: blue;">BA</span> <b>Opera Night</b></p>	<p>19</p> <p>9:30 <b>Banking</b></p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:30 <b>Shop Fred Meyer</b></p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="color: green;">CL</span> Blackjack "21"- fm</p> <p>1:30 Tour the Town</p> <p>5:30 <b>Res/ Family Holiday Party</b></p>	<p>20</p> <p><b>9:00 Shop Target</b></p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p><b>10:30 Shop ... Albertsons</b></p> <p><b>11:00 MP BVA Meeting</b></p> <p><b>1:30 Shop ... Walmart</b></p> <p>2:00 <span style="color: green;">RR</span> UNO Card Game</p> <p>3:30 <span style="color: blue;">BA</span> <b>Ugly Christmas Sweater Cocktail Social</b></p>	<p>21</p> <p><b>Winter Begins</b></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>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="color: green;">CL</span> L-C-R Dice Game</p> <p>6:30 <span style="color: green;">RR</span> Ladies' Game Night</p>
<p>22</p> <p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b></p> <p>11:00 <span style="color: red;">MP</span> Catholic Service</p> <p>2:00 <span style="color: red;">MP</span> <b>Movie &amp; Popcorn</b></p> <p>2:00 <span style="color: green;">RR</span> Quiddler</p>	<p>23</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:30 <span style="color: green;">RR</span> Bible Study</p> <p>1:15 <span style="color: red;">MP</span> Catholic Rosary</p> <p>1:30 <span style="color: green;">RR</span> In the Mix- Baking</p> <p>3:30 <span style="color: green;">CL</span> L-C-R Dice Game- fm</p>	<p>24</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>11:00 <span style="color: green;">RR</span> <b>Activity Planning</b></p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="color: pink;">L</span> Balance Exercise Class</p> <p>3:00 <span style="color: blue;">BA</span> Quarter Bingo- fm</p> <p>4:00 <span style="color: red;">MP</span> <b>Worship Service</b></p> <p>6:30 <span style="color: green;">RR</span> <b>Christmas Hymns</b></p>	<p>25</p> 	<p>26</p> <p>9:30 <b>Banking</b></p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:30 <b>Shop Fred Meyer</b></p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="color: green;">CL</span> Blackjack "21"- fm</p> <p>1:30 Tour the Town</p> <p>3:30 <span style="color: blue;">BA</span> <b>Happy Hour</b></p>	<p>27</p> <p><b>9:00 Shop Grocery Outlet</b></p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p><b>10:30 Shop ... Albertsons</b></p> <p><b>1:30 Shop ... Thrift Store</b></p> <p>2:00 <span style="color: green;">RR</span> UNO Card Game</p> <p>3:00 <span style="color: blue;">BA</span> <b>Resident Birthday Bash</b></p>	<p>28</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>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="color: green;">CL</span> L-C-R Dice Game</p> <p>6:30 <span style="color: green;">RR</span> Ladies' Game Night</p>
<p>29</p> <p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b></p> <p>11:00 <span style="color: red;">MP</span> Catholic Service</p> <p>2:00 <span style="color: red;">MP</span> <b>Movie &amp; Popcorn</b></p> <p>2:00 <span style="color: green;">RR</span> Quiddler</p>	<p>30</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>10:30 <span style="color: green;">RR</span> Bible Study</p> <p>1:15 <span style="color: red;">MP</span> Catholic Rosary</p> <p>1:30 <span style="color: green;">RR</span> In the Mix- Baking</p> <p>3:30 <span style="color: green;">CL</span> L-C-R Dice Game- fm</p>	<p>31</p> <p><b>New Year's Eve</b></p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance</p> <p>10:00 <span style="color: red;">FA</span> Stretch Class- fm</p> <p>11:00 <span style="color: green;">RR</span> <b>Food Committee- fm</b></p> <p>1:00 <span style="color: green;">CL</span> VV Pinochle\$</p> <p>1:30 <span style="color: pink;">L</span> Balance Exercise Class</p> <p>3:30 <span style="color: blue;">BA</span> <b>End of Year Celebration</b></p> <p>6:30 <span style="color: green;">RR</span> <b>Trivia Game Night</b></p>				

# HAPPY BIRTHDAY

1st	Barbara Burns
2nd	Darwin Smith
8th	Gerald York
9th	Juanita Emmett
11th	Barbara Olson
12th	Bruce Hill
27th	Karen Ash
27th	Richard Harris
28th	John Julian
30th	Betty Mancuso



## Activities

### Break Out Your Ugly Sweater

Show off your tacky, quirky or comical style on Ugly Sweater Day, the third Friday in December.

## Health & Wellness

### Revel in the Little Things

As the song says, "It's the most wonderful time of the year!" While this month can be busy with celebrations, take time to appreciate the little, everyday occurrences. Notice the sun shining, a friend's laugh, or the scent of freshly brewed coffee. Psychologists say relishing a positive moment for a few seconds helps embed it in your brain and stores it in long-term memory. This process of "positive experiencing" can help you savor more of life's simple joys.

### Laugh Lines: Holiday Humor

Q: What kind of holiday tunes do elves like?

A: Wrap music!

Q: What do you call a bankrupt Santa?

A: Saint Nickel-less.

Q: What's Jack Frost's favorite part of the school day?

A: Snow and tell.

Q: What do you call a speck that falls into the latke pan?

A: An unidentified frying object.

Q: Why didn't Rudolph get a good report card?

A: Because he went down in History.

Q: How can Santa deliver presents during a thunderstorm?

A: His sleigh is flown by rain-deer!

Q: What's a parent's favorite holiday carol?

A: "Silent Night."

Q: How do snowmen greet each other?

A: "Ice to see you!"

"For the longest time, I thought my mother, father and cat all had the same handwriting. Then I found out Mom was just signing cards for all of them." —Michelle Wolf

"Keep your friends close, your enemies closer and receipts for all major purchases." —Bridger Winegar

"My New Year's resolution is to be more assertive, if that's OK with you guys?" —Megan K. Valente



### Safety Tips for Shopping Online

'Tis the season for buying gifts and giving back to charities, which can both be conveniently done online. Keep your finances safe by following a few tips.

In general, stick to companies, brands and organizations you are familiar with. If an online store has a physical address and a phone number, even better!

If you get an email or see an ad promising deep discounts, use caution. If a deal seems too good to be true, it probably is. Instead of clicking an email link or an ad on a website, open a new tab or window to research the brand in question.

Customer reviews are a valuable resource. Browse through the feedback of products you're shopping for, and take note of how many ratings and reviews an item has. To check the legitimacy of a charitable organization, search their name on

[CharityNavigator.org](https://www.charitynavigator.org) or [CharityWatch.org](https://www.charitywatch.org).

When you are ready to make a purchase, first make sure that the website is secure. Look at the URL at the top of the page and confirm that it has "https" or a lock symbol before the web address. If possible, pay with a credit card, which typically offers more fraud protection than a debit card.

Folks who are tech-savvy are usually happy to share their expertise. Ask a trusted friend or relative for advice if you get stuck or have concerns about an online experience.