

1130 N Allumbaugh Street  
Boise, ID 83704  
(208) 322-0311  
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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



Dear Residents:

With the new year ahead of us, it is a pleasure to reflect upon the good times we had in our community last year. We have shared wonderful news, as well as unfortunate sorrow, and we know we have many blessings for which we should be thankful and possibilities that await us as we approach the months to come. The year ahead brings with it new opportunities! So, keep an eye on this newsletter as we bring you familiar events and important news, and let me know if you have an idea for something new we can plan together. As always, give me a call, or stop by my office, to discuss activities that might benefit all residents of our community. We wish you a safe, healthy and happy new year! ~ Sherrie Hix

#### Community Meeting

Our team values your opinion and we want to hear from you which is why we hope you'll join us for our monthly resident community meeting on the 1st Tuesday each month. This gathering opens the floor up to share issues you feel need to be addressed, offers you an opportunity to ask questions, make suggestions, and keeps you informed of what's happening in our community. We look forward to hearing from you!

#### Don't Fall This Winter!

Please be especially careful when walking in the parking lots and on sidewalks and steps this time of year. Ice is not always visible and can be anywhere to trip you up. If you notice icy spots around the community, please let us know immediately so we can put a mixture of pet friendly ice melt on the area. Be careful out there!

#### Do Something New

As a 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.

#### Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest “thank you” can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.

Sunday

Monday

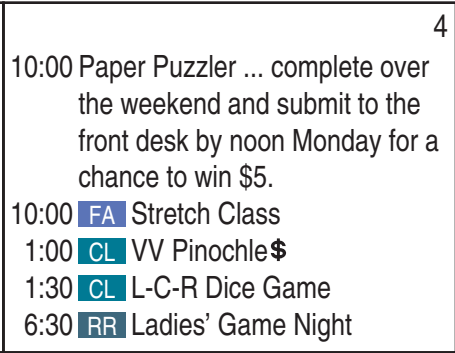
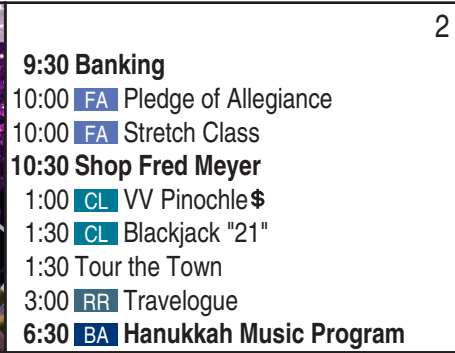
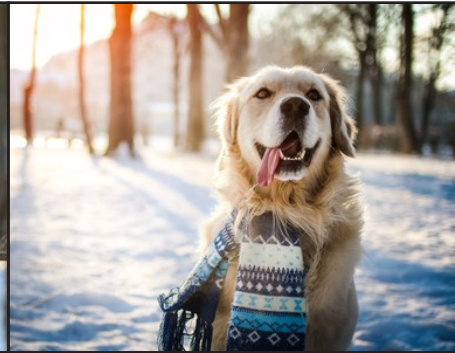
Tuesday

Wednesday

Thursday

Friday

Saturday



5  
**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

6  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
 10:30 RR Bible Study  
 1:15 MP Catholic Rosary  
 1:30 RR In the Mix- Baking  
 2:30 RR Sorting Jewelry -Youth Ranch  
 3:30 CL L-C-R Dice Game

7  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
**10:30 FA Community Meeting**  
 1:00 CL VV Pinochle\$  
 1:30 FA Balance Exercise Class  
 3:15 BA Quarter Bingo  
**6:30 RR Trivia Game Night**

8  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
 10:45 MP Worship Service  
 1:30 MP Kings in the Corner  
 1:30 CL VV Bridge Group 1  
 2:00 L Creative Writing Chat  
 3:00 MP Team Jeopardy

9  
**9:30 Banking**  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
**10:30 Shop Fred Meyer**  
 1:00 CL VV Pinochle\$  
 1:30 CL Blackjack "21"  
 1:30 Tour the Town  
 3:00 RR Travelogue  
**6:30 BA Hanukkah Music Program**

10  
**9:00 Shop Walgreens**  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
**10:30 Shop ... Albertsons**  
 1:00 RR Mahjong  
**1:30 Shop ... Winco**  
**2:00 RR Packing Up Christmas**  
 3:15 BA Quarter Bingo

11  
 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  
 1:00 CL VV Pinochle\$  
 1:30 CL L-C-R Dice Game  
 6:30 RR Ladies' Game Night

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

13  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
 10:30 RR Bible Study  
 1:15 MP Catholic Rosary  
 1:30 RR In the Mix- Baking  
**2:00 MP Parkinson's Support Group**  
**2:30 BA Guitar Music with Bruce**  
 3:30 CL L-C-R Dice Game

14  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
 10:30 L Book Club  
**12:30 L Bookmobile**  
 1:00 CL VV Pinochle\$  
 1:30 FA Balance Exercise Class  
 3:15 BA Quarter Bingo  
**6:30 RR Trivia Game Night**

15  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
 10:45 MP Worship Service  
 1:30 MP Kings in the Corner  
 1:30 CL VV Bridge Group 1  
 2:00 L Creative Writing Chat  
 3:00 MP Trivia Challenge

16  
**9:30 Banking**  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
**10:30 Shop Fred Meyer**  
 1:00 CL VV Pinochle\$  
 1:30 CL Blackjack "21"  
 1:30 Tour the Town  
**3:30 BA New Resident Meet & Greet**

17  
**9:00 Shop CVS Drugstore**  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
**10:30 MP BVA Meeting**  
**10:30 Shop ... Albertsons**  
 1:00 RR Mahjong  
**1:30 Shop ...Dollar Store**  
 2:00 RR Uno... Card Game  
 3:15 BA Quarter Bingo

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

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

**Martin Luther King Jr. Day** 20  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
 10:30 RR Bible Study  
 1:15 MP Catholic Rosary  
 1:30 RR In the Mix- Baking  
**2:00 MP Catholic Mass**  
 2:30 RR Sorting Jewelry -Youth Ranch  
 3:30 CL L-C-R Dice Game

21  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
 10:30 L Book Club  
**10:30 MP Veterans' Coffee Social**  
 1:00 CL VV Pinochle\$  
 1:30 FA Balance Exercise Class  
 3:15 BA Quarter Bingo  
**6:30 RR Trivia Game Night**

22  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
 10:45 MP Worship Service  
 1:30 MP Kings in the Corner  
 1:30 CL VV Bridge Group 1  
 2:00 L Creative Writing Chat  
 3:00 MP Team Jeopardy

23  
**9:30 Banking**  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
**10:30 Shop Fred Meyer**  
 1:00 CL VV Pinochle\$  
 1:30 CL Blackjack "21"  
 1:30 Tour the Town  
**3:30 BA Happy Hour... Music & Cocktails**  
 6:30 MP Sing-Along With Barb

24  
**9:00 Shop Grocery Outlet**  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
**10:30 Shop ... Albertsons**  
 1:00 RR Mahjong  
**1:30 Shop ... Townsquare Mall**  
**2:00 RR What's Your Verdict**  
 3:15 BA Quarter Bingo

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

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

27  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
 10:30 RR Bible Study  
 1:15 MP Catholic Rosary  
 1:30 RR In the Mix- Baking  
**2:30 RR Activity Planning Meeting**  
 3:30 CL L-C-R Dice Game

28  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
**11:00 RR Food Committee Meeting**  
 1:00 CL VV Pinochle\$  
 1:30 FA Balance Exercise Class  
 2:00 BA Foot Note Choir  
 3:15 BA Quarter Bingo  
**6:30 RR Trivia Game Night**

29  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
 10:45 MP Worship Service  
 1:30 MP Kings in the Corner  
 1:30 CL VV Bridge Group 1  
 2:00 L Creative Writing Chat  
 3:00 RR Ceramic Class

30  
**9:30 Banking**  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
**10:30 Shop Fred Meyer**  
 1:00 CL VV Pinochle\$  
 1:30 CL Blackjack "21"  
 1:30 Tour the Town

31  
 9:00 Shop ... Dollar Store  
 10:00 FA Pledge of Allegiance  
 10:00 FA Stretch Class  
**10:30 Shop ... Albertsons**  
 1:00 RR Mahjong  
**1:30 Shop ... Thrift Store**  
 2:00 RR Uno... Card Game  
**3:00 BA Resident Birthday Bash**





- 1st Richard Bettencourt
- 1st David Browne
- 5th Alice Jerome
- 9th Milt Knuckles
- 11th Donna Zimmerman
- 15th Harlene Blair
- 22nd Marlene Moore
- 24th Helen Baker
- 25th Gary Worcester

# Life Enrichment Corner

## A Healthy Perspective

“Never let the things you want make you forget the things you have.” —Sanchita Pandey

## Daily Observations

Have you ever thought about using a calendar as a journal? Wall calendars sometimes arrive free in the mail or can be found at deep discounts after the first of the year. Use each day’s square to jot down observations such as the price of gas, the weather, a meal you cooked and any significant things that happen. It’s an easy way to record everyday life.



# Activities

## Helping Hands Wanted

The holidays flew right by, and now it’s time to take down our decorations. We could use some help as we box everything up and store it until next year. See the calendar for the date and time.

## Fact or Fiction: Myths About the Common Cold

In the thick of cold and flu season, people will believe just about anything in order to feel better and prevent any icky encounters. But does science back the advice you’ve been following for years? Here are some common cold remedies and prevention techniques from *WebMD.com* and the truth behind their claims:

Claim No. 1: Washing hands is critical. Fact: Colds are spread by touching someone or something with cold-causing viruses and then touching your nose, eyes or mouth. Wash hands thoroughly and often.

Claim No. 2: Feed a cold, starve a fever. Fiction: There’s no solid evidence that colds get better with food or that you shouldn’t eat when feeling feverish. It’s more important to listen to your body and eat when you’re hungry.

Claim No. 3: Bundle up or you’ll catch a cold. Fiction: While colds are more common in colder seasons, you can’t catch one from low temperatures.

Claim No. 4: Taking a shower will make you feel better. Fact: A hot shower can loosen clogged nasal passages to help you breathe.

Claim No. 5: You’ll catch a cold by going outside with wet hair. Fiction: A wet head will just make you cold. It won’t give you a cold.



## Beat the Winter Blues

The winter blues have a way of getting us down, but that doesn’t mean we have to stay there. The next time you’re feeling in a funk, try one of these methods to boost your mood:

*Pull out the photo album.* A U.K. study found that looking at personal photos lifted people’s spirits by 11 percent. Pick pictures with fond memories, such as those from a fun vacation or family gathering.

*Spread the warmth.* There’s a reason we turn to steaming mugs of hot tea or cocoa for comfort—a Yale study shows that warm liquids can make us feel happier. Taking a warm bath or shower will have the same effect.

*Lighten up.* Sunlight is a natural mood booster, and studies show that increased light exposure contributes to happiness and better sleep. Open your shades and have a meal by the window to soak up as much daylight as you can.

*Put on a happy face.* A simple smile is sometimes all it takes to raise your spirits. According to experts, our emotions respond to our physical actions, so appearing happy will make us feel happy, too. A cheerful demeanor will also invite others to strike up a conversation with you—another instant mood booster.