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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



February Greetings

Hello, and welcome to February! Plenty of fun activities planned this month, and I hope you will join us. Remember my door is always open, so please let me know if you have any questions or ideas to share!

Happy Valentine’s Day

Valentine’s Day is coming, and it reminds us of the people we love the most: you, our residents! And we’re not thinking about just hearts and flowers either. We are committed to making your home here the best ever. Please don’t hesitate to let us know if there’s anything else we can do to make it that way!

A Heartfelt Month

In addition to Valentine’s Day, February is also American Heart Month. We’ll be focusing on the heart all month, with lots of activities, wellness talks and more to promote healthy tickers. Please check the schedule so you don’t miss out on these important events.

Hug Therapy

Hugs may keep you healthy during cold season. In a study where subjects were exposed to a cold virus, those who received regular hugs were less likely to develop cold symptoms than participants who didn’t receive daily hugs. Researchers say hugging reduces stress and strengthens the immune system.

Stay Social

Help keep your mind healthy and active by spending time with friends and family, serving as a volunteer, or joining a social club.

Exercise Adds Up

We’ve all heard about the health benefits of getting 30 minutes of exercise at least three days a week. However, you don’t have to do it all at once. Just making an effort to put more movement into your day by adding a few minutes here and there can lead to better fitness.

Super Bowl Party

It’s Super Bowl time! Which team are you rooting for? Or are you cheering for the commercials, or just looking for the chips and dip? Whatever draws you to the big game, join us for football, food and fun during our Super Bowl party!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Groundhog Day 2
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

3
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

4
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

5
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 Art Class with Mary Jussel
6:30 CL Bunco Night

6
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
6:30 BA Gospel Singers

7
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 CL Uno... Card Game
3:15 BA Quarter Bingo

8
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

Super Bowl Sunday 9
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
4:30 FA Super Bowl Party

10
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
3:30 CL L-C-R Dice Game

11
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

12
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 Craft Class
5:00 L Meet & Greet the Artist
6:30 CL Bunco Night

13
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

Valentine's Day 14
10:00 FA Pledge of Allegiance
10:00 FA Stretch Class
10:30 Shop ... Albertsons
11:30 Out to Lunch!
1:00 RR Mahjong
1:30 Shop ... Walmart
2:00 RR Travelogue
3:00 BA Friendship Social

15
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

16
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

Presidents Day 17
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

18
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

19
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
6:30 CL Bunco Night

20
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 Meet & Greet New Residents

21
10:00 FA Pledge of Allegiance
10:00 FA Stretch Class
10:30 Shop ... Albertsons
11:00 MP BVA Meeting
1:00 RR Mahjong
1:30 Shop ... Dollar Store
2:00 CL Uno... Card Game
3:15 BA Quarter Bingo

22
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

23
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

24
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

25
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
3:15 BA Quarter Bingo
6:30 RR Trivia Game Night

26
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
6:30 CL Bunco Night

27
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

28
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 Lifelong Learning
3:00 BA Resident Birthday Bash

Happy Birthday to...
6th John Leininger
7th Beatrice Gzowski
7th Leila Inlow
9th Karen Prockish
10th Kathryn Hart
11th Marilyn Snyder
19th Patrick Bertsch
20th Donna Douglass
24th Luana Lamkin



Six More Weeks of Winter?

Falling midway between the first day of winter and the first day of spring, Feb. 2 is a significant day in several ancient and modern traditions. Some Europeans believed a sunny Feb. 2 meant another 40 days of cold and snow. Germans pronounced the day sunny only if badgers glimpsed their own shadows. When German immigrants settled in Pennsylvania in the 1700s, the custom came with them, and they chose the native groundhog to forecast spring.

Pennsylvania's official celebration of Groundhog Day began in 1886 when the editor of a newspaper in Punxsutawney wrote: "Today is groundhog day, and up to the time of going to press the beast has not seen its shadow."

The next year saw the first appearance of Punxsutawney Phil, the city's official groundhog forecaster. If Phil sees his shadow, it means six more weeks of winter. If he does not, then spring is just around the corner.

Groundhogs, also known as woodchucks, are members of the squirrel family. In the wild, they eat plants, berries and insects. Groundhogs really do spend the winter hibernating, with a lower metabolic rate and reduced body temperature.

Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red. Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

Know your numbers. Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend. Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Set a nutritious example. Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

Give back. Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.



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.