



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



Here’s to You, Mom

Happy Mother’s Day to all of the mothers and grandmothers in our community! We hope you enjoy your special day.

Honoring All Mothers

We invite all women in our community to an elegant Mother’s Day Tea on Saturday, May 10th. Begins at 1:30 pm in the independent living bar area. Feel free to invite a special friend or relative with whom you can share this elegant experience. Good taste will abound, from the beautiful table settings to the delicious finger sandwiches and pastries we will serve. We look forward to celebrating with you! Please RSVP.

Honoring Nurses

The important role of nurses in health care is recognized during National Nurses Week beginning May 6. Nurses are the heart of health care, and we thank them for their compassion, courage, care and commitment to our residents at Valley View. We truly appreciate all you do!

Memorial Day

On Memorial Day, we honor the men and women who have sacrificed their lives for our country. We want to take this opportunity to recognize all our residents and their family members and friends who are serving or have served our country. Thank you to all of them!



Here We Have Idaho

Idaho, affectionately known as “The Gem State,” is a treasure trove of rich history, vibrant culture, and natural beauty. This month, join us as we explore Idaho’s unique heritage and hidden gems. Check the activity calendar for details on adventurous outings, educational tours and exciting special events that we have planned for May.

May We Have This Dance?

We have some pretty fantastic dancers here in our community. Join us for some rug-cutting entertainment. Line dancing isn’t just a lot of fun -- it’s great exercise and a perfect chance to mingle with fellow residents. We’ll see you on the dance floor!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				<p>May Day 1</p> <p>9:30 Banking</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop Fred Meyer</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 CL Blackjack "21"</p> <p>1:30 Tour the State Capitol Building</p> <p>1:30 Tour the Town</p> <p>6:30 BA Gospel Singers</p>	<p>2</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop ... Albertsons</p> <p>11:00 L Walking Club</p> <p>1:00 RR Mahjong</p> <p>1:30 Shop ... Winco</p> <p>2:00 CL Shuffleboard Competition</p> <p>3:15 BA Quarter Bingo</p>	<p>3</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 FA Stretch Class</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 CL L-C-R Dice Game</p> <p>6:30 RR Ladies' Game Night</p>
<p>4</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>11:00 MP Catholic Service</p> <p>1:00 Ballet Idaho ... Sleeping Beauty</p> <p>2:00 MP Movie & Popcorn</p> <p>2:00 RR Quiddler</p>	<p>5</p> <p>Cinco De Mayo</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 RR Bible Study</p> <p>1:15 MP Catholic Rosary</p> <p>1:30 RR In the Mix- Baking</p> <p>2:30 RR Sorting Jewelry -Youth Ranch</p> <p>3:30 CL Fiesta Time!</p>	<p>6</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 FA Community Meeting</p> <p>11:00 L Walking Club</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>2:00 BA Women of Note ... Ladies' Choir</p> <p>3:15 BA Quarter Bingo</p> <p>6:30 RR Trivia Game Night</p>	<p>7</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:45 MP Worship Service</p> <p>1:30 MP Kings in the Corner</p> <p>1:30 Tour Ann Frank Human Right Memorial</p> <p>1:30 CL VV Bridge Group 1</p> <p>2:00 L Creative Writing Chat</p> <p>3:00 RR Art Class with Mary Jussel</p> <p>6:30 CL Bunco Night</p>	<p>8</p> <p>9:30 Banking</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop Fred Meyer</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 CL Blackjack "21"</p> <p>1:30 Tour the Town</p> <p>3:30 BA Happy Hour</p>	<p>9</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop ... Albertsons</p> <p>11:00 L Walking Club</p> <p>11:30 Lunch Out ... Ling & Louie's</p> <p>1:00 RR Mahjong</p> <p>1:30 Shop ... Walmart</p> <p>2:00 CL Shuffleboard Competition</p> <p>3:15 BA Quarter Bingo</p>	<p>10</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 FA Stretch Class</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 CL Mother's Day Tea Party</p> <p>6:30 RR Ladies' Game Night</p>
<p>11</p> <p>Happy Mother's Day</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>11:00 MP Catholic Service</p> <p>11:30 Mother's Day Brunch</p> <p>1:00 Musical ... Fiddler on The Roof</p> <p>2:00 MP Movie & Popcorn</p> <p>2:00 RR Quiddler</p>	<p>12</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 RR Bible Study</p> <p>10:30 Picnic Lunch Boise Depot</p> <p>1:15 MP Catholic Rosary</p> <p>1:30 RR In the Mix- Baking</p> <p>2:00 MP Parkinson's Support Group</p> <p>3:30 CL L-C-R Dice Game</p>	<p>13</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 L Book Club</p> <p>11:00 L Walking Club</p> <p>12:30 L Bookmobile</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>3:15 BA Quarter Bingo</p> <p>6:30 RR Trivia Game Night</p>	<p>14</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:45 MP Worship Service</p> <p>1:30 MP Kings in the Corner</p> <p>1:30 CL VV Bridge Group 1</p> <p>2:00 L Creative Writing Chat</p> <p>5:00 L Meet & Greet The Artist</p> <p>6:30 CL Bunco Night</p>	<p>15</p> <p>9:30 Banking</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop Fred Meyer</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 CL Blackjack "21"</p> <p>1:30 Tour the Town</p> <p>3:30 BA New Resident Meet & Greet</p>	<p>16</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop ... Albertsons</p> <p>11:00 MP BVA Meeting</p> <p>11:00 L Walking Club</p> <p>1:00 RR Mahjong</p> <p>1:30 Shop ... Dollar Store</p> <p>2:00 BA Mr. Potato Head Game</p> <p>2:00 CL Shuffleboard Competition</p> <p>3:15 BA Quarter Bingo</p>	<p>17</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 FA Stretch Class</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 CL L-C-R Dice Game</p> <p>6:30 RR Ladies' Game Night</p>
<p>18</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>11:00 MP Catholic Service</p> <p>2:00 MP Movie & Popcorn</p> <p>2:00 RR Quiddler</p>	<p>19</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 RR Bible Study</p> <p>1:15 MP Catholic Rosary</p> <p>1:30 RR In the Mix- Baking</p> <p>2:00 MP Catholic Mass</p> <p>2:30 RR Sorting Jewelry -Youth Ranch</p> <p>3:30 CL L-C-R Dice Game</p>	<p>20</p> <p>10:00 L Brunch In The Rose Garden</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 MP Veterans' Coffee Social</p> <p>11:00 L Walking Club</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>3:15 BA Quarter Bingo</p> <p>6:30 RR Trivia Game Night</p>	<p>21</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:45 MP Worship Service</p> <p>1:30 MP Kings in the Corner</p> <p>1:30 CL VV Bridge Group 1</p> <p>2:00 L Creative Writing Chat</p> <p>2:00 Old Idaho Penitentiary Tour</p> <p>6:30 CL Bunco Night</p>	<p>22</p> <p>9:30 Banking</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop Fred Meyer</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 CL Blackjack "21"</p> <p>1:30 Tour the Town</p> <p>3:30 BA Happy Hour</p> <p>6:30 BA Swing Dance Party</p>	<p>23</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop ... Albertsons</p> <p>11:00 L Walking Club</p> <p>1:00 RR Mahjong</p> <p>1:30 Shop ... Target</p> <p>2:00 CL Shuffleboard Competition</p> <p>3:15 BA Quarter Bingo</p>	<p>24</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 FA Stretch Class</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 CL L-C-R Dice Game</p> <p>6:30 RR Ladies' Game Night</p>
<p>25</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>11:00 MP Catholic Service</p> <p>2:00 MP Movie & Popcorn</p> <p>2:00 RR Quiddler</p>	<p>26</p> <p>Memorial Day</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 RR Bible Study</p> <p>1:15 MP Catholic Rosary</p> <p>1:30 RR In the Mix- Baking</p> <p>2:30 MP Activity Planning</p> <p>3:30 CL L-C-R Dice Game</p>	<p>27</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>11:00 RR Food Committee Meeting</p> <p>11:00 L Walking Club</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 FA Balance Exercise Class</p> <p>3:15 BA Quarter Bingo</p> <p>6:30 RR Trivia Game Night</p>	<p>28</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:45 MP Worship Service</p> <p>1:00 Trip to Idaho City</p> <p>1:30 MP Kings in the Corner</p> <p>1:30 CL VV Bridge Group 1</p> <p>2:00 L Creative Writing Chat</p> <p>6:30 CL Bunco Night</p>	<p>29</p> <p>9:00 Trip to Shoshone Falls</p> <p>9:30 Banking</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop Fred Meyer</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 CL Blackjack "21"</p> <p>1:30 Tour the Town</p>	<p>30</p> <p>10:00 FA Pledge of Allegiance</p> <p>10:00 FA Stretch Class</p> <p>10:30 Shop ... Albertsons</p> <p>11:00 L Walking Club</p> <p>1:00 RR Mahjong</p> <p>1:30 Shop ... Thrift Store</p> <p>2:00 CL Shuffleboard Competition</p> <p>3:00 BA Resident Birthday Bash</p>	<p>31</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 FA Stretch Class</p> <p>1:00 CL VV Pinochle\$</p> <p>1:30 CL L-C-R Dice Game</p> <p>6:30 RR Ladies' Game Night</p>



Best wishes to all our residents celebrating birthdays this month!

- 1st Mary Bowden
- 2nd Carol Duncan
- 6th Dewey Rowland
- 11th Billie Huskey
- 11th Linda Diggins
- 11th Sheila Martin
- 13th Linda Miller
- 13th Robert Miller
- 14th Gene Olson
- 20th Rae Thomason
- 25th Carol Stecklein
- 25th Buzzy Hart
- 26th Carolyn Knuckles
- 26th Doris Prinzing
- 26th Charlotte Zarbnisky
- 28th Peggy McClary

Fun Facts

Facts About Idaho!

- The name "Idaho" is derived from a Native American word that means "the land of many waters."
- Because there are over 72 different types of gemstones found in Idaho, its nickname is the "Gem State."
- Idaho grows an estimated 1/3 of America's potatoes.
- The longest gondola ride in the world is located at Silver Mountain Resort in Kellogg, Idaho.
- Emma Edwards Green designed Idaho's state seal. It is the only state seal designed by a woman.
- Idaho's capitol building is the only state capitol in the United States that is heated using geothermal water.
- A person standing on Heaven's Gate Lookout in Idaho can see Washington, Montana, and Oregon.
- Idaho is larger than all of New England combined (Maine, New Hampshire, Massachusetts, Connecticut, and Rhode Island.)
- Eruptions at Idaho's Craters of the Moon National Monument occur every 2,000 years. The last eruptions happened 2,000 years ago.
- Shoshone Falls, near Twin Falls, Idaho, plummets 212 feet (65 meters). Its nickname is the "Niagara of the West."

- The state horse of Idaho is the Appaloosa, and Idaho was the first state to offer a license plate featuring a state horse.
- Idaho has 9,322,000 acres of roadless wilderness, more than any other state except Alaska.
- Sun Valley was the first ski resort in the world to use chairlifts.
- Boise is the capital and largest city in Idaho. The name "Boise" is a French word meaning "wooded."
- Hells Canyon in Idaho is 7,900 feet (2,400 meters) deep, which is deeper than the Grand Canyon.
- Between 1861 and 1866, it is believed that gold seekers found \$20 million in gold dust and nuggets during the Idaho gold rush.
- The largest population of Basque people in the United States lives near Boise.
- Idaho relocated beavers into the wilderness by dropping them out of airplanes with parachutes in the 1940s.
- In 1914, the United States Postal Service banned sending people through the mail after a four-year-old was mailed across the state of Idaho.
- The largest sand dune in America is in Idaho's Bruneau Dunes State Park.



Activities

It's Fiesta Time!

Spice up your Cinco de Mayo celebrations by joining us for a fiesta in the bar area! Check the calendar for details.

Be Prepared

It's that time of year when we're getting out and about! While fun is the focus, please be sure to arrive prepared. Some outings require walking and time spent outdoors. Wear proper footwear so that your feet are protected and supported. Be ready for the elements or a change in the weather by wearing layers or bringing along a jacket as well.