



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

Ryan Preston 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

Happy New Year

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 have many blessings to be thankful for and new possibilities that await us. The year ahead brings with it new opportunities!

Keep an eye on this newsletter as we bring you notice of familiar events and important news, and let me know if you have an idea for something new and exciting 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.

I wish you a safe, healthy and happy new year! Sherrie Hix, Recreation Director.

Garden Plaza of Valley View Bakery & Boutique

Now Open

Monday thru Saturday
10 am to 5 pm



Resident Referrals

Save money on your rent with our resident referral program. When your friends move into our community, we'll give you a rent discount for recommending them. Call or stop by the office for details.

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 | |
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| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
|  | New Year's Day (Observed) 10:00 FA Pledge of Allegiance: fm\$100 10:00 FA Stretch Class-fm\$100 1:30 RR In the Mix ... Baking-fm\$100 1:30 CL VV Bridge Group 3:30 CL L-C-R Dice Game: fm\$100 | 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:30 FA Community Meeting-fm\$100 11:00 FA AC Bridge League 1:00 CL VV Pinochle\$ 1:30 L Target Toss-fm\$100 1:30 MP Yoga Class-\$100 3:15 MP Quarter Bingo-fm\$100 | 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:45 FA Worship Service 1:30 CL VV Bridge Group 1:30 MP Wii Bowl-fm\$100 3:00 RR Art Class with Mary Jussel-fm\$100 | 9:30 Banking 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:30 Shop Fred Meyer 🗺️ 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"-fm\$100 1:30 Tour the Town 🗺️ 6:30 BA Gospel Singers | 9:30 Walk the Mall-fm\$100 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:30 Shop ... Albertsons 🗺️ 11:30 L Lunch Out! O Crab 1:30 Shop ... Winco 🗺️ 3:15 BA Quarter Bingo-fm\$100 | 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5 1:00 CL VV Pinochle\$ 2:00 MP Movie & Popcorn | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | |
| 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 FA AC Bridge League 11:00 MP Catholic Service 2:00 RR Quiddler 2:00 RR Scrabble Game | 10:00 FA Pledge of Allegiance: fm\$100 10:00 FA Stretch Class-fm\$100 1:30 RR In the Mix ... Baking-fm\$100 1:30 CL VV Bridge Group 2:30 BA Understanding Great Music with Eric Collett 🎵 3:30 CL L-C-R Dice Game: fm\$100 | 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 11:00 RR Activity Planning Meeting 1:00 MP Bookmobile 1:00 CL VV Pinochle\$ 1:30 L Target Toss-fm\$100 1:30 MP Yoga Class-\$100 3:15 MP Quarter Bingo-fm\$100 | 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:45 FA Worship Service 1:30 CL VV Bridge Group 1:30 MP Wii Bowl-fm\$100 3:15 RR Ceramic Class 5:00 L Meet & Greet the Artist Joyce Green Art Show & Sale | 9:30 Banking 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:30 Shop Fred Meyer 🗺️ 1:00 RR Foot Care Clinic \$ 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"-fm\$100 1:30 Tour the Town 🗺️ 3:30 BA Happy Hour ... Music & Cocktails | 9:30 Walk the Mall-fm\$100 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:30 Shop ... Albertsons 🗺️ 1:30 Shop ... Walmart 🗺️ 3:15 BA Quarter Bingo-fm\$100 | 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5 1:00 CL VV Pinochle\$ 2:00 MP Movie & Popcorn | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | |
| 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 FA AC Bridge League 11:00 MP Catholic Service 2:00 RR Quiddler 2:00 RR Scrabble Game | Martin Luther King Jr. Day 10:00 FA Pledge of Allegiance: fm\$100 10:00 FA Stretch Class-fm\$100 1:30 RR In the Mix ... Baking-fm\$100 1:30 CL VV Bridge Group 2:00 MP Catholic Mass 3:30 CL L-C-R Dice Game: fm\$100 | 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 11:00 FA AC Bridge League 1:00 CL VV Pinochle\$ 1:30 L Target Toss-fm\$100 1:30 MP Yoga Class-\$100 3:15 MP Quarter Bingo-fm\$100 | 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:45 FA Worship Service 1:30 CL VV Bridge Group 1:30 MP Wii Bowl-fm\$100 3:15 MP Team Jeopardy | 9:30 Banking 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:30 Shop Fred Meyer 🗺️ 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"-fm\$100 1:30 Tour the Town 🗺️ 3:30 BA New Resident Meet & Greet | 9:30 Walk the Mall-fm\$100 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:30 Shop ... Albertsons 🗺️ 11:00 MP BVA Meeting 1:30 Shop ... Dollar Store 🗺️ 3:15 BA Quarter Bingo-fm\$100 | 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5 1:00 CL VV Pinochle\$ 2:00 MP Movie & Popcorn | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | |
| 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 FA AC Bridge League 11:00 MP Catholic Service 2:00 RR Quiddler 2:00 RR Scrabble Game | 10:00 FA Pledge of Allegiance: fm\$100 10:00 FA Stretch Class-fm\$100 1:30 RR In the Mix ... Baking-fm\$100 1:30 CL VV Bridge Group 3:30 CL L-C-R Dice Game: fm\$100 | 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 11:00 FA AC Bridge League 1:00 CL VV Pinochle\$ 1:30 L Target Toss-fm\$100 1:30 MP Yoga Class-\$100 3:15 MP Quarter Bingo-fm\$100 | 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:45 FA Worship Service 1:30 CL VV Bridge Group 1:30 MP Wii Bowl-fm\$100 3:15 MP Trivia Challenge | 9:30 Banking 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:30 Shop Fred Meyer 🗺️ 1:00 CL VV Pinochle\$ 1:30 CL Blackjack "21"-fm\$100 1:30 Tour the Town 🗺️ 3:30 BA Happy Hour... Music & Cocktails | 9:30 Walk the Mall-fm\$100 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 10:30 Shop ... Albertsons 🗺️ 1:30 Shop ... Thrift Store 🗺️ 3:00 BA Resident Birthday Bash ♥ 3:15 BA Quarter Bingo-fm\$100 | 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5 1:00 CL VV Pinochle\$ 2:00 MP Movie & Popcorn | |
| 29 | 30 | 31 |  | | | Happy Birthday to 1st David Browne 5th Alice Jerome 11th Donna Zimmerman 18th Carol Booton 18th Joanne Campbell 26th Ben Hollander 29th Christy Anadama | |
| 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 FA AC Bridge League 11:00 MP Catholic Service 2:00 RR Quiddler 2:00 RR Scrabble Game | 10:00 FA Pledge of Allegiance: fm\$100 10:00 FA Stretch Class-fm\$100 1:30 RR In the Mix ... Baking-fm\$100 1:30 CL VV Bridge Group 3:30 CL L-C-R Dice Game: fm\$100 4:30 MP Ladies Night! | 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class-fm\$100 11:00 RR Food Committee-fm\$500 1:00 CL VV Pinochle\$ 1:30 L Target Toss-fm\$100 1:30 MP Yoga Class-\$100 3:15 MP Quarter Bingo-fm\$100 | | | | | |



Board Games and the Brain

Besides being fun, board games also benefit the brain. The strategy and problem-solving skills involved in playing board games engages the parts of the brain that control memory and complex thinking. Research shows that participating in non-digital games helps keep the mind sharp, even for people who waited until their later years to start playing regularly.

No Excuse Not to Exercise

Some seniors may think that staying sedentary conserves their energy and keeps them safe, but nothing could be further from the truth. Research shows that inactivity contributes to chronic health problems, and keeping muscles toned can help prevent falls. Other seniors may worry that they're too old to start exercising, but better fitness can begin at any age. Walking and other light activities can deliver big benefits. Diminished mobility is no reason to shun exercise, either. Many exercises, such as lifting light weights and stretching, can be performed in a chair or bed. Check with your doctor before starting an exercise program.

Wake Up Happy

"Start each day with a positive thought and a grateful heart." — Roy T. Bennett

Have a Healthy New Year

Make this year a good one by making healthy choices. Here are some goals to get you started:

Schedule checkups and screenings. Older adults need a complete physical once a year, as well as additional screenings for conditions such as osteoporosis. Ask your doctor what is appropriate for you. During your annual exam, discuss any medications you're taking, prescription and over-the-counter.

Set a fitness goal. If you don't already exercise, set a goal to be more active in the new year. Go for a walk with friends, attend a fitness class, or try yoga or water aerobics. If you already exercise regularly, great! Keep it up this year by introducing new activities to your routine.

Improve your diet. Lots of people go on a diet after the new year begins, but quickly crash and burn. A smart way to avoid this is to start with a simple goal: Maybe you want to cut back on caffeine, choose fish once or twice a week, eat a piece of fresh fruit with breakfast, or enjoy a handful of nuts every day.

Take care of your brain. A good way to help prevent dementia is to challenge your brain. Consider making a resolution to learn something new every week—read an article or book, attend a lecture, visit a museum, and stay sharp with games and puzzles. Also, don't neglect another aspect of mental health: depression and anxiety. If you are feeling down, reach out to a friend, relative or health care provider.

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.

