



1130 N Allumbaugh Street
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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

A National Celebration

More than any other holiday, Independence Day unifies our country. Citizens put aside their differences and remember our many reasons for national pride. “From sea to shining sea,” our abundant natural resources support and inspire us. Our diverse populations are the source of our collective strength. Our freedoms and ideals are an inspiration for people around the globe. This Independence Day, we hope that you will experience the full meaning of this special event.



Banish Summer Boredom

Long summer days with not much on a to-do list can make many seniors stir crazy. If this is the case for you, seize the day and create your own schedule, then stick to it. Think of the things you enjoy doing, then pen your wish list of activities in a daily planner. An example day might be waking up and planning to read the newspaper for an hour after breakfast. Then spend an hour socializing, bird watching or people watching! Slate the next hour as a time for writing—whether poetry, letters to loved ones or personal journaling. Get a friend to craft a similar schedule so your days intersect ... and don’t forget about exercise and community activities. Regular schedules keep our minds focused and give us something to look forward to. So, what are you doing today?

Seniors and Summer Heat

While many of us love summer weather, extreme heat is particularly dangerous for those 65 and older. Beat the heat this month by drinking plenty of fluids, eating fruits with high water content and avoiding the outdoors during the high temperatures.

Celebrate Summer

It’s time for picnics, ball games and fun in the sun. We hope you’ll join our activities to take advantage of the longer days and warm nights. Check the community activity schedule for details and sign up at the front desk!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.
10:30 CL Rummikub Game
1:00 CL VV Pinochle\$
1:30 VV Bridge
2:00 MP L-C-R Dice Game

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 RR Kings in the Corner
2:00 RR Quiddler
3:00 MP Movie & Popcorn

3
10:00 FA Pledge of Allegiance-fm\$100
10:00 FA Stretch Class- fm\$100
10:30 MP Bible Study
1:00 MP Catholic Rosary
1:00 CL VV Bridge Group
1:30 RR In the Mix ... Baking-fm\$100
3:30 CL L-C-R Dice Game- fm\$100

4
Independence Day
10:00 FA Pledge of Allegiance-fm\$100
10:00 FA Stretch Class- fm\$100
1:00 CL VV Pinochle\$
1:00 L Walking Club
1:30 L Target Toss- fm\$100
3:15 MP Quarter Bingo- fm\$100

5
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
2:00 IL Creative Writing Chat Club-fm\$100
3:00 RR Art Class with Mary Jussel- fm\$100

6
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

7
9:30 Walk in the Park- fm\$100
10:00 FA Pledge of Allegiance- fm\$100
10:00 FA Stretch Class- fm\$100
10:30 Shop ... Albertsons
1:30 Shop ... Winco
3:15 BA Quarter Bingo- fm\$100

8
10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.
10:30 CL Rummikub Game
1:00 CL VV Pinochle\$
1:30 VV Bridge
2:00 MP L-C-R Dice Game

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 RR Kings in the Corner
2:00 RR Quiddler
3:00 MP Movie & Popcorn

10
10:00 FA Pledge of Allegiance-fm\$100
10:00 FA Stretch Class- fm\$100
10:30 MP Bible Study
1:00 MP Catholic Rosary
1:00 CL VV Bridge Group
1:30 RR In the Mix ... Baking-fm\$100
2:30 BA Understanding Music
3:30 CL L-C-R Dice Game- fm\$100
6:30 BA Fiddle Express Band

11
10:00 FA Pledge of Allegiance-fm\$100
10:00 FA Stretch Class- fm\$100
10:30 FA Community Meeting-fm\$100
1:00 MP Bookmobile
1:00 CL VV Pinochle\$
1:30 L Target Toss- fm\$100
3:15 MP Quarter Bingo- fm\$100

12
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
2:00 IL Creative Writing Chat Club-fm\$100
3:15 MP Team Jeopardy
5:00 L Meet & Greet the Artist

13
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

14
9:30 Walk in the Park- fm\$100
10:00 FA Pledge of Allegiance- fm\$100
10:00 FA Stretch Class- fm\$100
10:30 Shop ... Albertsons
11:30 Lunch Out! Cottonwood Grill
1:30 Shop ... Walmart
3:15 BA Quarter Bingo- fm\$100

15
10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.
10:30 CL Rummikub Game
1:00 CL VV Pinochle\$
1:30 VV Bridge
2:00 MP L-C-R Dice Game

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 RR Kings in the Corner
2:00 RR Quiddler
3:00 MP Movie & Popcorn

17
10:00 FA Pledge of Allegiance-fm\$100
10:00 FA Stretch Class- fm\$100
10:30 MP Bible Study
1:00 MP Catholic Rosary
1:00 CL VV Bridge Group
1:30 RR In the Mix ... Baking-fm\$100
2:00 MP Catholic Mass
3:30 CL L-C-R Dice Game- fm\$100

18
10:00 FA Pledge of Allegiance-fm\$100
10:00 FA Stretch Class- fm\$100
11:00 RR Activity Planning Meeting
1:00 CL VV Pinochle\$
1:00 L Walking Club
1:30 L Target Toss- fm\$100
3:15 MP Quarter Bingo- fm\$100

19
10:00 FA Pledge of Allegiance- fm\$100
10:00 FA Stretch Class- fm\$100
10:45 FA Worship Service
1:00 Boise Art Museum
1:30 CL VV Bridge Group
1:30 MP Wii Bowl- fm\$100
2:00 IL Creative Writing Chat Club-fm\$100
3:30 RR Ceramic Class-fm\$100

20
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

21
9:30 Walk in the Park- 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
3:00 BA Get Lucky Friday\$\$\$

22
10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.
10:30 CL Rummikub Game
1:00 CL VV Pinochle\$
1:30 VV Bridge
2:00 MP L-C-R Dice Game

23
11:00 MP Catholic Service
2:00 RR Kings in the Corner
2:00 RR Quiddler
3:00 MP Movie & Popcorn

24
10:00 FA Stretch Class- fm\$100
10:30 MP Bible Study
1:00 MP Catholic Rosary
1:30 RR In the Mix ... Baking-fm\$100
3:30 CL L-C-R Dice Game- fm\$100

25
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\$
1:00 L Walking Club
1:30 L Target Toss- fm\$100
3:15 MP Quarter Bingo- fm\$100

26
10:00 FA Pledge of Allegiance- fm\$100
10:00 FA Stretch Class- fm\$100
10:45 FA Worship Service
1:00 Guided Tour Camille Beckman Factory
1:30 CL VV Bridge Group
1:30 MP Wii Bowl- fm\$100
2:00 IL Creative Writing Chat Club-fm\$100
3:30 RR Craft Class-fm\$100

27
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
6:30 L Outdoor Summer Concert... Sons of Thunder Mountain

28
9:30 Walk in the Park- 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
1:30 FA Shuffleboard
3:00 BA Resident Birthday Bash

29
10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.
10:30 CL Rummikub Game
1:00 CL VV Pinochle\$
1:30 VV Bridge
2:00 MP L-C-R Dice Game

30
11:00 MP Catholic Service
2:00 RR Kings in the Corner
2:00 RR Quiddler
3:00 MP Movie & Popcorn

31
10:00 FA Stretch Class- fm\$100
10:30 MP Bible Study
1:00 MP Catholic Rosary
1:30 RR In the Mix ... Baking-fm\$100
3:30 CL L-C-R Dice Game- fm\$100

Happy Birthday

1st	Dan Boisse
1st	Victor Frangiosa
7th	Joyce Palazzolo
8th	Dave Speigel
12th	Ron Points
14th	Linda Milot
20th	Beverly Price
22nd	Joan Kelly
28th	Marti Brennan
28th	Clarence Forrey
30th	Audrey Lawrence
31st	Harvey Pitman

Activities

Lights, Camera, Action!

We're hosting a movie matinee every Sunday at 3 pm! Don't worry about the popcorn or sodas, we'll provide all the snacks. Just take a seat next to your neighbor and enjoy the show! If you have a special movie request, let us know in advance and we'll try to get it. We'll see you at the movies!



Sunshiny Day

"A little bit of summer is what the whole year's all about." — John Mayer

History Lesson

Let Freedom Sing

This Fourth of July, celebrate both our nation's history and the history of some favorite patriotic songs:

"America" ("My Country 'Tis of Thee"). This song's lyrics, set to the melody of "God Save the King," were written by the Rev. Samuel Francis Smith, who debuted it at an Independence Day celebration in 1831. It was used as the country's anthem for decades until "The Star-Spangled Banner" was officially given that honor in 1931.

"America the Beautiful." According to Katharine Lee Bates, an English professor who wrote the words of this stirring tune in 1913, the lyrics were inspired by a prairie wagon ride she took up Pikes Peak in Colorado, where she gazed upon the breathtaking beauty of the countryside below. The music was composed in 1882 by Samuel Augustus Ward.

"You're a Grand Old Flag." Written by George M. Cohan for his 1906 stage show "George Washington Jr.," this lively march was the first song from a musical to sell more than 1 million copies of sheet music.

"Yankee Doodle." Although its exact origins are unknown, this upbeat ditty dates back to pre-Revolutionary War times, when British officers sang it to mock American militiamen. But in true American style, this parody has been embraced as a patriotic classic.

Health & Wellness

Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun. If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately. To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

Keep cool. Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.

Let others know your plans. Include information such as where you will be and when you'll return.