



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



Happy Mother's Day

We invite all women in our community to an elegant, Mother's Day Tea. The service will begin at 10:30 am on Saturday, May 13th, in the 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 hope you will allow us to treat you like royalty! We'd like to wish all the moms in our community a Happy Mother's Day! Thanks for all the love, attention and hard work. Where would we be without you? Have a Great Day!

We Salute America's Military

In May, America observes National Military Appreciation Month, when the country takes time to honor the men and women of the armed forces, past and present, and their families. Our community salutes their service to our nation.

Make Spring Rewarding





Do you know someone who's looking for a new place to live? Tell him or her how much you love living here. When that person signs a lease and moves in, you'll receive a great reward through our resident referral program! Having your friends and family as neighbors will put a spring in your step and a little something in the bank, as well.



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, both at home and abroad. Happy Memorial Day!

Let's Go for a Walk!

Spring is here to stay, and our walking club is in full swing! It's a good time to put on your walking shoes. Regular walking, even for short amounts of time, is linked to numerous health benefits. Check the calendar for times and join us for some fresh air and exercise.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class- fm\$100 10:30 MP Bible Study 1:00 MP Ladies' 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	2 National Teacher Day 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class- fm\$100 10:30 FA Community Meeting 1:00 CL VV Pinochle\$ 1:00 L Walking Club 1:30 L Target Toss- fm\$100 2:00 BA Women of Note ... Ladies' Choir 3:15 MP Quarter Bingo- fm\$100	3 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 Workshop-fm\$100 3:00 RR Art Class with Mary Jussel-fm\$100	4 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	5 Cinco de Mayo 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 BA Treble Clef ... Ladies' Choir 1:30 Shop ... Winco 3:15 BA Salsa Fiesta Party	6 National Nurses Day 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 BA Piano Music Recital 1:30 VV Bridge 2:00 MP L-C-R Dice Game 3:00 BA Guitar Music Recital
7 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	8 10:00 FA Stretch Class- fm\$100 10:30 MP Bible Study 1:00 MP Ladies' Rosary 1:00 CL VV Bridge Group 1:30 RR In the Mix ... Baking-fm\$100 2:30 BA Understanding Great Music with Eric Collett ♪ 3:30 CL L-C-R Dice Game- fm\$100 6:30 BA Idaho Bluegrass Band	9 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\$ 1:00 L Walking Club 1:30 L Target Toss- fm\$100 3:15 MP Team Jeopardy- fm\$100	10 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 Workshop-fm\$100 3:15 CL Game of Chance "31" 5:00 L Meet & Greet the Artist Jenny Satterthwait ... Art Show & Sale	11 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	12 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! Riverside Inn 1:30 Shop ... Walmart 3:15 BA Quarter Bingo- fm\$100	13 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 Mother's Day Tea Party 1:00 Outing ... State Fair Musical 1:00 CL VV Pinochle\$ 1:30 VV Bridge 2:00 MP L-C-R Dice Game
Happy Mother's Day	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 MP Catholic Service 2:00 RR Kings in the Corner 2:00 RR Quiddler 3:00 MP Movie & Popcorn	15 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class- fm\$100 10:30 MP Bible Study 1:00 MP Ladies' 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	16 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 Workshop-fm\$100 3:30 MP Ceramic Class-fm\$100	17 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	18 9:30 Walk in the Park- fm\$100 10:00 MP BVA Meeting 10:00 FA Pledge of Allegiance- fm\$100 10:00 FA Stretch Class- fm\$100 10:30 Shop ... Albertsons 11:30 Lunch in the Park! 1:30 Shop ... Dollar Store 3:15 BA Quarter Bingo- fm\$100	19 Armed Forces Day 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
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 MP Catholic Service 2:00 RR Kings in the Corner 2:00 RR Quiddler 3:00 MP Movie & Popcorn	22 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class- fm\$100 10:30 MP Bible Study 1:00 MP Ladies' 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	23 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 Trivia Challenge-fm\$100	24 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 Workshop-fm\$100 3:00 MP Pokeno-fm\$100	25 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	26 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 3:00 BA Resident Birthday Bash ♥	27 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
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 MP Catholic Service 2:00 RR Kings in the Corner 2:00 RR Quiddler 3:00 MP Movie & Popcorn	Memorial Day	29 10:00 FA Pledge of Allegiance-fm\$100 10:00 FA Stretch Class- fm\$100 10:30 MP Bible Study 1:00 MP Ladies' 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	30 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	31 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 Workshop-fm\$100 3:00 MP Craft Class-fm\$100		
						

Welcome New Residents

Helen Baker
Gwen Crook
Warn Culver
Ester Davis
Trudy Hoffman
Pat Kubicki
Linda Milot
Ann Olson
Sachi Sakoi

Happy Birthday

2nd	Carol Duncan
11th	Mary Lou England
11th	Shelia Martin
11th	James O'Bert
13th	Chris Christoffer
14th	Easter Davis
15th	Joann O'Bert
18th	Charles Howard
24th	Susan Barton
25th	Carol Stecklein
26th	Doris Prinzing
30th	Janet Gadway

Count Your Candles, Not Your Years

Birthdays are filled with yesterday's memories, today's joys and tomorrow's dreams. To all of our residents who are celebrating birthdays this month, we hope you have your cake and eat it too!



Health & Wellness



Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration to work out by reviewing the top benefits of exercise:

Helps prevent illness. High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy. The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood. Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep. A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest.

Reduces fall risk. Exercise strengthens muscles and bones, increases flexibility, and improves balance—all benefits that are key to preventing falls and broken bones.

Enhances social life. Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.

Life Enrichment Corner

Learn To Love Yourself

We all have days of low self-esteem and confidence, perhaps brought on by a bad mood or discovering a mistake we've made. While it's important to acknowledge our faults, staying in a negative state of mind does not do us any good.

Healthy self-esteem is found by appreciating who you are, flaws included. Here are some ways to give your confidence a boost:

Make a list. Write down 10 positive things—physical and emotional—about yourself. Include compliments from others, no matter how trivial. Then list five weaknesses. Making note of your limitations can help you accept, adapt to, and even change them.

Put some pep in your step. When your confidence is low, try walking a little more briskly than usual. Be sure to keep your head and shoulders straight, make eye contact and smile. You will look and feel more empowered.

Look for the best in others. Giving compliments and praise to others when appropriate will help break your own cycle of negativity. An improved attitude will also draw people to you, helping expand your circle of friends and supportive peers.

Take action. Find something you've been putting off—such as organizing a closet, making an appointment or calling a friend—and do it. Completing even a small task will give you a sense of accomplishment.