



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

September Greetings

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Check out this month’s calendar and be on the lookout for details about new and some favorite fall activities that we have planned. As always, please feel free to stop by my office at any time. I would love to hear your ideas and suggestions for the activity program or join us at our monthly activity meeting. Have a great September!

~ Sherrie

Honoring Grandparents

We wish all the grandparents in our community a happy Grandparents Day (first Sunday after Labor Day). Grandparents make a real difference in the lives of their grandchildren. We salute your contributions to family and the community.

BSU Watching Party

Why watch the big game on your TV, when you could watch all the action on our big-screen? We’ll have all the snacks and drinks. You just need your school spirit and maybe a good cheer or two. Bring your friends ~ the more the merrier. We’ll be there until the final buzzer!

Patriotism

The month of September is host to an array of special remembrance days, all of which exemplify patriotism—or, as *www.M-W.com* defines it, “love for or devotion to one’s country.” Starting off the patriotic observances and tributes is Labor Day, followed by Patriot Day, Constitution Day and Citizenship Day. The common thread among all of these national holidays is what they represent—the ideals of America: bravery, courage, heroism, sacrifice and service.

Pass It on

So you just can’t stop talking about how lucky you are to call our community your home? Make sure you pass the word along to any of your friends or family members who are looking for a new place to live. If your referral signs a lease and moves in, we’ll give you a bonus!



Patriot Day Car Show

Cruise on Over and Join Us!
Garden Plaza of Valley View
Annual Car Show
Sunday, September 10th
10:30 am - 1:30 pm
Family Fun for Everyone!
Free BBQ and Entertainment

Sunday

Monday

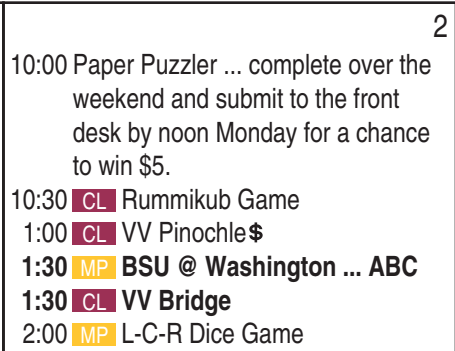
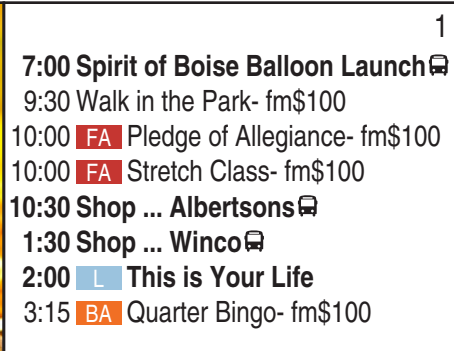
Tuesday

Wednesday

Thursday

Friday

Saturday



3
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 MP Movie & Popcorn
2:00 RR Quiddler

4
Labor Day
10:00 FA Pledge of Allegiance- fm\$100
10:00 FA Stretch Class- fm\$100
10:30 MP Bible Study
1:00 CL VV Bridge Group
1:15 MP Catholic Rosary
1:30 RR In the Mix ... Baking- fm\$100
3:00 BA Labor Day Social

5
10:00 FA Pledge of Allegiance- fm\$100
10:00 FA Stretch Class- fm\$100
10:30 FA Community Meeting- fm\$100
1:00 CL VV Pinochle\$
1:00 L Walking Club
1:30 L Target Toss- fm\$100
3:15 BA Quarter Bingo- fm\$100

6
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

7
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
3:00 CL "31" card Game-bring 3 quarters
6:30 BA Gospel Singers

8
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!
1:30 Shop ... Walmart
2:00 L This is Your Life
3:15 BA Quarter Bingo- fm\$100
6:30 BA Littlest Big Band ♪

9
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 CL VV Bridge
2:00 MP L-C-R Dice Game
5:00 MP BSU vs. UCF... FS1

10
National Grandparents Day
10:00 Patriot Day Car Show & BBQ
11:00 MP Catholic Service
2:00 RR Kings in the Corner
2:00 MP Movie & Popcorn
2:00 RR Quiddler

11
10:00 FA Pledge of Allegiance- fm\$100
10:00 FA Stretch Class- fm\$100
10:30 MP Bible Study
1:00 CL VV Bridge Group
1:15 MP Catholic Rosary
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

12
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 BA Quarter Bingo- fm\$100
6:30 BA Opera Night! -Michelle & Jason Detwiler

13
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- fm\$100
5:00 L Meet & Greet the Artist

14
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-sign up!
1:00 CL VV Pinochle\$
1:30 CL Blackjack "21"- fm\$100
1:30 Tour the Town
3:30 BA Happy Hour ... Music & Cocktails

15
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
2:00 L Get Lucky Friday ... Scavenger Hunt

16
10:00 MP BSU vs. North Dakota
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 CL VV Bridge
2:00 MP L-C-R Dice Game
6:00 CL Board Game Night

17
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 MP Movie & Popcorn
2:00 RR Quiddler

18
10:00 FA Pledge of Allegiance- fm\$100
10:00 FA Stretch Class- fm\$100
10:30 MP Bible Study
1:00 CL VV Bridge Group
1:15 MP Catholic Rosary
1:30 RR In the Mix ... Baking- fm\$100
2:00 MP Catholic Mass
3:30 CL L-C-R Dice Game- fm\$100

19
10:00 FA Pledge of Allegiance- fm\$100
10:00 FA Stretch Class- fm\$100
10:30 RR Book Club
1:00 CL VV Pinochle\$
1:00 L Walking Club
1:30 L Target Toss- fm\$100
3:15 BA Quarter Bingo- fm\$100

20
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 RR Ceramic Class- fm\$100
6:30 L Valley View Sing-Along

21
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

22
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 Coffee Out
2:00 L This is Your Life
3:15 BA Quarter Bingo- fm\$100
8:30 MP BSU @ San Diego State

23
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 CL VV Bridge
2:00 MP L-C-R Dice Game
6:30 BA Club Night ... Karaoke ♪

24
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 MP Movie & Popcorn
2:00 RR Quiddler

25
10:00 FA Pledge of Allegiance- fm\$100
10:00 FA Stretch Class- fm\$100
10:30 MP Bible Study
1:00 CL VV Bridge Group
1:15 MP Catholic Rosary
1:30 RR In the Mix ... Baking- fm\$100
3:30 CL L-C-R Dice Game- fm\$100

26
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 BA Quarter Bingo- fm\$100

27
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- fm\$100

28
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

29
Flu Shot Clinic
9:30 RR Vaccination Clinic
10:00 FA Pledge of Allegiance- fm\$100
10:00 FA Stretch Class- fm\$100
10:30 Shop ... Albertsons
1:30 Shop ... Winco
2:00 L This is Your Life
3:00 BA Resident Birthday Bash ♥

30
TBD BSU @ Memphis
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 CL VV Bridge
2:00 MP L-C-R Dice Game



Happy Birthday

1st	Rebecca Tremaine
4th	Patricia Smith
7th	Shirley Rogers
16th	Donna Salisbury
21st	Warn Culver
21st	Ruth Lambert
23rd	Joanne Collins
27th	Jackie Cushing
27th	Pauline Hendrix
29th	Carole Hassler



Welcome New Residents

Ada Casazza
Marcia Coulter
Dorothy Stevens



Healthy Lifestyle

Vaccination Reminder

We love our residents, and we want everyone to stay as healthy as possible. Please get vaccinated at our Flu Shot Clinic on Friday, September 29th. Sign up at the front desk.



Activities

Try Something New

Taking on new activities can stimulate the brain, experts say. Try learning a new skill, playing a new game or reading a new book genre.



Health & Wellness

Age With Confidence

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships, which are factors that contribute to growing older the best way possible.

Health professionals say these lifestyle choices are key to aging well:

- Exercise regularly to maintain a healthy body and brain. Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet. Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do. Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize. Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.
- Encourage your inner artist. If you've always wanted to play a musical instrument or learn to knit or paint, seek out a class and follow your passion.

Positive Thought

"Keep the enthusiasm of your youth and treasure the wisdom of old age." —Lailah Gifty Akita

In Remembrance of 9/11

Described as "a tribute to the past and a place of hope for the future," the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001.

Built on the site of the former World Trade Center complex, the memorial's focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools' black granite walls, creating massive waterfalls. Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated.

The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.

Another powerful memorial that commemorates the historic date is New York City's annual Tribute in Light. From dusk to dawn on Sept. 11, dozens of searchlights are used to create two beams of light that resemble the former twin towers standing within the city's skyline.

