



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

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



October Greetings

October is here! I’m looking forward to a month of fall weather and fun festivities. Be sure to check the calendar for our daily activities and special events, and plan to join us for a good time! It’s a joy to have you here. Visit my office anytime with questions or comments. Sherrie Hix, Recreation Director

Leaf-Peeping Outings

The trees are beginning to turn brilliant shades of red, orange and yellow, and we’re going leaf-peeping to view their beauty. Check calendar for dates, and be sure to RSVP at the front desk.

Do the Monster Mash

Boo! We’re scaring up some fun for residents this month with our Halloween costume party, so please plan to come to our bash on the 31st at 3:30 in the bar area for tricks and treats—oh, and prizes for the best costumes. Keep your eyes and ears open for details.

Book Buddies

October is National Reading Group Month, and with winter approaching, it’s a great time to join our book Club or establish one of your own. Reading groups provide a wonderful opportunity to engage with fellow book lovers and share good conversation.

It’s Oktoberfest Time!






We’re rolling out the fun at our Oktoberfest party! Don your dirndl or lederhosen, or just come as you are, and celebrate the season with tasty treats and lively music. Check calendar for details!

2022 Empty Bowls Fundraiser

The annual Empty Bowls fundraiser to support the Idaho Food Bank kicks off this month in our community - just in time for the holiday season. Come to our ceramic class and hand-paint a soup bowl for charity.

Door-Decorating Contest

Our residents always add a splash of seasonal décor to their living space, and we’re holding a contest to find the best Spooktacular decorated doors. So get creative! We will announce winners and hand out \$\$\$ at our Monster Mash Bash. See Sherrie Hix for more info!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>HELLO OCTOBER</p>					<p>Happy Birthday to: 7th Loida Campbell 13th Rosalee Wgle 14th Doris Martin 20th Irwin Rogers 22nd Charles Haskins 27th Peter Denton</p>	<p>1 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 Oktoberfest with the Edelweiss Band</p>
<p>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 ■ FA AC Bridge League 11:00 ■ MP Catholic Service 2:00 ■ RR Quiddler 2:00 ■ RR Scrabble Game</p>	<p>3 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</p>	<p>4 9:00 ■ IL Group Meditation-\$100 9:30 ■ IL Sign Language Class 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 3:15 ■ MP Team Jeopardy-fm\$100</p>	<p>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 3:00 ■ RR Art Class with Mary Jussel-fm\$100</p>	<p>6 9:00 ■ IL Group Meditation Session-\$100 9:30 Banking 9:30 ■ IL Sign Language Class-\$100 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 Leaf-Peeping-Tour the Town 🛒 6:30 ■ BA Gospel Singers</p>	<p>7 9:30 Walk the Park-fm\$100 10:00 ■ FA Pledge of Allegiance-fm\$100 10:00 ■ FA Stretch Class-fm\$100 10:45 Shop ... Albertsons 🛒 1:30 ■ RR Book Club 1:30 Shop ... Winco 🛒 3:15 ■ BA Quarter Bingo-fm\$100</p>	<p>8 TBA Fresno State @ BSU 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</p>
<p>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 ■ FA AC Bridge League 11:00 ■ MP Catholic Service 2:00 ■ RR Quiddler 2:00 ■ RR Scrabble Game</p>	<p>Columbus Day 10 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 6:30 ■ BA Idaho Bluegrass Band 🎵</p>	<p>11 9:00 ■ IL Group Meditation-\$100 9:30 ■ IL Sign Language Class 10:00 ■ FA Pledge of Allegiance-fm\$100 10:00 ■ FA Stretch Class-fm\$100 11:00 ■ FA AC Bridge League 11:00 ■ RR Activity Planning Meeting 1:00 ■ MP Bookmobile 1:00 ■ CL VV Pinochle\$ 1:30 ■ L Target Toss-fm\$100 3:15 ■ MP Trivia Challenge-fm\$100</p>	<p>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 ■ MP Medicare Update By Humana 3:00 ■ RR Ceramics-Empty Bowls for Idaho Food Bank 5:00 ■ L Meet & Greet the Artist JoAnn Leone</p>	<p>13 9:00 ■ IL Group Meditation Session-\$100 9:30 Banking 9:30 ■ IL Sign Language Class-\$100 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</p>	<p>14 9:30 Walk the Park-fm\$100 10:00 ■ FA Pledge of Allegiance-fm\$100 10:00 ■ FA Stretch Class-fm\$100 10:45 Shop ... Albertsons 🛒 11:30 Out to Lunch Bunch 1:30 ■ RR Craft Class-fm\$100 1:30 Shop ... Walmart 🛒 3:15 ■ BA Quarter Bingo-fm\$100</p>	<p>15 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</p>
<p>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 ■ FA AC Bridge League 11:00 ■ MP Catholic Service 2:00 ■ RR Quiddler 2:00 ■ RR Scrabble Game</p>	<p>17 10:00 ■ FA Pledge of Allegiance: fm\$100 10:00 ■ FA Stretch Class-fm\$100 1:30 ■ RR OASIS: Sorting Jewelry for Idaho Youth Ranch 1:30 ■ BA Understanding Great Music with Eric Collett 1:30 ■ CL VV Bridge Group 2:00 ■ MP Catholic Mass 2:30 ■ RR In the Mix ... Baking-fm\$100 3:30 ■ CL L-C-R Dice Game: fm\$100</p>	<p>18 9:00 ■ IL Group Meditation-\$100 9:30 ■ IL Sign Language Class 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 3:15 ■ MP Team Jeopardy-fm\$100 6:00 ■ BA Disneyland Jaz with Rob Verde 🎵</p>	<p>19 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 ■ MP Presentation-Prevent Falls 3:00 ■ RR Ceramics-Empty Bowls for Idaho Food Bank 4:30 ■ L Rack-Em-Up! Billiards-fm\$100</p>	<p>20 9:00 ■ IL Group Meditation Session-\$100 9:30 Banking 9:30 ■ IL Sign Language Class-\$100 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</p>	<p>21 9:30 Walk the Park-fm\$100 10:00 ■ FA Pledge of Allegiance-fm\$100 10:00 ■ FA Stretch Class-fm\$100 10:45 Shop ... Albertsons 🛒 11:00 ■ MP BVA Meeting 1:30 ■ RR Pumpkin Decorating 1:30 Shop ... Dollar Store 🛒 3:15 ■ BA Quarter Bingo-fm\$100</p>	<p>22 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 2:00 ■ BA Signature Music Studio Piano Recital 5:00 ■ FA BSU @ Air Force</p>
<p>23 10:00 Paper Puzzler 11:00 ■ FA AC Bridge League 11:00 ■ MP Catholic Service 2:00 ■ RR Quiddler</p>	<p>24 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</p>	<p>25 9:00 ■ IL Group Meditation-\$100 9:30 ■ IL Sign Language Class 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 3:15 ■ MP Trivia Challenge-fm\$100</p>	<p>26 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 ■ MP Presentation-Health & Lifestyle 3:00 ■ BA Ceramics-Empty Bowls for Idaho Food Bank 4:30 ■ MP Ladies Night!</p>	<p>27 9:00 ■ IL Group Meditation Session-\$100 9:30 Banking 9:30 ■ IL Sign Language Class-\$100 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 🛒 2:30 ■ BA Foot Notes-Music Program 🎵 3:30 ■ BA Happy Hour... Music & Cocktails</p>	<p>28 9:30 Walk the Park-fm\$100 10:00 ■ FA Pledge of Allegiance-fm\$100 10:00 ■ FA Stretch Class-fm\$100 10:45 Shop ... Albertsons 🛒 1:30 ■ RR Book Club 1:30 Shop ... Thrift Store 🛒 3:00 ■ BA Resident Birthday Bash ♥</p>	<p>29 TBA Colorado State @ BSU 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 ■ L Kids Trick-or-Treat</p>
<p>30 10:00 Paper Puzzler 11:00 ■ FA AC Bridge League 11:00 ■ MP Catholic Service 2:00 ■ RR Quiddler 2:00 ■ RR Scrabble Game</p>	<p>31 Happy Halloween 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 Monster Mash Bash</p>	<p>31 11:00 ■ RR Food Committee-fm\$500 1:00 ■ CL VV Pinochle\$ 1:30 ■ L Target Toss-fm\$100 3:15 ■ MP Trivia Challenge-fm\$100</p>	<p>31 11:00 ■ RR Food Committee-fm\$500 1:00 ■ CL VV Pinochle\$ 1:30 ■ L Target Toss-fm\$100 3:15 ■ MP Trivia Challenge-fm\$100</p>	<p>31 11:00 ■ RR Food Committee-fm\$500 1:00 ■ CL VV Pinochle\$ 1:30 ■ L Target Toss-fm\$100 3:15 ■ MP Trivia Challenge-fm\$100</p>	<p>31 11:00 ■ RR Food Committee-fm\$500 1:00 ■ CL VV Pinochle\$ 1:30 ■ L Target Toss-fm\$100 3:15 ■ MP Trivia Challenge-fm\$100</p>	<p>31 11:00 ■ RR Food Committee-fm\$500 1:00 ■ CL VV Pinochle\$ 1:30 ■ L Target Toss-fm\$100 3:15 ■ MP Trivia Challenge-fm\$100</p>

HALLOWEEN

Scaring Up Some Fun

We've asked the mini ghosts and goblins from our area to join us for a truly spook-tacular time this Halloween. Now, we invite you, our residents, to join the fun by donning your most ghoulish attire and having plenty of treats available for the witches and wizards who may sweep through our community. Afterward, on October 31st you'll have the opportunity to bedazzle your friends at our Halloween party. We'll have magical potions to quench your thirst and plenty of tasty goodies for you to enjoy. We hope that everyone will join us for our Halloween event. After all, it would be a frightful shame if you missed the fun!

Candy Donations

We're collecting candy for trick-or-treaters during our Halloween celebrations. If you'd like to contribute, please see Sherrie Hix. Thank you for your generosity!



Pumpkin Party

Make it spooky or make it silly—whatever your preference, join us for our pumpkin-carving and decorating party. We'll have all the supplies for you to have a "gourd" time!



Laugh Lines: 'Pumpkin' To Talk About

Have a "gourd" time with these pumpkin jokes!

Q: What do you call a pretty pumpkin?

A: Gourd-geous.

Q: What's a pumpkin's favorite sport?

A: Squash.

Q: What do pumpkins eat at the movies?

A: Pulp-corn.

Q: What did the pumpkin say to the pumpkin carver?

A: "Cut it out!"

Q: Why was the jack-o'-lantern afraid to cross the road?

A: Because it had no guts!

Q: How do you mend a broken jack-o'-lantern?

A: With a pumpkin patch.

Q: When is a pumpkin not a pumpkin?

A: When you drop it—then it's a squash.

A Pun-derful Season

Hay, there! Orange you glad it's autumn? Fall weather is unbe-leaf-able. It's really a-maizing. (If you don't like sappy puns, you better leaf right now!) At this time of year, pumpkins start piling up all around. They look so patch-ure perfect and are pie-ticularly tasty and filling. You'll also notice a latte drinks and foods flavored with pumpkin spice. Don't even chai to escape it. It really strikes a gourd with people. Whatever you love about the season, carve out some fun and give 'em pumpkin to talk about.

Tips To Prevent Falls

The cooler months provide a refreshing break to get out and about, but fallen leaves, wet surfaces and other hazards can raise the risk of falling. These tips can help you stay safe.

Wear appropriate shoes. Properly fitting, sturdy footwear with nonskid soles will provide good traction in all types of weather.

Dress warmly. When you are cold, your muscles tense up, which can affect your balance. Wearing warm layers during cool weather can relax your muscles, keeping you steady.

Pay attention. When walking, focus on the path ahead and look for any obstacles or slippery surfaces. Scan the surroundings using your eyes only; moving your head to look down or around may throw off your balance.

Use assistive devices. Handrails, walkers and canes are designed to keep you safe, so use them whenever possible.

Keep your hands free. Carrying bags or packages can cause unsteadiness. Try to keep your load light, or ask for assistance.

Take care around vehicles. When getting in and out of a car or bus, take it slow and make sure your footing is secure before moving. Hold on to the vehicle for extra support.

Wipe your feet. Leaves, mud, ice and snow can stick to the bottoms of your shoes and get tracked indoors.

