



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

### ’Tis the Season

Ho, ho, ho! Break out the mistletoe! Merry Christmas and Happy New Year to you and your family. With the holidays coming quickly, we hope yours will be wonderful. Our Community newsletter is your link to all the festive upcoming holiday activities we have scheduled! We will have a variety of exciting events, so please plan to attend all of them. If you have ideas or suggestions, let us know!

### Christmas Cheer!

It’s that time of year, and we’re ready to celebrate the holidays! All our residents and family are cordially invited to join us at our annual Christmas party on Tuesday, December 5th, starting at 5 pm. Be on the lookout for your holiday invitation with all the fabulous details. Please RSVP to (208) 322-0311 if you plan to attend the festivities. Happy Holidays!



### Holiday Traditions

When we flip to the last month in the calendar, we know that our traditions of family get-togethers, festive food and memorable celebrations are in store. And along with the holidays comes a new year filled with new opportunities. As you sit bundled under a blanket, think back on the traditions you hold dear and how they have enriched your life. Then look ahead as the 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.

### Tinsel Time

Show your holiday spirit by decorating your apartment door. We’re holding a decorating contest—complete with fabulous prizes—to encourage everyone to get in on the fun. See the Recreation Director for details and start stringing those lights and hanging that greenery.

### Toys for Tots

The holidays invite us to share our blessings with those less fortunate, and for your convenience, we have a Toys for Tots drop-off in our lobby. Just place your new, unwrapped toys in our Christmas wagon, and we’ll make sure they’re delivered. Thank you for your generosity!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>3</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>11:00 <span>MP</span> Catholic Service</p> <p>2:00 <span>MP</span> Holiday Movie &amp; Popcorn</p> <p>2:00 <span>RR</span> Kings in the Corner</p> <p>2:00 <span>RR</span> Quiddler</p>	<p>4</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:30 <span>RR</span> Bible Study</p> <p>1:00 <span>CL</span> VV Bridge Group</p> <p>1:15 <span>MP</span> Catholic Rosary</p> <p>1:30 <span>RR</span> In the Mix ... Baking- fm\$100</p> <p>2:30 <span>RR</span> Sorting Jewelry ... Youth Ranch</p> <p>3:30 <span>CL</span> L-C-R Dice Game- fm\$100</p>	<p>5</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:30 <span>FA</span> Community Meeting- fm\$100</p> <p>11:00 <span>L</span> Book Club</p> <p>1:00 <span>CL</span> VV Pinochle\$</p> <p>1:00 <span>L</span> Walking Club</p> <p>1:30 <span>L</span> Target Toss- fm\$100</p> <p>1:45 <span>BA</span> Women of Note ... Ladies' Choir</p> <p>3:15 <span>BA</span> Quarter Bingo- fm\$100</p> <p>6:30 <span>CL</span> Trivia Pup Night</p>	<p>6</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:45 <span>FA</span> Worship Service</p> <p>1:30 <span>CL</span> VV Bridge Group</p> <p>1:30 <span>MP</span> Wii Bowl- fm\$100</p> <p>2:00 <span>L</span> Creative Writing Chat Club- fm\$100</p> <p>3:00 <span>RR</span> Art Class with Mary Jussel- fm\$100</p> <p>6:30 <span>BA</span> Holiday Sing-Along</p>	<p>7</p> <p><b>Pearl Harbor Remembrance Day</b></p> <p>9:30 Banking &amp; Fred Meyer</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:30 Shop Fred Meyer</p> <p>1:00 <span>CL</span> VV Pinochle\$</p> <p>1:30 <span>CL</span> Blackjack "21"- fm\$100</p> <p>1:30 Tour the Town</p> <p>6:30 <span>BA</span> Gospel Singers</p>	<p>8</p> <p><b>Hanukkah</b></p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 Shop ... Albertsons</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>11:30 Lunch Out! Cottonwood Grill</p> <p>1:30 Shop ... Walmart</p> <p>2:00 <span>BA</span> Treble Clef ... Ladies' Choir</p> <p>3:15 <span>BA</span> Quarter Bingo- fm\$100</p>	<p>9</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>1:00 <span>CL</span> VV Pinochle\$</p> <p>1:30 <span>BA</span> Piano Music Recital</p> <p>1:30 <span>CL</span> VV Bridge</p> <p>2:00 <span>MP</span> L-C-R Dice Game</p> <p>3:30 <span>BA</span> Piano Music Recital</p> <p>5:00 <span>BA</span> Piano Music Recital</p> <p>6:30 <span>CL</span> Game Board Night</p>
<p>10</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>11:00 <span>MP</span> Catholic Service</p> <p>2:00 <span>MP</span> Holiday Movie &amp; Popcorn</p> <p>2:00 <span>RR</span> Kings in the Corner</p> <p>2:00 <span>RR</span> Quiddler</p>	<p>11</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:30 <span>RR</span> Bible Study</p> <p>1:00 <span>CL</span> VV Bridge Group</p> <p>1:15 <span>MP</span> Catholic Rosary</p> <p>1:15 <span>BA</span> Long Fellow Elementary Choir</p> <p>1:30 <span>RR</span> In the Mix ... Baking- fm\$100</p> <p>2:30 <span>BA</span> Understanding Great Music with Eric Collett 🎵</p> <p>3:30 <span>CL</span> L-C-R Dice Game- fm\$100</p>	<p>12</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:30 <span>RR</span> Activity Planning Meeting</p> <p>11:00 <span>L</span> Book Club</p> <p>12:30 <span>MP</span> Bookmobile</p> <p>1:00 <span>CL</span> VV Pinochle\$</p> <p>1:00 <span>L</span> Walking Club</p> <p>1:30 <span>L</span> Target Toss- fm\$100</p> <p>2:00 <span>BA</span> Grace Notes ... Choir</p> <p>3:15 <span>BA</span> Quarter Bingo- fm\$100</p> <p>6:30 <span>CL</span> Trivia Pup Night</p>	<p>13</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:45 <span>FA</span> Worship Service</p> <p>1:30 <span>CL</span> VV Bridge Group</p> <p>1:30 <span>MP</span> Wii Bowl- fm\$100</p> <p>2:00 <span>L</span> Creative Writing Chat Club- fm\$100</p> <p>3:00 <span>RR</span> Holiday Craft</p> <p>5:00 <span>L</span> Art Show &amp; Sale ... Meet the Artist</p>	<p>14</p> <p>9:30 Banking &amp; Fred Meyer</p> <p>9:30 <span>RR</span> Foot Care Clinic-sign up!</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:30 Shop Fred Meyer</p> <p>1:00 <span>CL</span> VV Pinochle\$</p> <p>1:30 <span>CL</span> Blackjack "21"- fm\$100</p> <p>1:30 Tour the Town</p> <p>3:30 <span>BA</span> Jingle &amp; Mingle Cocktail Hour</p>	<p>15</p> <p>9:30 Walk the Mall- fm\$100</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 Shop ... Albertsons</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>11:00 <span>MP</span> BVA Meeting</p> <p>1:30 Shop ... Townsquare Mall</p> <p>2:00 <span>RR</span> Discussion Group</p> <p>3:00 <span>BA</span> Funny Money Auction\$\$\$</p>	<p>16</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>1:00 <span>CL</span> VV Pinochle\$</p> <p>1:30 <span>CL</span> VV Bridge</p> <p>2:00 <span>MP</span> L-C-R Dice Game</p> <p>3:00 <span>BA</span> Fiddle Express Band</p> <p>6:30 <span>CL</span> Game Board Night</p>
<p>17</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>11:00 <span>MP</span> Catholic Service</p> <p>2:00 <span>MP</span> Holiday Movie &amp; Popcorn</p> <p>2:00 <span>RR</span> Kings in the Corner</p> <p>2:00 <span>RR</span> Quiddler</p>	<p>18</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:30 <span>RR</span> Bible Study</p> <p>1:00 <span>CL</span> VV Bridge Group</p> <p>1:15 <span>MP</span> Catholic Rosary</p> <p>1:30 <span>RR</span> In the Mix ... Baking- fm\$100</p> <p>2:00 <span>MP</span> Catholic Mass</p> <p>2:30 <span>MP</span> Sort Jewelry ... Youth Ranch</p> <p>3:30 <span>CL</span> L-C-R Dice Game- fm\$100</p> <p>6:00 Christmas Light Tour</p>	<p>19</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>1:00 <span>CL</span> VV Pinochle\$</p> <p>1:00 <span>L</span> Walking Club</p> <p>1:30 <span>L</span> Target Toss- fm\$100</p> <p>3:15 <span>BA</span> Quarter Bingo- fm\$100</p> <p>6:30 <span>CL</span> Trivia Pup Night</p>	<p>20</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:45 <span>FA</span> Worship Service</p> <p>1:30 <span>CL</span> VV Bridge Group</p> <p>1:30 <span>MP</span> Wii Bowl- fm\$100</p> <p>2:00 <span>L</span> Creative Writing Chat Club- fm\$100</p> <p>3:00 <span>BA</span> Name that Holiday Tune</p>	<p>21</p> <p>9:30 Banking &amp; Fred Meyer</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:30 Shop Fred Meyer</p> <p>1:00 <span>CL</span> VV Pinochle\$</p> <p>1:30 <span>CL</span> Blackjack "21"- fm\$100</p> <p>1:30 Tour the Town</p> <p>3:30 <span>BA</span> New Resident Meet &amp; Greet</p>	<p>22</p> <p>9:30 Walk the Mall- fm\$100</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 Shop ... Albertsons</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>1:30 Shop ... Dollar Store</p> <p>3:00 <span>BA</span> Ugly Christmas Sweater Social</p>	<p>23</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>1:00 <span>CL</span> VV Pinochle\$</p> <p>1:30 <span>CL</span> VV Bridge</p> <p>2:00 <span>MP</span> L-C-R Dice Game</p> <p>6:30 <span>CL</span> Game Board Night</p>
<p>24</p> <p>10:00 Paper Puzzler</p> <p>11:00 <span>MP</span> Catholic Service</p> <p>2:00 <span>MP</span> Holiday Movie &amp; Popcorn</p> <p>2:00 <span>RR</span> Kings in the Corner</p> <p>2:00 <span>RR</span> Quiddler</p>	<p>25</p> 	<p>26</p> <p><b>Kwanzaa Begins</b></p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>11:00 <span>RR</span> Food Committee- fm\$500</p> <p>1:00 <span>CL</span> VV Pinochle\$</p> <p>1:00 <span>L</span> Walking Club</p> <p>1:30 <span>L</span> Target Toss- fm\$100</p> <p>3:15 <span>BA</span> Quarter Bingo- fm\$100</p> <p>6:30 <span>CL</span> Trivia Pup Night</p>	<p>27</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:45 <span>FA</span> Worship Service</p> <p>1:30 <span>CL</span> VV Bridge Group</p> <p>1:30 <span>MP</span> Wii Bowl- fm\$100</p> <p>2:00 <span>L</span> Creative Writing Chat Club- fm\$100</p> <p>3:00 <span>RR</span> Ceramics- fm\$100</p> <p>6:30 <span>BA</span> Sing-Along</p>	<p>28</p> <p>9:30 Banking &amp; Fred Meyer</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>10:30 Shop Fred Meyer</p> <p>1:00 <span>CL</span> VV Pinochle\$</p> <p>1:30 <span>CL</span> Blackjack "21"- fm\$100</p> <p>1:30 Tour the Town</p> <p>3:30 <span>BA</span> Happy Hour ... Music &amp; Cocktails</p>	<p>29</p> <p>9:30 Walk the Mall- fm\$100</p> <p>10:00 <span>FA</span> Pledge of Allegiance- fm\$100</p> <p>10:00 Shop ... Albertsons</p> <p>10:00 <span>FA</span> Stretch Class- fm\$100</p> <p>1:30 Shop ... Thrift Store</p> <p>3:00 <span>BA</span> Resident Birthday Bash ♥</p>	<p>30</p> <p>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</p> <p>1:00 <span>CL</span> VV Pinochle\$</p> <p>1:30 <span>CL</span> VV Bridge</p> <p>2:00 <span>MP</span> L-C-R Dice Game</p> <p>6:30 <span>CL</span> End of Year Celebration</p>
<p>31</p> <p>10:00 Paper Puzzler</p> <p>11:00 <span>MP</span> Catholic Service</p> <p>2:00 <span>MP</span> Holiday Movie &amp; Popcorn</p> <p>2:00 <span>RR</span> Kings in the Corner</p> <p>2:00 <span>RR</span> Quiddler</p>						



# Happy Birthday

1st Barbara Burns  
 8th Gerald York  
 11th Barbara Olson  
 27th Richard Harris  
 28th Betty Krafsky

# Welcome New Residents

Robert Brouws  
 Daisy Fetner  
 John Hadden  
 John & Luana Lamkin  
 Ron & Char Zarbrisky

# Manager's Corner

## Staff Appreciation Fund

If you'd like to contribute to the employee Christmas appreciation fund, please stop by the front desk or speak with Eddie Johnson, General Manager. Thank you for your support and generosity!

## Holiday Décor Safety

Think "safety" when decorating for the season. Don't let tinsel or garland become a tripping hazard. For fire safety, turn off all lights before going to bed or leaving the apartment. Read all warning labels and directions.



## Laugh Lines: Eat, Drink and Be Merry

The gingerbread man went to the medical clinic because he had a sore knee. After examining it, the doctor said, "Have you tried icing it?"

Q: Why did the gingerbread man go to the dentist?

A: He had gingervitis.

Q: What does gingerbread do when it's done baking?

A: It just loaf's around.

Q: What is a gingerbread man's favorite drink?

A: Ginger ale.

Q: How would you rate the eggnog?

A: It's egg-cellent.

Q: Who tells the best eggnog jokes?

A: Comedi-hens!

Q: What's a fun party activity to do while drinking eggnog?

A: Singing kara-yolkie!

Q: What happens when no one comes to your holiday party?

A: You can have your fruitcake and eat it too.

Q: Why is history like a fruitcake?

A: Because it's full of dates.

Q: When is a fruitcake like a golf ball?

A: When it's been sliced.

Q: Why was the German tourist searching for fruitcake?

A: It was stollen.

## Nutty About Fruitcake

Some people hate it, some love it and others love to make jokes about it! Fruitcake has a long history and is a popular holiday treat in many parts of the world.

Today's fruitcake is a sweet, dense loaf made with butter, brown sugar and molasses, and lots of nuts and candied fruits, among other ingredients. The first fruitcakes, however, were a little different.

The oldest reference to a similar cake dates to Roman times. The recipe included barley mash mixed with pomegranate seeds, pine nuts and raisins, producing a portable, long-lasting food that was perfect for travelers.

During the Middle Ages, dried fruits became more widely available, so people added them to cakes, along with honey and spices.

In the 1500s, cheap sugar from the colonies began arriving in Europe, and it was soon discovered that soaking fruit in successively greater concentrations of sugar intensified the color and flavor, while also acting as a preservative. Soon fruitcakes were all the rage.

Serving fruitcake for special occasions such as holidays and weddings became popular in the 18th and 19th centuries, especially in Great Britain.

