



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



#### March Greetings

Hello, there! March is upon us, and with it comes the welcome arrival of spring. We are all looking forward to warmer weather and more outings. Lots of activities planned this month, and I encourage everyone to join us!

#### It’s That Time Again ...

Remember daylight saving time begins on the 2nd Sunday in March. So move those clocks ahead one hour before you go to bed so you won’t be late! If you’re grumpy about losing that hour of sleep, keep in mind that daylight saving time is a sign that spring arrives soon with longer days filled with sunshine.

#### Happy Easter!

It’s a time of rebirth and renewal. Whether you’re celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter, our staff wishes all of you a wonderful holiday. Be sure to join us on Saturday, March 30th, for our Easter Egg Hunt!

#### Happy St. Patrick’s Day

Everybody’s Irish on March 17. As you celebrate the wearin’ o’ the green, we’d like to offer this St. Patrick’s Day toast: May the roof above you never fall in, and may the friends gathered below never fall out. Happy St. Patrick’s Day to all of our residents!

#### Cheers to Being Cheerful

March is Optimism Month, and studies show that looking on the bright side is good for your health. Optimists are better at problem-solving, have stronger immune systems, and recover faster from illness and injury than pessimists.

#### We’re Here To Help

At our community, your safety and comfort come first. We are here to answer any questions and resolve any issues you may have. Please don’t hesitate to reach out to us when you need a helping hand.

#### Take Advantage of Fun Activities

Our activities schedule is designed to appeal to a variety of personalities and hobbies. Please join us! If there’s an activity you’d like to see added to the schedule, please let us know. We will do everything we can to make it happen!

Sunday

Monday

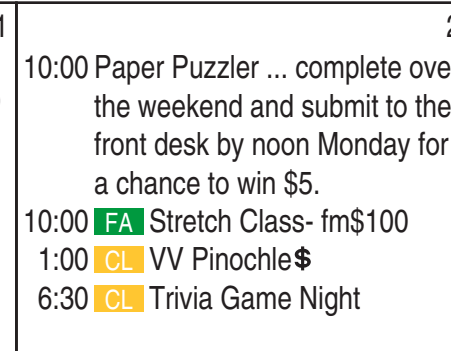
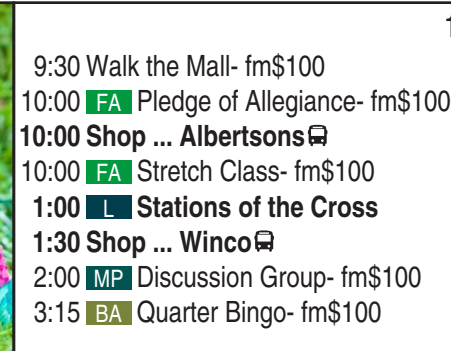
Tuesday

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 MP Movie & Popcorn  
 2:00 RR Quiddler

4  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:30 RR Bible Study  
 1:00 CL VV Bridge Group  
 1:15 MP Catholic Rosary  
 1:30 RR In the Mix ... Baking- fm\$100  
 2:30 RR Sorting Jewelry ... Youth Ranch  
 3:30 CL L-C-R Dice Game- fm\$100

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  
 1:30 CL VV Bridge Group 2  
 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  
 1:30 MP Wii Bowl- fm\$100  
 2:00 L Creative Writing Chat Club- fm\$100  
**3:00 RR Art Class with Mary Jussel- fm\$100**

7  
**9:30 Banking & Fred Meyer**  
 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  
 2:00 RR Just Such! Story Discussion  
**6:30 BA Gospel Singers**

8  
 9:30 Walk the Mall- fm\$100  
 10:00 FA Pledge of Allegiance- fm\$100  
**10:00 Shop ... Albertsons**  
 10:00 FA Stretch Class- fm\$100  
**11:30 Out to Lunch!**  
 1:00 L Stations of the Cross  
**1:30 Shop ... Walmart**  
 2:00 MP Discussion Group- fm\$100  
 3:15 BA Quarter Bingo- fm\$100

9  
 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.  
 10:00 FA Stretch Class- fm\$100  
 1:00 CL VV Pinochle\$  
 6:30 CL Trivia Game Night

10  
**Daylight Saving Time Begins**  
**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 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 RR 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 Parkinson's Support Group  
 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  
 10:30 L Book Club  
**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  
 1:30 CL VV Bridge Group 2  
 3:15 BA Quarter Bingo- fm\$100

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  
 1:30 MP Wii Bowl- fm\$100  
 2:00 L Creative Writing Chat Club- fm\$100  
 3:00 RR Ceramic Class- fm\$100  
**5:00 L Meet & Greet the Artist**

14  
**9:30 Banking & Fred Meyer**  
 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  
 2:00 RR Just Such! Story Discussion  
**3:30 BA Happy Hour ... Music & Cocktails**  
 6:30 BA Sing-Along With Barb

15  
 9:30 Walk the Mall- fm\$100  
 10:00 FA Pledge of Allegiance- fm\$100  
**10:00 Shop ... Albertsons**  
 10:00 FA Stretch Class- fm\$100  
**11:00 MP BVA Meeting**  
**1:00 L Stations of the Cross**  
**1:30 Shop ... Dollar Store**  
 2:00 MP Discussion Group- fm\$100  
 3:15 BA Quarter Bingo- fm\$100

16  
 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.  
 10:00 FA Stretch Class- fm\$100  
**10:45 BA Killarney Irish Dancers**  
 1:00 CL VV Pinochle\$  
 6:30 CL Trivia Game Night

17  
**Happy St. Patrick's Day**  
**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 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 RR 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  
 2:30 RR Sorting Jewelry ... Youth Ranch  
 3:30 CL L-C-R Dice Game- fm\$100

19  
**Spring Begins**  
 10:00 FA Pledge of Allegiance- fm\$100  
 10:00 FA Stretch Class- fm\$100  
 10:30 L Book Club  
 1:00 CL VV Pinochle\$  
 1:00 L Walking Club  
 1:30 L Target Toss- fm\$100  
 1:30 CL VV Bridge Group 2  
 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  
 1:30 MP Wii Bowl- fm\$100  
 2:00 L Creative Writing Chat Club- fm\$100  
 3:30 RR Craft Class- fm\$100

21  
**9:30 Banking & Fred Meyer**  
 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  
 2:00 RR Just Such! Story Discussion  
**3:30 BA Meet & Greet New Residents**

22  
 9:30 Walk the Mall- fm\$100  
 10:00 FA Pledge of Allegiance- fm\$100  
**10:00 Shop ... Albertsons**  
 10:00 FA Stretch Class- fm\$100  
**1:00 L Stations of the Cross**  
**1:30 Shop ... Grocery Outlet**  
 2:00 MP Discussion Group- fm\$100  
 3:15 BA Quarter Bingo- fm\$100

23  
 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.  
 10:00 FA Stretch Class- fm\$100  
 1:00 CL VV Pinochle\$  
 6:30 CL Trivia Game Night

24  
**Palm Sunday**  
 11:00 MP Catholic Service  
 2:00 MP Movie & Popcorn  
 2:00 RR Quiddler

25  
**Happy Easter**  
 11:00 MP Catholic Service  
 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 RR 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  
 1:30 CL VV Bridge Group 2  
 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  
 1:30 MP Wii Bowl- fm\$100  
 2:00 L Creative Writing Chat Club- fm\$100  
 3:00 Team Jeopardy- fm\$100

28  
**9:30 Banking & Fred Meyer**  
 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  
 2:00 RR Just Such! Story Discussion  
**3:30 BA Happy Hour... Music & Cocktails**  
 6:30 BA Sing-Along With Barb

29  
 9:30 Walk the Mall- fm\$100  
 10:00 FA Pledge of Allegiance- fm\$100  
**10:00 Shop ... Albertsons**  
 10:00 FA Stretch Class- fm\$100  
**1:00 L Stations of the Cross**  
**1:30 Shop ... Thrift Store**  
 2:00 MP Discussion Group- fm\$100  
**3:00 BA Resident Birthday Bash ♥**

30  
**9:30 BA Res/ Family Waffle Bar Breakfast**  
 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.  
 10:00 FA Stretch Class- fm\$100  
**11:00 L Kids' Easter Egg Hunt**  
 1:00 CL VV Pinochle\$  
 6:30 CL Trivia Game Night

# Happy Birthday



|      |                  |
|------|------------------|
| 3rd  | Dot Phillips     |
| 7th  | Ruth Scurlock    |
| 8th  | Marcia Coulter   |
| 12th | Carol Hooker     |
| 13th | George Starr     |
| 15th | Ada Casazza      |
| 15th | Anita McReynolds |
| 19th | Ronald Zarbnisky |
| 27th | John Lewellen    |
| 30th | Kay Peterman     |

# Welcome New Residents

Joe Caskin  
Russell Goebel  
Leila Inlow  
Shirley Schorzman  
Darwin & Betty Smith

# Life Enrichment Corner

## Get Happy

According to the National Institute on Aging, the greatest threat to a healthy senior mind is depression. Hobbies, socializing and exercise are all great anti-depressants. But if you regularly engage in these activities and still feel depressed, talk to your health care provider. There's help out there—all you need to do is ask!

## With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants. Members of the insect world, including ladybugs, crickets and dragonflies, symbolize luck in many countries, as do aquatic creatures such as dolphins and goldfish.



## Sacred Easter Symbols

Easter Sunday celebrates the resurrection of Jesus Christ, whose triumph over death promises eternal life for the rest of the world. Several meaningful symbols are associated with the holiday, which is one of the most joyous celebrations on the Christian calendar.

*Eggs.* A symbol of new life since ancient times, the egg is a classic Easter symbol. In addition to eggs dyed in bright colors to add festivity to seasonal decorations, the egg is sometimes seen as a representation of Christ's tomb.

*Easter lily.* As Jesus was without sin, yet suffered and died for the world's sins, his purity and innocence is duplicated in the white blooms of this flower, which blossoms as another symbol of new life.

*Hot cross buns.* Jesus died on a cross, so there's no other emblem more appropriate for Easter. The rising dough of these sweet rolls also commemorates Christ's rising from the dead.

*Lamb.* Many baby animals are associated with Easter, but the lamb is probably the most common. Jesus is called the Lamb of God because he served as a sacrificial lamb to wash away the sins of the people.

*Butterfly.* This insect's life cycle serves as a reflection of the life of Jesus: The caterpillar is his life and work on Earth; the cocoon is his crucifixion and burial; and the butterfly represents the glory of his resurrection.