



1130 N Allumbaugh Street  
Boise, ID 83704  
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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



### April Greetings!

Hello and welcome to April! Warmer weather is on the way, and I hope you get a chance to enjoy the beauty of spring. And while you’re at it, pop in and say hi—my door is always open! ~ Sherrie Hix

### A Rewarding Spring

Do you know someone who’s looking for a new place to live? Tell him or her how much you love living here at Garden Plaza of Valley View. When that person signs a lease and moves in, you’ll receive a great reward through our resident referral program!

### Tax Help From the IRS

The deadline for filing most income tax returns is approaching. You can get answers to your federal tax questions by visiting *IRS.gov* or by calling the IRS Tax Help Line at (800) 829-1040. To check the status of your refund, call the Refund Hotline at (800) 829-1954.

### Rainy Day Reminder






The rhyme “April showers bring May flowers” can be seen as a lesson in patience and optimism. It may be gloomy and wet today, but remember what we have to look forward to—the beauty and fragrance of spring blossoms.

### Outdoor Strolls

Spring is here! Take advantage of milder weather and go for a walk in the fresh air. A recent large-scale study by the University of Michigan reported reduced stress levels in people who walked outside with a group. Researchers believe that the combination of exercise, nature and social interaction serves as a powerful mood enhancer. People facing stressful life events, such as an illness, experienced the biggest boost; however, going on regular outdoor walks may contribute to an improved sense of well-being, even when you’re feeling fine.

### Tour the Town Adventures

Spring is here, and we’re excited! We have several outings planned, and we’d love to have you join us as we celebrate the season. Look for spring events on the calendar, and remember to sign up at the front desk to reserve your spot on the bus.

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|---|--|--|---|--|---|
|    | <p style="text-align: center;"><b>April Fools' Day</b> 1</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           10:30 <span style="color: green;">RR</span> Bible Study<br/>           1:15 <span style="color: purple;">MP</span> Catholic Rosary<br/>           1:30 <span style="color: green;">RR</span> In the Mix ... Baking- fm\$100<br/> <b>2:00 <span style="color: blue;">BA</span> Disneyland Jazz</b><br/>           2:30 <span style="color: green;">RR</span> Sorting Jewelry ... Youth Ranch<br/>           3:30 <span style="color: yellow;">CL</span> L-C-R Dice Game- fm\$100</p>  | <p style="text-align: center;">2</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/> <b>10:30 <span style="color: red;">FA</span> Community Meeting- fm\$100</b><br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/>           1:00 <span style="color: pink;">L</span> Walking Club<br/>           1:30 <span style="color: pink;">L</span> Target Toss- fm\$100<br/>           3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm\$100</p>  | <p style="text-align: center;">3</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           10:45 <span style="color: red;">FA</span> Worship Service<br/>           1:30 <span style="color: yellow;">CL</span> VV Bridge Group 1<br/>           1:30 <span style="color: purple;">MP</span> Wii Bowl- fm\$100<br/>           2:00 <span style="color: pink;">L</span> Creative Writing Chat Club- fm\$100<br/> <b>3:00 <span style="color: green;">RR</span> Art Class with Mary Jussel- fm\$100</b></p>  | <p style="text-align: center;">4</p> <p><b>9:30 Banking</b><br/>           10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/> <b>10:30 Shop Fred Meyer</b> 🚶<br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/>           1:30 <span style="color: yellow;">CL</span> Blackjack "21"- fm\$100<br/>           1:30 Tour the Town 🚶<br/>           3:30 <span style="color: green;">RR</span> Craft Class- fm\$100<br/> <b>6:30 <span style="color: blue;">BA</span> Gospel Singers</b></p>                    | <p style="text-align: center;">5</p> <p>9:30 Walk the Park- fm\$100 🚶<br/>           10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/> <b>10:00 Shop ... Albertsons</b> 🚶<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/> <b>1:30 Shop ... Winco</b> 🚶<br/>           2:00 <span style="color: purple;">MP</span> Discussion Group- fm\$100<br/>           3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm\$100</p>  | <p style="text-align: center;">6</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.<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/>           6:30 <span style="color: yellow;">CL</span> Trivia Game Night</p>              |
| <p style="text-align: center;">7</p> <p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b><br/>           11:00 <span style="color: purple;">MP</span> Catholic Service<br/> <b>2:00 <span style="color: purple;">MP</span> Movie &amp; Popcorn</b><br/>           2:00 <span style="color: green;">RR</span> Quiddler</p>  | <p style="text-align: center;">8</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           10:30 <span style="color: green;">RR</span> Bible Study<br/> <b>11:30 Solar Eclipse Picnic Lunch</b> 🚶<br/>           1:15 <span style="color: purple;">MP</span> Catholic Rosary<br/>           1:30 <span style="color: green;">RR</span> In the Mix ... Baking- fm\$100<br/> <b>2:00 <span style="color: purple;">MP</span> Parkinson's Support Group</b><br/> <b>2:30 <span style="color: blue;">BA</span> Understanding Great Music with Eric Collett</b> ♪<br/>           3:30 <span style="color: yellow;">CL</span> L-C-R Dice Game- fm\$100</p> | <p style="text-align: center;">9</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/> <b>10:30 <span style="color: pink;">L</span> Book Club</b><br/> <b>11:00 <span style="color: green;">RR</span> Activity Planning Meeting</b><br/> <b>12:30 <span style="color: purple;">MP</span> Bookmobile</b><br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/>           1:00 <span style="color: pink;">L</span> Walking Club<br/>           1:30 <span style="color: pink;">L</span> Target Toss- fm\$100<br/>           3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm\$100</p> | <p style="text-align: center;">10</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           10:45 <span style="color: red;">FA</span> Worship Service<br/>           1:30 <span style="color: yellow;">CL</span> VV Bridge Group 1<br/>           1:30 <span style="color: purple;">MP</span> Wii Bowl- fm\$100<br/>           2:00 <span style="color: pink;">L</span> Creative Writing Chat Club- fm\$100<br/>           3:15 <span style="color: purple;">MP</span> Team Jeopardy- fm\$100<br/> <b>5:00 <span style="color: pink;">L</span> Meet &amp; Greet the Artist</b></p> | <p style="text-align: center;">11</p> <p><b>9:30 Banking</b><br/>           10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/> <b>10:30 Shop Fred Meyer</b> 🚶<br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/>           1:30 <span style="color: yellow;">CL</span> Blackjack "21"- fm\$100<br/>           1:30 Tour the Town 🚶<br/> <b>3:30 <span style="color: blue;">BA</span> Happy Hour ... Music &amp; Cocktails</b><br/> <b>6:30 <span style="color: blue;">BA</span> Sing-Along With Barb</b></p> | <p style="text-align: center;">12</p> <p>9:30 Walk the Park- fm\$100 🚶<br/>           10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/> <b>10:00 Shop ... Albertsons</b> 🚶<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/> <b>11:30 Lunch Out! Cracker Barrel</b><br/> <b>1:30 Shop ... Walmart</b> 🚶<br/>           2:00 <span style="color: purple;">MP</span> Discussion Group- fm\$100<br/>           3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm\$100</p>                               | <p style="text-align: center;">13</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.<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/> <b>6:30 <span style="color: yellow;">CL</span> Treasure Valley String Trio Band</b></p> |
| <p style="text-align: center;">14</p> <p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b><br/>           11:00 <span style="color: purple;">MP</span> Catholic Service<br/> <b>2:00 <span style="color: purple;">MP</span> Movie &amp; Popcorn</b><br/>           2:00 <span style="color: green;">RR</span> Quiddler</p> | <p style="text-align: center;">15</p> <p><b>Tax Day</b></p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           10:30 <span style="color: green;">RR</span> Bible Study<br/>           1:15 <span style="color: purple;">MP</span> Catholic Rosary<br/>           1:30 <span style="color: green;">RR</span> In the Mix ... Baking- fm\$100<br/> <b>2:00 <span style="color: purple;">MP</span> Catholic Mass</b><br/>           2:30 <span style="color: green;">RR</span> Sorting Jewelry ... Youth Ranch<br/>           3:30 <span style="color: yellow;">CL</span> L-C-R Dice Game- fm\$100</p>   | <p style="text-align: center;">16</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/> <b>10:30 <span style="color: pink;">L</span> Book Club</b><br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/>           1:00 <span style="color: pink;">L</span> Walking Club<br/>           1:30 <span style="color: pink;">L</span> Target Toss- fm\$100<br/>           3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm\$100</p>  | <p style="text-align: center;">17</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           10:45 <span style="color: red;">FA</span> Worship Service<br/>           1:30 <span style="color: yellow;">CL</span> VV Bridge Group 1<br/>           1:30 <span style="color: purple;">MP</span> Wii Bowl- fm\$100<br/>           2:00 <span style="color: pink;">L</span> Creative Writing Chat Club- fm\$100<br/>           3:30 <span style="color: green;">RR</span> Ceramic Class- fm\$100</p>   | <p style="text-align: center;">18</p> <p><b>9:30 Banking</b><br/>           10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/> <b>10:30 Shop Fred Meyer</b> 🚶<br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/>           1:30 <span style="color: yellow;">CL</span> Blackjack "21"- fm\$100<br/>           1:30 Tour the Town 🚶<br/> <b>3:30 <span style="color: blue;">BA</span> Meet &amp; Greet New Residents</b><br/> <b>6:30 <span style="color: blue;">BA</span> Fabulous '50s Dance Party</b></p>  | <p style="text-align: center;">19</p> <p>9:30 Walk the Park- fm\$100 🚶<br/>           10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/> <b>10:00 Shop ... Albertsons</b> 🚶<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/> <b>11:00 <span style="color: purple;">MP</span> BVA Meeting</b><br/> <b>1:30 Shop ... Dollar Store</b> 🚶<br/>           2:00 <span style="color: purple;">MP</span> Discussion Group- fm\$100<br/>           3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm\$100</p> | <p style="text-align: center;">20</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.<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/>           6:30 <span style="color: yellow;">CL</span> Trivia Game Night</p>             |
| <p style="text-align: center;">21</p> <p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b><br/>           11:00 <span style="color: purple;">MP</span> Catholic Service<br/> <b>2:00 <span style="color: purple;">MP</span> Movie &amp; Popcorn</b><br/>           2:00 <span style="color: green;">RR</span> Quiddler</p> | <p style="text-align: center;">22</p> <p><b>Earth Day</b></p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           10:30 <span style="color: green;">RR</span> Bible Study<br/>           1:15 <span style="color: purple;">MP</span> Catholic Rosary<br/>           1:30 <span style="color: green;">RR</span> In the Mix ... Baking- fm\$100<br/> <b>1:45 <span style="color: blue;">BA</span> Women of Note ... Ladies' Choir</b><br/>           3:30 <span style="color: yellow;">CL</span> L-C-R Dice Game- fm\$100</p>   | <p style="text-align: center;">23</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/>           1:00 <span style="color: pink;">L</span> Walking Club<br/>           1:30 <span style="color: pink;">L</span> Target Toss- fm\$100<br/> <b>2:00 <span style="color: red;">FA</span> Funny Money Auction\$\$\$</b><br/>           3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm\$100</p>   | <p style="text-align: center;">24</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           10:45 <span style="color: red;">FA</span> Worship Service<br/>           1:30 <span style="color: yellow;">CL</span> VV Bridge Group 1<br/>           1:30 <span style="color: purple;">MP</span> Wii Bowl- fm\$100<br/>           2:00 <span style="color: pink;">L</span> Creative Writing Chat Club- fm\$100<br/>           3:15 <span style="color: purple;">MP</span> Team Jeopardy- fm\$100</p>  | <p style="text-align: center;">25</p> <p><b>9:30 Banking</b><br/>           10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/> <b>10:30 Shop Fred Meyer</b> 🚶<br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/>           1:30 <span style="color: yellow;">CL</span> Blackjack "21"- fm\$100<br/>           1:30 Tour the Town 🚶<br/> <b>3:30 <span style="color: blue;">BA</span> Happy Hour ... Music &amp; Cocktails</b><br/> <b>3:30 <span style="color: blue;">BA</span> Sing-Along With Barb</b></p> | <p style="text-align: center;">26</p> <p>9:30 Walk the Park- fm\$100 🚶<br/>           10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/> <b>10:00 Shop ... Albertsons</b> 🚶<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/> <b>1:30 Shop ... Thrift Store</b> 🚶<br/>           2:00 <span style="color: purple;">MP</span> Discussion Group- fm\$100<br/> <b>3:00 <span style="color: blue;">BA</span> Resident Birthday Bash</b> ♥</p>   | <p style="text-align: center;">27</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.<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/>           6:30 <span style="color: yellow;">CL</span> Trivia Game Night</p>             |
| <p style="text-align: center;">28</p> <p><b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b><br/>           11:00 <span style="color: purple;">MP</span> Catholic Service<br/> <b>2:00 <span style="color: purple;">MP</span> Movie &amp; Popcorn</b><br/>           2:00 <span style="color: green;">RR</span> Quiddler</p> | <p style="text-align: center;">29</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/>           10:30 <span style="color: green;">RR</span> Bible Study<br/>           1:15 <span style="color: purple;">MP</span> Catholic Rosary<br/>           1:30 <span style="color: green;">RR</span> In the Mix ... Baking- fm\$100<br/>           3:30 <span style="color: yellow;">CL</span> L-C-R Dice Game- fm\$100</p>   | <p style="text-align: center;">30</p> <p>10:00 <span style="color: red;">FA</span> Pledge of Allegiance- fm\$100<br/>           10:00 <span style="color: red;">FA</span> Stretch Class- fm\$100<br/> <b>11:00 <span style="color: green;">RR</span> Food Committee- fm\$500</b><br/>           1:00 <span style="color: yellow;">CL</span> VV Pinochle\$<br/>           1:00 <span style="color: pink;">L</span> Walking Club<br/>           1:30 <span style="color: pink;">L</span> Target Toss- fm\$100<br/>           3:15 <span style="color: blue;">BA</span> Quarter Bingo- fm\$100</p>  |   |    |   |    |

# Happy Birthday



|      |                  |
|------|------------------|
| 3rd  | Joe Mattie       |
| 5th  | John Lamkin      |
| 5th  | June Pettis      |
| 11th | Jack Ownbey      |
| 12th | Sam Tremaine     |
| 13th | Sharon Brock     |
| 13th | Tom Cahill       |
| 13th | James Nelson     |
| 13th | George Neumayer  |
| 15th | Dennis Dailey    |
| 17th | Patricia Kubicki |
| 18th | Daisy Fetner     |
| 24th | Ann Olson        |
| 24th | Linda Sprague    |

# Welcome New Residents



Karen Ash  
 Myrna Cortner  
 Dennis Dailey  
 Marvin & Roberta Dixon  
 Ron Jennings  
 Carolyn Warner  
 Beverly Wibbels  
 Neil Windrom


# Just for Fun



## Lessons in Laughter

"You grow up the day you have your first real laugh at yourself." —Ethel Barrymore

# Life Enrichment Corner



## Parkinson's Awareness Month

A neurodegenerative disorder, Parkinson's disease affects 10 million people worldwide and about 1 million in the U.S. Every April, Parkinson's Disease Awareness Month offers opportunities to learn more about this condition and discover ways to provide support. Please feel free to join our monthly Parkinson's support group that meets the 2nd Monday of every month for more information regarding this disease.

## See a Solar Eclipse

On April 8, millions of people in the U.S. will have the chance to witness the spectacle of a total solar eclipse, when the moon will pass in front of the sun and darken the sky. This astronomical event will span across the continent from Mexico to northeastern Canada. In the path of totality, the darkness will last up to 4 1/2 minutes, nearly twice as long as the total solar eclipse in 2017. Even those outside the main path can experience a partial eclipse, where the moon will partially block the sun.

Remember, you should never look directly at the sun during an eclipse event. Be sure to wear solar viewing glasses, use approved solar filters on cameras and binoculars, or view the eclipse indirectly with a pinhole camera.



## Earth Day Resolutions

Celebrate Earth Day on April 22 by resolving to take steps to help the environment. You may find that going green is easier than you think. Following are some ways to make your daily routine more eco-friendly.

**Eating.** When ordering takeout, tell the restaurant you don't need plastic forks and knives. Try to do without plastic straws, too. Purchase a reusable water bottle and make a habit of carrying it with you. Reduce food waste by using a meal plan, following a shopping list and making use of leftovers.

**Shopping.** Limit online shopping. E-commerce packaging is a growing source of waste. When shopping in a store, look for products with minimal packaging. Take your own tote bags with you. They not only reduce plastic waste, but are sturdier and easier to carry than most disposable bags. Buy used products whenever possible.

**At home.** Turn off lights when you leave a room, and unplug appliances that aren't in use. Reuse gift wrap and bows, or make your own gift wrap from newspapers, magazines or maps. Donate or recycle your old cell phones and other electronic devices.

You can start helping the planet right now. No effort is too trivial, so make your Earth Day resolutions today.