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*A Tradition of
Excellence in Boise*

Find us on 

The Bridge at Valley View

"Tradition of Excellence in Boise"
Garden Plaza of Valley View provides the best Assisted Living services in Boise through The Bridge at Valley View. We offer personal care in private residences designed to promote maximum independence while meeting the individual needs of each senior. To ensure a fulfilling retirement lifestyle, The Bridge also maintains a full calendar of social activities and events designed to promote the social, physical and emotional well-being of each resident. Our caring, professional Assisted Living staff includes RNs, LPNs and Care Aides.

Management Team

Eddie Johnson General Mgr.
Virginia Thornley AL Manager
Jaimie Cox Business Office
Jennifer Kavulich Dining Svs
Frank Dowd Maintenance
Sherrie Hix Recreation
Melanie Eames Sales
Pam Dillman Sales

Important Numbers

AL Receptionist 208-327-1044
Front Desk Dial (0)
AL Manager 208-327-1046
Beauty Shop 208-327-1178
Business Office 208-327-1023
Dining Room 208-327-1416
General Manager 208-327-1021
Recreation 208-327-1025



April Greetings!

Hello and welcome to April!
Warmer weather is on the way, and I hope all of 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. When that person signs a lease and moves in, you'll receive a great reward through our resident referral program! Having your friends and family as neighbors will put a spring in your step and a little something in the bank, as well.

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](https://www.irs.gov) or by calling the IRS Tax Help Line for 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
	April Fools' Day 1 10:00 Do You Recall? 11:00  Exercise Class 1:30 Pictionary Game 2:30  R & R Inspiration 4:00 L-C-R Dice Game	2 10:00 Brainteaser 11:00  Exercise Class 1:30  Gospel & Accordion Music 2:30  Bean Bag Toss 3:30 Quarter Bingo	3 9:30 Chapel 11:00  Exercise Class 1:30 Spill & Spell ... Dice Game 1:30  VV Bridge Group ✓ 3:00 Craft Class 4:00 Oh, Shoot! ... Dice Game	4 10:00 Table Talk 11:00  Exercise Class 1:30  Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle 6:30 Gospel Singers	5 9:30 Bible Study 10:30  Shop Albertsons 11:00  Exercise Class 1:30 Word Game 2:30 Horse Racing 3:30 Happy Hour ... Wine/Beer	6 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00  Exercise Class 3:00 Quarter Bingo
7 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1 11:00 Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 2:30 Movie & Popcorn 3:30 Scrabble	8 10:00 Do You Recall? 11:00  Exercise Class 11:30 Solar Eclipse Picnic Lunch 1:30 Pictionary Game 2:00 Parkinson's Support Group 2:30 Understanding Great Music with Eric Collett-IL 2:30 What's Cooking? 4:00 L-C-R Dice Game	9 10:00 Brainteaser 11:00  Exercise Class 12:30 Bookmobile- IL 1:30 Activity Planning Meeting 2:30  Bean Bag Toss 3:30 Quarter Bingo	10 9:30 Chapel 11:00  Exercise Class 1:30 Spill & Spell ... Dice Game 1:30  VV Bridge Group ✓ 3:00 Art 4 All ... painting class with Artist Mary Jussel 4:00 Oh, Shoot! ... Dice Game 5:00 Meet & Greet the Artist	11 10:00 Table Talk 11:00  Exercise Class 1:30  Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle 6:30 Sing-Along With Barb	12 9:30 Bible Study 10:30  Shop Albertsons 11:00  Exercise Class 1:30 Word Game 2:30 Horse Racing 3:30 Sing-Along With Barb	13 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00  Exercise Class 3:00 Quarter Bingo 6:30 Treasure Valley String Trio Band
14 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1 11:00 Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 2:30 Movie & Popcorn 3:30 Scrabble	15 Tax Day 10:00 Do You Recall? 11:00  Exercise Class 1:30 Pictionary Game 2:30 What's Cooking? 4:00 L-C-R Dice Game	16 10:00 Brainteaser 11:00  Exercise Class 1:30 Who, What, When 2:30  Bean Bag Toss 3:30 Quarter Bingo	17 9:30 Chapel 11:00  Exercise Class 1:30 Spill & Spell ... Dice Game 1:30  VV Bridge Group ✓ 3:00  Community Meeting 3:30  Ice Cream Bars 4:00 Oh, Shoot! ... Dice Game	18 10:00 Table Talk 11:00  Exercise Class 1:30  Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle 6:30 Fabulous '50s Dance Party	19 9:30 Bible Study 10:30  Shop Albertsons 11:00  Exercise Class 1:30 Word Game 2:30 Horse Racing 3:30 Happy Hour ... Wine/Beer	20 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00  Exercise Class 3:00 Quarter Bingo
21 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1 9:30 Worship Service ... Life Church 11:00 Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 2:30 Movie & Popcorn 3:30 Scrabble	22 Earth Day 10:00  Do You Recall? 11:00  Exercise Class 1:30 Pictionary Game 2:30 Women of Note ... Ladies' Choir 4:00 L-C-R Dice Game	23 10:00 Brainteaser 11:00  Exercise Class 1:30 Blackjack "21" 2:30  Bean Bag Toss 3:30 Quarter Bingo	24 9:30 Chapel 11:00  Exercise Class 1:30 Spill & Spell ... Dice Game 1:30  VV Bridge Group ✓ 3:00 Travelogue 4:00 Oh, Shoot! ... Dice Game	25 10:00 Table Talk 11:00  Exercise Class 1:30  Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle 6:30 Sing-Along With Barb	26 9:30 Bible Study 10:30  Shop Albertsons 11:00  Exercise Class 1:30 Word Game 2:30 Horse Racing 3:00  Resident Birthday Bash ♥	27 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00  Exercise Class 3:00 Quarter Bingo
28 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1 9:30 Worship Service ... Life Church 11:00 Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 2:30 Movie & Popcorn 3:30 Scrabble	29 10:00 Do You Recall? 11:00  Exercise Class 1:30 Pictionary Game 2:30 What's Cooking? 4:00 L-C-R Dice Game	30 10:00 Brainteaser 11:00  Exercise Class 1:30  Food Committee Meeting 2:30  Bean Bag Toss 3:30 Quarter Bingo				



Happy Birthday

27th Phyllis Moreland



Welcome New Residents

Ruth Garrison
Phyllis Moreland




Just for Fun

Chasing Rainbows

A rainbow is one of the most wondrous sights in nature. Here's how you can spot one!

Rainbows are caused by light shining through water, so the best time to look for them is during a break in a rainstorm, when the sun is peeking out. Early mornings and late afternoons are better. Look for the sun in the sky and then turn your back to it—rainbows only appear across from the sun.

The sky beneath a rainbow is brighter than the sky above it, so if you see a bright patch of sky, look closely. There may be a faint rainbow! When a rainbow itself is especially vibrant, there may be a double rainbow reflected from the top of the arc. The colors of this rainbow will be in reverse.



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. For more information regarding this disease, please feel free to join our monthly Parkinson's support group that meets here at Valley View on the 2nd Monday of every month.

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.

HAPPY
EARTH DAY
APRIL 22



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.