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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



Holiday Traditions

When we flip to the last month in the calendar, we know 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, and 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.

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!

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!

A Holly Jolly Time

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!

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> 9:30 Bible Study 10:30 Shop Albertsons 11:00  Exercise Class 1:30 Word Game 2:30  Holiday Sing-Along 3:30 Phunny Presents	<div>2</div> 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 10:00  Holiday Bazaar-IL 11:00  Exercise Class 3:00 Quarter Bingo
<div>3</div> 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 Holiday Movie & Popcorn	<div>4</div> 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	<div>5</div> 10:00 Brainteaser 11:00  Exercise Class 1:30  Gospel & Accordion Music 2:30  Women of Note ... Ladies' Choir 3:30 Quarter Bingo 5:00  Res/ Family Holiday Party	<div>6</div> 9:30 Chapel 11:00  Exercise Class 1:30 Uno ... Card Game 2:30 Craft Class 4:00 Oh, Shoot! ... Dice Game	<div>7</div> Pearl Harbor Remembrance Day 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-IL	<div>8</div> Hanukkah 9:30 Bible Study 10:30 Shop Albertsons 11:00  Exercise Class 1:30 Word Game 2:45  Treble Clef ... Ladies' Choir 3:30 Happy Hour ... Wine/ Beer	<div>9</div> 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
<div>10</div> 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 Holiday Movie & Popcorn	<div>11</div> 10:00 Do You Recall? 11:00  Exercise Class 1:30 Stocking Stuffer Stumper 2:30 R & R Inspiration 2:30  Understanding Great Music with Eric Collett-IL 4:00 L-C-R dice game	<div>12</div> 10:00 Brainteaser 11:00  Exercise Class 1:00  Bookmobile- IL 1:30 Activity Planning Meeting 2:00  Grace Notes -IL 2:30  Bean Bag Toss 3:30 Quarter Bingo	<div>13</div> 9:30 Chapel 11:00  Exercise Class 1:30 Uno ... Card Game 3:00 Art 4 All ... painting class with Artist Mary Jussel 4:00 Oh, Shoot! ... Dice Game 5:00  Art Show & Sale ... Meet the Artist	<div>14</div> 9:30  Foot Care Clinic-sign up! 10:00 Table Talk 11:00  Exercise Class 1:30 Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	<div>15</div> 9:30 Bible Study 10:30 Shop Albertsons 11:00  Exercise Class 1:30 Word Game 2:30 Christmas Concentration Game 3:30 Lifelong Learning	<div>16</div> 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
<div>17</div> 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 Holiday Movie & Popcorn	<div>18</div> 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	<div>19</div> 10:00 Brainteaser 11:00  Exercise Class 1:30 Who, What, When 2:30  Bean Bag Toss 3:30 Quarter Bingo 6:00 Holiday Light Tour	<div>20</div> 9:30 Chapel 11:00  Exercise Class 1:30 Uno ... Card Game 3:00  Community Meeting 3:30  Candy Bars 4:00 Oh, Shoot! ... Dice Game	<div>21</div> 10:00 Table Talk 11:00  Exercise Class 1:30 Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	<div>22</div> 9:30 Bible Study 10:30 Shop Albertsons 11:00  Exercise Class 1:30 Word Game 2:30  Holiday Sing-Along 3:30 Happy Hour ... Wine/ Beer	<div>23</div> 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
<div>24</div> 9:00 Paper Puzzler 9:30 Worship Service ... Life Church 11:00  Catholic Service- IL 1:30 Color Art 2:30 Holiday Movie & Popcorn	<div>25</div> 	<div>26</div> Kwanzaa Begins 10:00 Brainteaser 11:00  Exercise Class 1:30  Food Committee Meeting 2:30  Bean Bag Toss 3:30 Quarter Bingo	<div>27</div> 9:30 Chapel 11:00  Exercise Class 1:30 Uno ... Card Game 2:30 Travelogue 4:00 Oh, Shoot! ... Dice Game	<div>28</div> 10:00 Table Talk 11:00  Exercise Class 1:30 Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	<div>29</div> 9:30 Bible Study 10:30 Shop Albertsons 11:00  Exercise Class 1:30 Word Game 3:00  Resident Birthday Bash ♥	<div>30</div> 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
<div>31</div> 9:00 Paper Puzzler 11:00  Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 2:30 Holiday Movie & Popcorn						



7TH Robert Sampson



Pat Barclay
Robert Sampson



Revel in the Little Things

As the song says, "It's the most wonderful time of the year!" While this month can be busy with celebrations, take time to appreciate the little, everyday occurrences. Notice the sun shining, a friend's laugh, or the scent of freshly brewed coffee. Psychologists say relishing a positive moment for a few seconds helps embed it in your brain and stores it in long-term memory. This process of "positive experiencing" can help you savor more of life's simple joys.

Employee Appreciation Fund

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



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 loafs 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.

