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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 that our traditions of family get-togethers, festive food and memorable celebrations are in store. But 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 new 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.



A Holly Jolly Time

Ho, ho, ho! Break out the mistletoe! Our newsletter is your communications link to all the festive upcoming holiday activities we have planned! A variety of exciting events going on -- plan to attend all of them! Rely on your newsletter to find details on upcoming parties, contests and other plans. If you have ideas of your own to suggest, let us know!

Christmas Cheer!


It's that time of year, and we're ready to celebrate! All residents and their family are cordially invited to join us at our annual holiday party on Thursday, December 19th, starting at 5:30. Be on the lookout for fabulous details! We are sure to have a great time! Please RSVP to the front desk if you plan to attend. Happy Holidays! We hope to see everyone at the festivities.

Tinsel Time

Show your holiday spirit by decorating your apartment door. Join our contest—complete with fabulous prizes—to encourage everyone to get in on the fun. Call or stop by Sherrie's office for details and start stringing those lights and hanging that greenery.

Toy Drive

Our holiday toy drive is in full swing. If you want to donate, there's still time. Come by the office with a new, unopened, unwrapped toy and help give a special holiday gift to a child in need. Get involved and help us spread holiday cheer! Thank you for your support and generosity!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1</div> <div>11:00 IL Catholic Service- IL</div> <div>11:00 L Exercise Tape</div> <div>1:30 L Color Art</div> <div>2:30 L Movie & Popcorn</div> <div>3:30 L Scrabble</div>	<div>2</div> <div>10:00 Do You Recall?</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Pictionary Game</div> <div>2:30 DR R & R Inspiration</div> <div>4:00 L-C-R Dice Game</div>	<div>3</div> <div>10:00 Brainteaser</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 DR Gospel & Accordion Music</div> <div>2:45 Women of Note ... Ladies' Choir</div> <div>3:30 Quarter Bingo</div>	<div>4</div> <div>9:30 Chapel</div> <div>11:00 DR Exercise Class</div> <div>1:30 Spill & Spell ... Dice Game</div> <div>1:30 DR VV Bridge Group✓</div> <div>2:30 Craft Class</div> <div>4:00 Oh, Shoot! ... Dice Game</div>	<div>5</div> <div>10:00 Table Talk Tidbits</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:15 IL Long Fellow Elementary Choir</div> <div>1:30 Tour the Town🚌</div> <div>3:30 Quarter Bingo</div> <div>4:30 L Individual Mystery Puzzle</div> <div>6:30 IL Gospel Singers- IL</div>	<div>6</div> <div>9:30 Bible Study</div> <div>10:30 Shop Albertsons</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Word Game</div> <div>2:30 Horse Racing</div> <div>3:30 Happy Hour</div>	<div>Pearl Harbor Remembrance Day</div> <div>7</div> <div>9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</div> <div>11:00 DR Exercise Class</div> <div>3:00 DR Treasure Valley Full Gospel Fellowship</div> <div>3:30 Quarter Bingo</div>
<div>8</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1</div> <div>11:00 IL Catholic Service- IL</div> <div>11:00 L Exercise Tape</div> <div>1:30 L Color Art</div> <div>2:30 L Movie & Popcorn</div> <div>3:30 L Scrabble</div>	<div>9</div> <div>10:00 Do You Recall?</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Pictionary Game</div> <div>2:00 DR Boise Choristers-Choir</div> <div>2:00 IL Parkinson's Support Group</div> <div>2:30 What's Cooking?</div> <div>4:00 L-C-R dice game</div>	<div>10</div> <div>10:00 Brainteaser</div> <div>11:00 DR Exercise Class</div> <div>12:45 IL Bookmobile- IL</div> <div>1:00 Chat Club</div> <div>1:30 Activity Planning Meeting</div> <div>2:30 Jenga Game</div> <div>3:30 Quarter Bingo</div>	<div>11</div> <div>9:30 Chapel</div> <div>11:00 DR Exercise Class</div> <div>1:30 Spill & Spell ... Dice Game</div> <div>1:30 DR VV Bridge Group✓</div> <div>3:00 Art 4 All ... painting class with Artist Mary Jussel</div> <div>4:00 Oh, Shoot! ... Dice Game</div> <div>5:00 IL Art Show & Sale ... Meet the Artist</div>	<div>12</div> <div>10:00 Table Talk Tidbits</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Tour the Town🚌</div> <div>3:30 Quarter Bingo</div> <div>4:30 L Individual Mystery Puzzle</div> <div>6:30 IL Sing-Along With Barb</div>	<div>13</div> <div>9:30 Bible Study</div> <div>10:30 Shop Albertsons</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Word Game</div> <div>2:30 Horse Racing</div> <div>3:30 Travelogue</div>	<div>14</div> <div>9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</div> <div>11:00 DR Exercise Class</div> <div>3:00 IL Sweet Adeline's- Choir</div> <div>3:30 Quarter Bingo</div>
<div>15</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1</div> <div>9:30 Worship Service ... Life Church</div> <div>11:00 IL Catholic Service- IL</div> <div>11:00 L Exercise Tape</div> <div>1:30 L Color Art</div> <div>2:30 L Movie & Popcorn</div> <div>3:30 L Scrabble</div>	<div>16</div> <div>10:00 Do You Recall?</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Pictionary Game</div> <div>2:30 What's Cooking?</div> <div>4:00 L-C-R Dice Game</div>	<div>17</div> <div>10:00 Brainteaser</div> <div>10:30 IL Veterans' Coffee Social</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Who, What, When</div> <div>2:30 Balloon Swat</div> <div>3:30 Quarter Bingo</div>	<div>18</div> <div>9:30 Chapel</div> <div>11:00 DR Exercise Class</div> <div>1:30 Spill & Spell ... Dice Game</div> <div>1:30 DR VV Bridge Group✓</div> <div>3:00 DR Community Meeting</div> <div>3:30 DR Ice Cream Bars</div> <div>4:00 Oh, Shoot! ... Dice Game</div> <div>6:30 IL Opera Night</div>	<div>19</div> <div>10:00 Table Talk Tidbits</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Tour the Town🚌</div> <div>3:30 Quarter Bingo</div> <div>4:30 L Individual Mystery Puzzle</div> <div>5:30 IL Res/ Family Holiday Party</div>	<div>20</div> <div>9:30 Bible Study</div> <div>10:30 Shop Albertsons</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Word Game</div> <div>2:30 Horse Racing</div> <div>3:30 Ugly Christmas Sweater Social</div>	<div>Winter Begins</div> <div>21</div> <div>9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</div> <div>11:00 DR Exercise Class</div> <div>3:30 Quarter Bingo</div>
<div>22</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1</div> <div>9:30 Worship Service ... Life Church</div> <div>11:00 IL Catholic Service- IL</div> <div>11:00 L Exercise Tape</div> <div>1:30 L Color Art</div> <div>2:30 L Movie & Popcorn</div> <div>3:30 L Scrabble</div>	<div>23</div> <div>10:00 DR Do You Recall?</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Pictionary Game</div> <div>2:30 What's Cooking?</div> <div>4:00 L-C-R Dice Game</div>	<div>24</div> <div>10:00 Brainteaser</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>2:30 Quarter Bingo</div> <div>3:30 Chapel Service</div> <div>6:30 IL Christmas Hymns</div>	<div>25</div> <div></div>	<div>26</div> <div>10:00 Table Talk Tidbits</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Tour the Town🚌</div> <div>3:30 Quarter Bingo</div> <div>4:30 L Individual Mystery Puzzle</div>	<div>27</div> <div>9:30 Bible Study</div> <div>10:30 Shop Albertsons</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Word Game</div> <div>2:30 Horse Racing</div> <div>3:00 DR Resident Birthday Bash♥</div>	<div>28</div> <div>9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</div> <div>11:00 DR Exercise Class</div> <div>3:30 Quarter Bingo</div>
<div>29</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1</div> <div>11:00 IL Catholic Service- IL</div> <div>11:00 L Exercise Tape</div> <div>1:30 L Color Art</div> <div>2:30 L Movie & Popcorn</div> <div>3:30 L Scrabble</div>	<div>30</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Pictionary Game</div> <div>2:30 What's Cooking?</div> <div>4:00 L-C-R Dice Game</div>	<div>New Year's Eve</div> <div>31</div> <div>10:00 Brainteaser</div> <div>11:00 DR Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Food Committee Meeting</div> <div>2:30 Jenga Game</div> <div>3:30 IL End of Year Celebration</div>	<div></div>	<div></div>	<div></div>	<div></div>



7th Christina Stone
21st Mark Reich

Health & Wellness

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.

Activities

Break Out Your Ugly Sweater

Show off your tacky, quirky or comical style on Ugly Sweater Day, the third Friday in December.

Happiness Is Key

"Keep smiling, because life is a beautiful thing and there's so much to smile about." —Marilyn Monroe

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 stolen.



Historic Events in December

1620: Mayflower pilgrims land at Plymouth, Mass.

1732: Benjamin Franklin first publishes his "Poor Richard's Almanac."

1776: George Washington and his Continental Army cross the Delaware River to attack British troops.

1823: "A Visit From St. Nicholas (The Night Before Christmas)" by Clement C. Moore is published.

1865: Slavery in the United States is abolished upon the ratification of the Constitution's 13th Amendment.

1871: Mark Twain (Samuel Clemens) is granted a patent for an "improvement in adjustable and detachable straps for garments" (suspenders).

1884: Construction of the Washington Monument is completed.

1901: Animator, filmmaker and theme park developer Walt Disney is born.

1903: The Wright Brothers pilot the first successful powered and controlled airplane flight.

1911: Explorer Roald Amundsen and his expedition team discover the South Pole.

1924: Wrigley's gum is trademark-registered.

1939: "Gone With the Wind" has its film premiere in Atlanta, Ga.

1956: The first gorilla is born in captivity at the Columbus, Ohio, zoo.

1967: Dr. Christiaan Barnard performs the world's first successful heart transplant.

1991: The end of the Union of Soviet Socialist Republics (USSR) occurs.