



1130 N Allumbaugh Street
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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



Happy Valentine's Day

Valentine's Day is coming, and it reminds us of the people we love the most: you, our residents! And we're not thinking about just hearts and flowers, either. We are committed to making your home here the best ever. Please don't hesitate to let us know if there's anything else we can do to make it that way!

Wear Red

The first Friday in February is National Wear Red Day, dedicated to raising awareness of heart disease in women. Remember to wear red to support the cause, and join us for some heart-healthy activities.

Make a Friend, Be a Friend

You can never have too many friends, but it's impossible to meet everyone without a little help. Let's nurture our community's kindred spirit on Valentine's Day. We're summoning all residents—from those who are shy to the brightest social butterfly—for our Friendship Party on February 14th. Introduce yourself to new residents, nibble on some treats, play our get-to-know-you games and, above all, make new friends! Check out the activity calendar for more details.

Hug Therapy

Hugs may keep you healthy during cold season. In a study where subjects were exposed to a cold virus, those who received regular hugs were less likely to develop cold symptoms than participants who didn't receive daily hugs. Researchers say hugging reduces stress and strengthens the immune system.

Ready for Some Football?

It's Super Bowl Time! Watch the big game on our big screen. We're hosting a Super Bowl party in the lobby on Super Bowl Sunday at 4:30. Bring your team spirit and we'll provide your favorite Super Bowl snack. We'll see you at the coin toss!

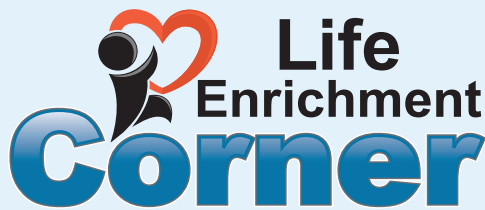
Share the Love

Don't you just love living in our community? Whether it's because of our great staff, great location or great amenities, tell everyone you know about how much you love living here. Then, if they visit us, sign a lease and move in, you'll receive a reward.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>4</div>	 <div>5</div>	 <div>6</div>	 <div>7</div>	<div>1</div> <div>10:00 Table Talk</div> <div>11:00 Exercise Class</div> <div>1:30 Tour the Town </div> <div>3:30 Quarter Bingo</div> <div>4:30 Individual Mystery Puzzle</div> <div>5:30  Gospel Singers</div>	<div>2</div> <div>Groundhog Day</div> <div>9:30 Bible Study</div> <div>10:30 Shop Albertsons</div> <div>11:00 Exercise Class</div> <div>1:30 Word Game</div> <div>2:30 Blackjack "21"</div> <div>3:30 Happy Hour ... Wine/Beer</div>	<div>3</div> <div>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</div> <div>11:00 Exercise Tape</div>
<div>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1</div> <div>11:00  Catholic Service- IL</div> <div>11:00 Exercise Tape</div> <div>1:30 Color Art</div> <div>2:30 Movie & Popcorn</div> <div>3:30 Scrabble</div>	<div>10:00 Do You Recall?</div> <div>11:00 Exercise Class</div> <div>1:30 Pictionary Game</div> <div>2:30 R & R Inspiration</div> <div>4:00 L-C-R Dice Game</div>	<div>10:00 Brainteaser</div> <div>11:00 Exercise Class</div> <div>1:30 Gospel & Accordion Music</div> <div>2:30 Bean Bag Toss</div> <div>3:30 Quarter Bingo</div>	<div>9:30 Chapel</div> <div>11:00 Exercise Class</div> <div>1:30 Uno ... Card Game</div> <div>3:00 Craft Class</div> <div>4:00 Oh, Shoot! ... Dice Game</div>	<div>8</div> <div>9:30  Foot Care Clinic-sign up!</div> <div>10:00 Table Talk</div> <div>11:00 Exercise Class</div> <div>1:30 Tour the Town </div> <div>3:30 Quarter Bingo</div> <div>4:30 Individual Mystery Puzzle</div>	<div>9</div> <div>9:30 Bible Study</div> <div>10:30 Shop Albertsons</div> <div>11:00 Exercise Class</div> <div>1:30 Word Game</div> <div>2:30 Blackjack "21"</div> <div>3:30 Sing-Along With Barb</div>	<div>10</div> <div>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</div> <div>11:00 Exercise Tape</div>
<div>11</div> <div>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1</div> <div>11:00  Catholic Service- IL</div> <div>11:00 Exercise Tape</div> <div>1:30 Color Art</div> <div>2:30 Movie & Popcorn</div> <div>3:30 Scrabble</div> <div>4:30 Super Bowl Party</div>	<div>12</div> <div>10:00 Do You Recall?</div> <div>11:00 Exercise Class</div> <div>1:30 Pictionary Game</div> <div>2:30  Understanding Great Music with Eric Collett-IL</div> <div>2:30 What's Cooking?</div> <div>4:00 L-C-R dice game</div>	<div>13</div> <div>10:00 Mardi Gras Social</div> <div>11:00 Exercise Class</div> <div>1:00  Bookmobile- IL</div> <div>1:30 Activity Planning Meeting</div> <div>2:30 Bean Bag Toss</div> <div>3:30 Quarter Bingo</div>	<div>14</div> <div>9:30 Chapel</div> <div>11:00 Exercise Class</div> <div>1:30 Uno ... Card Game</div> <div>2:00 Friendship Social</div> <div>3:00 Art 4 All... painting class with Artist Mary Jussel</div> <div>4:00 Oh, Shoot! ... Dice Game</div>	<div>15</div> <div>10:00 Table Talk</div> <div>11:00 Exercise Class</div> <div>1:30 Tour the Town </div> <div>3:30 Quarter Bingo</div> <div>4:30 Individual Mystery Puzzle</div>	<div>16</div> <div>9:30 Bible Study</div> <div>10:30 Shop Albertsons</div> <div>11:00 Exercise Class</div> <div>1:30 Word Game</div> <div>2:30 Blackjack "21"</div> <div>3:15 Lincoln Remembered-Presentation</div>	<div>17</div> <div>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</div> <div>11:00 Exercise Class</div> <div>3:00 Quarter Bingo</div>
<div>18</div> <div>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1</div> <div>9:30 Worship Service ... Life Church</div> <div>11:00  Catholic Service- IL</div> <div>11:00 Exercise Tape</div> <div>1:30 Color Art</div> <div>2:30 Movie & Popcorn</div> <div>3:30 Scrabble</div>	<div>19</div> <div>10:00 Do You Recall?</div> <div>11:00 Exercise Class</div> <div>1:30 Pictionary Game</div> <div>2:30 What's Cooking?</div> <div>4:00 L-C-R Dice Game</div>	<div>20</div> <div>10:00 Brainteaser</div> <div>11:00 Exercise Class</div> <div>1:30 Who, What, When</div> <div>2:30 Bean Bag Toss</div> <div>3:30 Quarter Bingo</div>	<div>21</div> <div>9:30 Chapel</div> <div>11:00 Exercise Class</div> <div>1:30 Uno ... Card Game</div> <div>3:00 Community Meeting</div> <div>3:30 Ice Cream Bars</div> <div>4:00 Oh, Shoot! ... Dice Game</div> <div>5:00  Meet & Greet the Artist</div> <div>6:30  Chinese Traditional Dancers of Boise</div>	<div>22</div> <div>10:00 Table Talk</div> <div>11:00 Exercise Class</div> <div>1:30 Tour the Town </div> <div>3:30 Quarter Bingo</div> <div>4:30 Individual Mystery Puzzle</div>	<div>23</div> <div>9:30 Bible Study</div> <div>10:30 Shop Albertsons</div> <div>11:00 Exercise Class</div> <div>1:30 Word Game</div> <div>2:30 Blackjack "21"</div> <div>3:00 Resident Birthday Bash </div>	<div>24</div> <div>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</div> <div>11:00 Exercise Class</div> <div>3:00 Quarter Bingo</div>
<div>25</div> <div>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1</div> <div>9:30 Worship Service ... Life Church</div> <div>11:00  Catholic Service- IL</div> <div>11:00 Exercise Tape</div> <div>1:30 Color Art</div> <div>2:30 Movie & Popcorn</div> <div>3:30 Scrabble</div>	<div>26</div> <div>10:00 Do You Recall?</div> <div>11:00 Exercise Class</div> <div>1:30 Pictionary Game</div> <div>2:30 What's Cooking?</div> <div>4:00 L-C-R Dice Game</div>	<div>27</div> <div>10:00 Brainteaser</div> <div>11:00 Exercise Class</div> <div>1:30 Food Committee Meeting</div> <div>2:30 Bean Bag Toss</div> <div>3:30 Quarter Bingo</div>	<div>28</div> <div>9:30 Chapel</div> <div>11:00 Exercise Class</div> <div>1:30 Uno ... Card Game</div> <div>3:00 Travelogue</div> <div>4:00 Oh, Shoot! ... Dice Game</div>	<div>29</div> <div>10:00 Table Talk</div> <div>11:00 Exercise Class</div> <div>1:30 Tour the Town </div> <div>2:00  Foot Note Choir-IL</div> <div>3:30 Quarter Bingo</div> <div>4:30 Individual Mystery Puzzle</div>		



5th	Julia Oleson
5th	Melvin Wood
12th	Ruth Ann Smith
22nd	Hugo Helfenstein
23rd	Alice Keller
24th	Yolanda Carlson



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!

A Little Self-Love

"To fall in love with yourself is the first secret to happiness." — Robert Morley

Year of the Dragon

Happy Lunar New Year! The Year of the Dragon begins on Feb. 10. Of the 12 animals in the Chinese zodiac, the dragon is the only mythological creature, and it's associated with power, intelligence, confidence and prosperity.



Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red. Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

Know your numbers. Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend. Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Set a nutritious example. Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

Give back. Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.

Presidential Pop Quiz

Use the following clues to unscramble the name of an American president.

1. He was the first president to be born a citizen of the United States:

2. This president served two non-consecutive terms in the late 1800s:

3. Before becoming president, this man briefly served as the director of the CIA:

4. The first Siamese cat in America was gifted to this president and his wife:

5. This former U.S. president was awarded the Nobel Peace Prize in 2002:

6. After his presidency, this man was appointed chief justice on the Supreme Court:

7. To date, he's the only U.S. president to have earned a Ph.D.:

8. He was the first president who was born outside the continental U.S.:

9. This president's middle initial doesn't stand for anything:

10. The country's Interstate Highway System was established under this president:

(Answers: 1. Martin Van Buren; 2. Grover Cleveland; 3. George H.W. Bush; 4. Rutherford B. Hayes; 5. Jimmy Carter; 6. William Howard Taft; 7. Woodrow Wilson; 8. Barack Obama; 9. Harry S. Truman; 10. Dwight D. Eisenhower)

