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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 New Year

Dear Residents:

With the new year ahead of us, it is a pleasure to reflect upon the good times we had in our community last year. We shared wonderful news, as well as unfortunate sorrow, and we know we have many blessings for which we should be thankful and possibilities that await us as we approach the months to come.

Keep an eye on this newsletter as we bring you notice of familiar events and important news, and let us know if you have an idea for something new and exciting we can plan together. As always, give me a call, or stop by my office, to discuss activities that might benefit all residents of our community. We wish you a healthy and happy new year! ~ Sherrie Hix, Recreation Director

Do Something New

As a 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.

Come Play With Us!

Join us each week for our weekly game session. Whether you're a beginner or have been playing for years, you are welcome to a seat at the table. From UNO to Blackjack to dominoes, we've got it all. Don't just sit at home—come out and play!

Spread the Good News






Do you love calling our community home? Don't keep it to yourself! When you refer a friend, and they sign a lease and move in, you'll receive a great referral reward! What could be better than that?

Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.

Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest "thank you" can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.

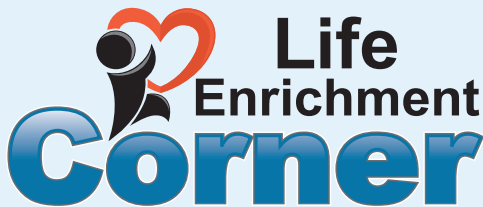
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>10:00 RR Brainteaser</div> <div>11:00 DR Exercise Class</div> <div>1:30 DR Gospel & Accordion Music</div> <div>2:30 DR Bean Bag Toss</div> <div>3:30 RR Quarter Bingo</div>	<div>9:30 RR Chapel</div> <div>11:00 DR Exercise Class</div> <div>1:30 RR Uno ... Card Game</div> <div>2:30 RR Craft Class</div> <div>4:00 RR Oh, Shoot! ... Dice Game</div>	<div>10:00 RR Table Talk</div> <div>11:00 DR Exercise Class</div> <div>1:30 O Tour the Town🚗</div> <div>3:30 RR Quarter Bingo</div> <div>4:30 L Individual Mystery Puzzle</div> <div>6:30 IL Gospel Singers-IL</div>	<div>9:30 RR Bible Study</div> <div>10:30 O Shop Albertsons</div> <div>11:00 DR Exercise Class</div> <div>1:30 RR Word Game</div> <div>2:30 RR Blackjack "21"</div> <div>3:30 RR Happy Hour ... Wine/Beer</div>	<div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</div> <div>11:00 DR Exercise Class</div> <div>3:00 RR Quarter Bingo</div>
<div>9:00 L 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 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>10:00 RR Do You Recall?</div> <div>11:00 DR Exercise Class</div> <div>1:30 RR Pictionary Game</div> <div>2:30 IL R & R Inspiration</div> <div>2:30 RR What's Cooking?</div> <div>4:00 RR L-C-R Dice Game</div>	<div>10:00 RR Brainteaser</div> <div>11:00 DR Exercise Class</div> <div>1:00 IL Bookmobile- IL</div> <div>1:30 RR Activity Planning Meeting</div> <div>2:30 DR Bean Bag Toss</div> <div>3:30 RR Quarter Bingo</div>	<div>9:30 RR Chapel</div> <div>11:00 DR Exercise Class</div> <div>1:30 RR Uno ... Card Game</div> <div>3:00 RR Art 4 All ... painting class with Artist Mary Jussel</div> <div>4:00 RR Oh, Shoot! ... Dice Game</div> <div>5:00 Art Show & Sale ... Meet the Artist</div>	<div>9:30 RR Bible Study</div> <div>10:30 O Shop Albertsons</div> <div>11:00 DR Exercise Class</div> <div>1:30 RR Word Game</div> <div>2:30 RR Blackjack "21"</div> <div>3:30 DR Sing-Along</div>	<div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</div> <div>11:00 DR Exercise Class</div> <div>3:00 RR Quarter Bingo</div>	
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5th	Florence Boss
11th	Margaret Walth
19th	Patricia Barclay
23rd	Carol Nordvedt
23rd	Milton Walth
31st	Ellen Smith

Welcome New Residents

Patricia Barclay
Ellen Smith
Margaret Walth
Milton Walth



Ideas Wanted

With a new year upon us, we are looking for ideas for new outings and activities. We would love to hear your suggestions, so please reach out to us!

Pick a Puzzle

Jigsaw puzzles, crosswords, word searches and puzzles of every kind can be relaxing while also engaging the brain. If you're not already a puzzler, take your pick and solve one on National Puzzle Day, Jan. 29.

Have a Healthy New Year

Make this year a good one by making healthy choices. Here are some goals to get you started:

Schedule checkups and screenings. Older adults need a complete physical once a year, as well as additional screenings for conditions such as osteoporosis. Ask your doctor what is appropriate for you. During your annual exam, discuss any medications you're taking, prescription and over-the-counter.

Set a fitness goal. If you don't already exercise, set a goal to be more active in the new year. Go for a walk with friends, attend a fitness class, or try yoga or water aerobics. If you already exercise regularly, great! Keep it up this year by introducing new activities to your routine.

Improve your diet. Lots of people go on a diet after the new year begins, but quickly crash and burn. A smart way to avoid this is to start with a simple goal: Maybe you want to cut back on caffeine, choose fish once or twice a week, eat a piece of fresh fruit with breakfast, or enjoy a handful of nuts every day.

Take care of your brain. A good way to help prevent dementia is to challenge your brain. Consider making a resolution to learn something new every week—read an article or book, attend a lecture, visit a museum, and stay sharp with games and puzzles. Also, don't neglect another aspect of mental health: depression and anxiety. If you are feeling down, reach out to a friend, relative or health care provider.

Beat the Winter Blues

The winter blues have a way of getting us down, but that doesn't mean we have to stay there. The next time you're feeling in a funk, try one of these methods to boost your mood:

Pull out the photo album. A U.K. study found that looking at personal photos lifted people's spirits by 11 percent. Pick pictures with fond memories, such as those from a fun vacation or family gathering.

Spread the warmth. There's a reason we turn to steaming mugs of hot tea or cocoa for comfort—a Yale study shows that warm liquids can make us feel happier. Taking a warm bath or shower will have the same effect.

Lighten up. Sunlight is a natural mood booster, and studies show that increased light exposure contributes to happiness and better sleep. Open your shades and have a meal by the window to soak up as much daylight as you can.

Put on a happy face. A simple smile is sometimes all it takes to raise your spirits. According to experts, our emotions respond to our physical actions, so appearing happy will make us feel happy, too. A cheerful demeanor will also invite others to strike up a conversation with you—another instant mood booster.

