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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



March Greetings

Hello, there! March is upon us, and with it comes the welcome arrival of spring. We are all looking forward to warmer weather and more outings. Lots of activities planned this month, and I encourage everyone to join us!

It's That Time Again ...

Remember daylight saving time begins on the second Sunday in March. So move those clocks ahead one hour before you go to bed so you won't be late! If you're grumpy about losing that hour of sleep, keep in mind that daylight saving time is a sign that spring arrives soon! So look forward to longer days filled with sunshine!

Happy St. Patrick's Day

Everybody's Irish on March 17. As you celebrate the wearin' o' the green, we'd like to offer this St. Patrick's Day toast: May the roof above you never fall in, and may the friends gathered below never fall out. Happy St. Patrick's Day to all of our residents!

Cheers to Being Cheerful

March is Optimism Month, and studies show that looking on the bright side is good for your health. Optimists are better at problem-solving, have stronger immune systems, and recover faster from illness and injury than pessimists.

We're Here To Help








At our community, your safety and comfort come first. We are here to answer any questions and resolve any issues you may have. Please don't hesitate to reach out to us when you need a helping hand.

Happy Easter!

It's a time of rebirth and renewal. Whether you're celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter, our staff wishes all of you a wonderful holiday. Join us on Saturday, March 30th, for our Easter Egg Hunt!

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!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div>9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Happy Hour ... Wine/ Beer</div>	<div>2</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 11:00 DR Exercise Class 3:00 RR Quarter Bingo</div>
<div>3</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 9:30 RR Worship Service ... Life Church 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble</div>	<div>4</div> <div>10:00 RR Do You Recall? 11:00 DR Exercise Class 1:30 RR Pictionary Game 2:30 DR R & R Inspiration 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game</div>	<div>5</div> <div>10:00 RR Brainteaser 11:00 DR Exercise Class 1:30 DR Gospel & Accordion Music 2:30 DR Bean Bag Toss 3:30 RR Quarter Bingo</div>	<div>6</div> <div>9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Spill & Spell ... Dice Game 3:00 RR Craft Class 4:00 RR Oh, Shoot! ... Dice Game</div>	<div>7</div> <div>10:00 RR Table Talk 11:00 DR Exercise Class 1:30 O Tour the Town  3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:30 Gospel Singers-IL</div>	<div>8</div> <div>9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Sing-Along With Barb</div>	<div>9</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 11:00 DR Exercise Class 3:00 RR Quarter Bingo</div>
<div>10</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 9:30 RR Worship Service ... Life Church 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble</div>	<div>11</div> <div>10:00 RR Do You Recall? 11:00 DR Exercise Class 1:30 RR Pictionary Game 2:00 Parkinson's Support Group-IL 2:30 Understanding Great Music with Eric Collett-IL 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game</div>	<div>12</div> <div>10:00 RR Brainteaser 11:00 DR Exercise Class 12:30 Bookmobile- IL 1:30 RR Activity Planning Meeting 2:30 DR Bean Bag Toss 3:30 RR Quarter Bingo</div>	<div>13</div> <div>9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Spill & Spell ... Dice Game 3:00 RR Art 4 All ... painting class with Artist Mary Jussel 4:00 RR Oh, Shoot! ... Dice Game 5:00 Meet & Greet the Artist-IL</div>	<div>14</div> <div>10:00 Foot Care Clinic-sign up! 10:00 RR Table Talk 11:00 DR Exercise Class 1:30 O Tour the Town  3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle</div>	<div>15</div> <div>9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Happy Hour ... Wine/ Beer</div>	<div>16</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 10:00 DR Killarney Irish Dancers 11:00 DR Exercise Class 3:00 RR Quarter Bingo</div>
<div>17</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 9:30 RR Worship Service ... Life Church 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble</div>	<div>18</div> <div>10:00 RR Do You Recall? 11:00 DR Exercise Class 1:30 RR Pictionary Game 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game</div>	<div>19</div> <div>10:00 RR Brainteaser 11:00 DR Exercise Class 1:30 RR Who, What, When 2:30 DR Bean Bag Toss 3:30 RR Quarter Bingo</div>	<div>20</div> <div>9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Spill & Spell ... Dice Game 3:00 DR Community Meeting 3:30 DR Ice Cream Bars 4:00 RR Oh, Shoot! ... Dice Game</div>	<div>21</div> <div>10:00 RR Table Talk 11:00 DR Exercise Class 1:30 O Tour the Town  3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle</div>	<div>22</div> <div>9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Sing-Along With Barb</div>	<div>23</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 11:00 DR Exercise Class 3:00 RR Quarter Bingo</div>
<div>24</div> <div>9:30 RR Worship Service ... Life Church 11:00 Catholic Service- IL 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble</div>	<div>25</div> <div>10:00 DR Do You Recall? 11:00 DR Exercise Class 1:30 RR Pictionary Game 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game</div>	<div>26</div> <div>10:00 RR Brainteaser 11:00 DR Exercise Class 1:30 RR Food Committee Meeting 2:30 DR Bean Bag Toss 3:30 RR Quarter Bingo</div>	<div>27</div> <div>9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Spill & Spell ... Dice Game 3:00 RR Travelogue 4:00 RR Oh, Shoot! ... Dice Game</div>	<div>28</div> <div>10:00 RR Table Talk 11:00 DR Exercise Class 1:30 O Tour the Town  3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle</div>	<div>29</div> <div>9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:30 RR Word Game 2:30 RR Horse Racing 3:00 DR Resident Birthday Bash </div>	<div>30</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 9:30 Res/ Family Waffle Bar Breakfast -IL 11:00 DR Exercise Class 11:00 Kids' Easter Egg Hunt 3:00 RR Quarter Bingo</div>
<div>31</div> <div>Happy Easter 11:00 Catholic Service- IL 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble</div>						



16th Jackie Waldram
20th Edda Howell



Matthew O'Rourke
Juanita Thompson



Make Up Your Mind in the Morning

When you're faced with an important decision, try tackling it before noon. Science says the morning hours are the best time of day to make a choice. Researchers came to this conclusion after analyzing the moves chess players made in a series of matches. The players made slower, more accurate moves in the morning, and as the day wore on, their decisions were faster, but those moves were more prone to errors.

Positive Thought

"An optimist is the human personification of spring." —Susan J. Bissonette

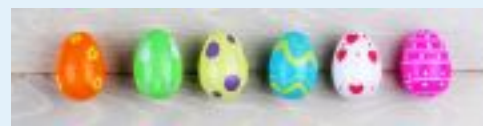
With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants. Members of the insect world, including ladybugs, crickets and dragonflies, symbolize luck in many countries, as do aquatic creatures such as dolphins and goldfish.



Sacred Easter Symbols

Easter Sunday celebrates the resurrection of Jesus Christ, whose triumph over death promises eternal life for the rest of the world. Several meaningful symbols are associated with the holiday, which is one of the most joyous celebrations on the Christian calendar.

Eggs. A symbol of new life since ancient times, the egg is a classic Easter symbol. In addition to eggs dyed in bright colors to add festivity to seasonal decorations, the egg is sometimes seen as a representation of Christ's tomb.

Easter lily. As Jesus was without sin, yet suffered and died for the world's sins, his purity and innocence is duplicated in the white blooms of this flower, which blossoms as another symbol of new life.

Hot cross buns. Jesus died on a cross, so there's no other emblem more appropriate for Easter. The rising dough of these sweet rolls also commemorates Christ's rising from the dead.

Lamb. Many baby animals are associated with Easter, but the lamb is probably the most common. Jesus is called the Lamb of God because he served as a sacrificial lamb to wash away the sins of the people.

Butterfly. This insect's life cycle serves as a reflection of the life of Jesus: The caterpillar is his life and work on Earth; the cocoon is his crucifixion and burial; and the butterfly represents the glory of his resurrection.