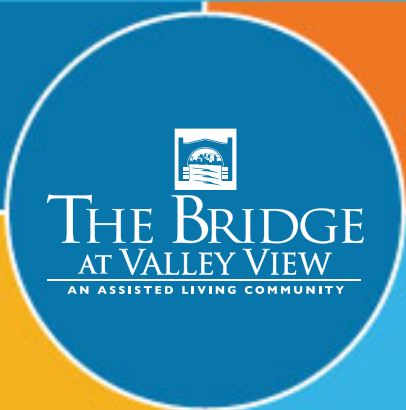


May 2023



1130 N Allumbaugh Street
Boise, ID 83704
(208) 322-0311
Fax: (208) 854-8653

*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 Mother's Day

We invite all women in our community to an elegant Mother's Day Tea. The service will begin at 10:30 am on Saturday, May 13th, in the independent living bar area. Feel free to invite a special friend or relative with whom you can share this elegant experience. Good taste will abound, from the beautiful table settings to the delicious finger sandwiches and pastries we will serve. We hope you will allow us to treat you like royalty! We'd like to wish all the moms in our community a Happy Mother's Day! Thanks for all the love, attention and hard work. Where would we be without you?



Let's Go for a Walk!

Spring is here to stay, and our walking club is in full swing! It's a good time to put on your walking shoes. Regular walking, even for short amounts of time, is linked to numerous health benefits. Check the calendar for times and join us for some fresh air and exercise.

We Salute America's Military





In May, America observes National Military Appreciation Month, when the country takes time to honor the men and women of the armed forces, past and present, and their families. Our community salutes their service to our nation.



On Memorial Day, we honor the men and women who have sacrificed their lives for our country. We want to take this opportunity to recognize all our residents and their family members and friends who are serving or have served our country, both at home and abroad. Happy Memorial Day!

Make Spring Rewarding

Do you know someone who's looking for a new place to live? Tell him or her how much you love living here. When that person signs a lease and moves in, you'll receive a great reward through our resident referral program! Having your friends and family as neighbors will put a spring in your step and a little something in the bank, as well.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Do You Recall? 11:00  Exercise Class 1:30 Readings with Marti 2:30  R & R Inspiration 4:00 L-C-R Dice Game	2 National Teacher Day 10:00 Brain Teaser 11:00  Exercise Class 1:30  Gospel & Accordion Music 2:45 Women of Note ... Ladies' Choir 3:30 Quarter Bingo	3 9:30 Chapel 11:00  Exercise Class 1:30 Readings with Marti 2:30 Horse Racing 4:00 Oh, Shoot! ... Dice Game	4 10:00 Table Talk 11:00  Exercise Class 1:30  Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle 7:00 Gospel Singers	5 Cinco De Mayo 9:30 Bible Study 10:00  Treble Clef ... Ladies' Choir 10:30  Shop Albertsons 11:00  Exercise Class 2:30 Pokeno 3:30 Salsa Fiesta Party	6 National Nurses Day 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 Tape 1:30 Piano Music Recital-IL 2:00 Movie & Popcorn 3:00 Guitar Music Recital-IL
7 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 4:00 Nature Film	8 10:00 Do You Recall? 11:00  Exercise Class 1:30 Readings with Marti 2:30 Understanding Great Music with Eric Collett-IL 2:30 What's Cooking? 4:00 L-C-R dice game 6:30 Idaho Bluegrass Band-IL	9 10:00 Brain Teaser 11:00  Exercise Class 1:00 Bookmobile- IL 1:30 Walking Club 2:30 Who, What, When 3:30 Quarter Bingo	10 9:30 Chapel 11:00  Exercise Class 1:30 Readings with Marti 3:00 Art 4 All ... painting class with Artist Mary Jussel 4:00 Oh, Shoot! ... Dice Game 5:00 Meet & Greet the Artist Jenny Satterthwait Art Show & Sale	11 10:00 Table Talk 11:00  Exercise Class 1:30  Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	12 9:30 Bible Study 10:30  Shop Albertsons 11:00  Exercise Class 1:30 Word Game 2:30 Blackjack "21" 3:30 Craft Class	13 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 10:30 Mother's Day Tea Party-IL 11:00 Exercise Tape 2:00 Movie & Popcorn
14 Happy Mother's Day 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 4:00 Nature Film	15 10:00 Do You Recall? 11:00  Exercise Class 1:30 Readings with Marti 2:30 What's Cooking? 4:00 L-C-R Dice Game	16 10:00 Brain Teaser 11:00  Exercise Class 1:30 Walking Club 2:30 Activity Planning Meeting 3:30 Quarter Bingo	17 9:30 Chapel 11:00  Exercise Class 1:30 Readings with Marti 3:00  Community Meeting 3:30  Ice Cream Bars 4:00 Oh, Shoot! ... Dice Game	18 10:00 Table Talk 11:00  Exercise Class 1:30  Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	19 9:30 Bible Study 10:30  Shop Albertsons 11:00  Exercise Class 1:30 Word Game 2:30 Blackjack "21" 3:30 Happy Hour ... Wine/ Beer	20 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 Tape 2:00 Movie & Popcorn
21 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on 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 4:00 Nature Film	22 10:00  Do You Recall? 11:00  Exercise Class 1:30 Readings with Marti 2:30 What's Cooking? 4:00 L-C-R Dice Game	23 10:00 Brain Teaser 11:00  Exercise Class 1:30 Walking Club 2:30 Bean Bag Toss 3:30 Quarter Bingo	24 9:30 Chapel 11:00  Exercise Class 1:30 Readings with Marti 2:30 Horse Racing 4:00 Oh, Shoot! ... Dice Game	25 10:00 Table Talk 11:00  Exercise Class 1:30  Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	26 9:30 Bible Study 10:30  Shop Albertsons 11:00  Exercise Class 1:30 Word Game 3:00  Resident Birthday Bash 	27 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 Tape 2:00 Movie & Popcorn
28 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on 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 4:00 Nature Film	29 Memorial Day 10:00 Do You Recall? 11:00  Exercise Class 1:30 Readings with Marti 2:30 What's Cooking? 4:00 L-C-R Dice Game	30 10:00 Brain Teaser 11:00  Exercise Class 1:30 Food Committee Meeting 2:30 Moment In History 3:30 Quarter Bingo	31 9:30 Chapel 11:00  Exercise Class 1:30 Readings with Marti 2:30 Horse Racing 4:00 Oh, Shoot! ... Dice Game			

Health & Fitness

Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration to work out by reviewing the top benefits of exercise:

Helps prevent illness. High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy. The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood. Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep. A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest.

Reduces fall risk. Exercise strengthens muscles and bones, increases flexibility, and improves balance—all benefits that are key to preventing falls and broken bones.

Enhances social life. Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.

Life Enrichment Corner

Learn To Love Yourself

We all have days of low self-esteem and confidence, perhaps brought on by a bad mood or discovering a mistake we've made. While it's important to acknowledge our faults, staying in a negative state of mind does not do us any good.

Healthy self-esteem is found by appreciating who you are, flaws included. Here are some ways to give your confidence a boost:

Make a list. Write down 10 positive things—physical and emotional—about yourself. Include compliments from others, no matter how trivial. Then list five weaknesses. Making note of your limitations can help you accept, adapt to, and even change them.

Put some pep in your step. When your confidence is low, try walking a little more briskly than usual. Be sure to keep your head and shoulders straight, make eye contact and smile. You will look and feel more empowered.

Look for the best in others. Giving compliments and praise to others when appropriate will help break your own cycle of negativity. An improved attitude will also draw people to you, helping expand your circle of friends and supportive peers.

Take action. Find something you've been putting off—such as organizing a closet, making an appointment or calling a friend—and do it. Completing even a small task will give you a sense of accomplishment.

Above and Beyond

Honoring Nurses

The important role of nurses in health care is recognized during National Nurses Week, beginning May 6-12. Take the time to give a heartfelt thank you to our nurses for their hard work and care during National Nurses Week—and every week!

Welcome New Residents

Regina Aldecoa
Brian Baker
Edda Howell

Happy Birthday

6th Susan Pisani
10th Dottie Kromrei
27th Ivy Eshelby

Famous Faces Born in May

May 1, 1982: Jamie Dornan
May 2, 1980: Ellie Kemper
May 6, 1985: Chris Paul
May 13, 1966: Darius Rucker
May 14, 1971: Sofia Coppola
May 25, 1963: Mike Myers
May 26, 1948: Stevie Nicks
May 29, 1972: Laverne Cox

