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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

Spring Greetings!

The season is in full bloom, and so are our best wishes for all of our residents. Here's to a happy spring full of smiles, laughter and beautiful weather!



Family Fun for Everyone!

Hop on over Easter Sunday for a Brunch and Egg Hunt. Our Easter Bunny will be busy hiding eggs and we need the little ones to help find them. Our egg hunt will begin at 11 am and be held outside, weather permitting. Brunch served at 11:30. Please RSVP to the front desk. Guest meal tickets \$20. We're EGG-cited to see everyone!

Here We Grow!

It's that time of year, and spring is in the air. We invite you to "plant" yourself into our Gardening Club, "The Busy Bloomers!" We always need help weeding, watering, harvesting produce, and trimming blooms, so feel free to lend a hand—or a green thumb—anytime!

Creative Minds

Calling all creative writers! If you're interested in sharing your work and discussing ideas with fellow authors and poets, then our Writing Club is the "write" place for you. You could even publish a piece in a future newsletter! Our writing club meets in the IL library every Wednesday.



Parkinson's Support Group

Valley View offers a Parkinson's support group that meets monthly. This support group is open to anyone affected by the disease and can help you cope with the day-to-day realities of having Parkinson's. Care partners and family members also can benefit from the group by sharing questions, concerns, and utilizing educational resources that are currently available. Being part of a support group is a great way to reduce stress and connect with others who can relate to your experience.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		April Fools' Day 1 10:00 RR Brainteaser 11:00 Exercise Class 1:00 RR Walking Club 1:30 Gospel & Accordion Music 2:30 RR Jenga Game 3:30 RR Quarter Bingo	2 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 2:30 RR Craft Class 4:00 RR Oh, Shoot! ... Dice Game	3 10:00 RR Table Talk Tidbits 11:00 Exercise Class 1:00 RR Chat Club 1:30 Tour the Town🚗 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:30 Gospel Singers- IL	4 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 RR Walking Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Happy Hour	5 9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Exercise Class 3:30 RR Quarter Bingo
6 9:00 L Paper Puzzler 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	7 10:00 RR Do You Recall? 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Pictionary Game 2:30 R & R Inspiration 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	8 10:00 RR Brainteaser 11:00 Exercise Class 12:45 Bookmobile- IL 1:00 RR Walking Club 1:30 RR Activity Planning Meeting 2:00 Guitar Music with Bruce 2:30 RR Jenga Game 3:30 RR Quarter Bingo	9 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 3:00 RR Art Class with Mary Jussel 4:00 RR Oh, Shoot! ... Dice Game 5:00 Art Show & Sale ... Meet the Artist	10 10:00 RR Table Talk Tidbits 11:00 Exercise Class 1:00 RR Chat Club 1:30 Tour the Town🚗 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:30 Sing-Along With Barb	11 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 RR Walking Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Lifelong Learning	12 9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Exercise Class 3:30 RR Quarter Bingo
Palm Sunday 13 9:00 L Paper Puzzler 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	14 10:00 RR Do You Recall? 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Pictionary Game 2:00 Parkinson's Support Group-IL 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	15 10:00 RR Brainteaser 10:30 Veterans' Coffee Social-IL 11:00 Exercise Class 1:00 RR Walking Club 1:30 RR Who, What, When 2:30 RR Jenga Game 3:30 RR Quarter Bingo	16 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 3:00 Community Meeting 3:30 Ice Cream Bars 4:00 RR Oh, Shoot! ... Dice Game	17 10:00 RR Table Talk Tidbits 11:00 Exercise Class 1:00 RR Chat Club 1:30 Tour the Town🚗 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	Good Friday 18 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 RR Walking Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Easter Egg Decorating	19 9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Exercise Class 3:30 RR Quarter Bingo
Easter 20 9:00 L Paper Puzzler 9:30 RR Worship Service ... Life Church 11:00 Catholic Service- IL 11:00 P Easter Egg Hunt 11:00 L Exercise Tape 11:30 Easter Brunch 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	21 10:00 RR Do You Recall? 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Pictionary Game 2:00 Catholic Mass-IL 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	22 Earth Day 10:00 RR Brainteaser 11:00 Exercise Class 1:00 RR Walking Club 1:30 RR Busy Bloomers 2:30 RR Jenga Game 3:30 RR Quarter Bingo	23 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 2:30 RR You Be The Judge 4:00 RR Oh, Shoot! ... Dice Game	24 10:00 RR Table Talk Tidbits 11:00 Exercise Class 1:00 RR Chat Club 1:30 Tour the Town🚗 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:30 Sing-Along With Barb	25 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 RR Walking Club 1:30 RR Word Game 2:30 RR Horse Racing 3:00 Resident Birthday Bash ♥	26 9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Exercise Class 3:30 RR Quarter Bingo
27 9:00 L Paper Puzzler 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	28 10:00 Do You Recall? 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Pictionary Game 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	29 10:00 RR Brainteaser 11:00 Exercise Class 1:00 RR Walking Club 1:30 RR Food Committee Meeting 2:30 RR Jenga Game 3:30 RR Quarter Bingo	30 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 2:30 RR Travelogue 4:00 RR Oh, Shoot! ... Dice Game			



Happy Birthday

12th Lavon Shelton
12th Trevor Taylor
13th Tom Cahill
22nd Shannon Baird

Happy Birthday to all of our residents celebrating a birthday this month! And remember: You're not getting older—you're getting better!

Welcome New Residents

Cheryl Boyer
Dorris Camp
Lavon Shelton

We are so proud you've chosen Valley View as your new home. If there is anything our staff can do to make your living experience better, please let us know. We are here to serve you!

Healthy Lifestyle

Mind Games

The more we age, the more important it is to exercise one of our largest organs—the brain. Do the crossword puzzle in the newspaper, check out foreign language tapes from the local library, form a book club or bridge game, or play games online.



Valley View Art Exhibition

Come explore the world of art at our upcoming exhibition. This month we will be featuring a diverse range of artists and styles. Join us April 9th from 5 pm to 7 pm to meet the local artists. This show is not to be missed!

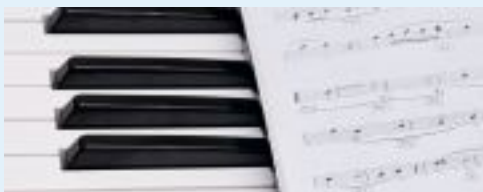
Weekend Puzzler Competition

Attention Puzzlers, don't forget to pick up your weekend puzzler-packet and turn it in by Monday for a chance to be entered in the weekly drawing for cash prizes. Puzzles and brain games are entertaining, fun and challenge the mind. Beyond their fun and stimulating nature, these activities offer profound mental benefits that can enhance cognitive abilities, improve emotional well-being, and even contribute to long-term brain health. Good luck, everyone!



Join Us for Sing-Alongs

We host regular sing-alongs at our community, and everyone is welcome to join us! The songs are sure to get your toes a-tappin' and put a smile on your face. Check the calendar for the schedule.



Just for Fun

Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.

Laugh Lines: Funny Side Up

Have fun cracking up at these egg-cellent puns!

Q: When's the best time to tell an egg joke?

A: At the crack of dawn!

Q: How does a chicken leave the coop?

A: Through the eggs-it.

Q: Why did the hen lay an egg on an axe?

A: She was trying to hatchet.

Q: Who tells the best egg jokes?

A: Comedi-hens!

Q: Why did the hen fall asleep on the job?

A: She was eggs-hausted.

Q: What's an egg's favorite tree?

A: The mighty yolk.

Q: Do dinosaurs lay eggs?

A: Not anymore—they're egg-stinct!

Q: What sound does a meditating egg make?

A: "Ommmm-elet."

Q: Where can you find the freshest eggs?

A: New York City!

Q: Why don't eggs make good spies?

A: Because they always crack under pressure.