



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



### Important Numbers

AL Receptionist ..... 208-327-1044  
Front Desk ..... Dial (0)  
AL Manager ..... 208-327-1046  
Beauty Shop ..... 208-861-4222  
Business Office ..... 208-327-1023  
Dining Room ..... 208-327-1054  
General Manager ..... 208-327-1021  
Recreation ..... 208-327-1025  
Physical Therapy ..... 208-501-7195



### 'Tis the Season

Ho, ho, ho! Get ready to hang up the mistletoe! Wishing you and your family a Merry Christmas and a Happy New Year. As the holidays approach, we hope your celebrations will be delightful. Our newsletter serves as your communication hub for all the festive events we have lined up! We have an array of exciting activities planned, so be sure to attend each one! Stay tuned to your activity bulletin for additional details on upcoming parties, contests, and more. If you have any ideas or suggestions, we would love to hear from you!

### Spread Holiday Cheer

Get into the festive spirit by decorating your apartment door! We are thrilled to introduce a door decorating contest with amazing prizes, encouraging everyone to embrace the joy of the holidays. For more details, please see Sherrie, and let the holiday festivities commence!

### Deck the Halls

It's that wonderful time of year, and we're excited to celebrate! All residents and their families are warmly invited to our annual holiday party on Wednesday, December 17th, beginning at 5:30 PM. Stay tuned for amazing details! We are certain it will be a fantastic time! Dress in your favorite festive attire and get ready to enjoy an evening filled with joy and laughter. Delicious food, delightful music, and fun activities for all ages. Don't miss the chance to meet Santa Claus, who will be making a special appearance to spread holiday cheer and take photos with the kids. We'll also have horse-drawn carriage rides to help create wonderful memories and embrace the spirit of the season. See you there! RSVP at the front office. Happy Holidays!

### Toys for Tots

The holidays invite us to share our blessings with those less fortunate, and for your convenience, we have a Toys for Tots drop-off located in the lobby. Just place your new, unwrapped toys in the train cart, and we'll make sure they're delivered. Thank you for your generosity!



| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|---|--|--|--|---|--|---|
| <br><b>HAPPY HOLIDAYS</b>   | 1<br>10:00 <b>RR</b> Do You Recall?<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>RR</b> Would You Rather<br>2:30 <b>RR</b> Baking Christmas Cookies<br><b>3:45 IL Catholic Rosary</b><br>4:00 <b>RR</b> L-C-R Dice Game  | 2<br>10:00 <b>RR</b> Brain Teaser<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>RR</b> Travelogue<br><b>2:00 IL Holiday Music Idaho Bluegrass Band</b><br>2:30 <b>RR</b> Christmas Story<br>3:30 <b>RR</b> Quarter Bingo            | 3<br>9:30 <b>RR</b> Chapel<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>DR</b> Chat Club<br>1:30 <b>RR</b> Spill & Spell ... Dice Game<br>2:30 <b>RR</b> Craft Class<br>4:00 <b>RR</b> Oh, Shoot! ... Dice Game  | 4<br>10:00 <b>RR</b> Table Talk Tidbits<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>O</b> Tour the Town <br>3:30 <b>RR</b> Quarter Bingo<br>4:30 <b>L</b> Individual Mystery Puzzle<br><b>6:30 IL Gospel Singers- IL</b>                  | 5<br>9:30 <b>RR</b> Bible Study<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>RR</b> Reindeer Games<br><b>1:30 O Shop Albertsons</b><br>2:30 <b>RR</b> Blackjack "21"<br><b>3:30 RR Happy Hour</b>  | 6<br><b>9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</b><br>11:00 <b>DR</b> Exercise Class<br>3:30 <b>RR</b> Quarter Bingo  |
| <b>Pearl Harbor Remembrance Day</b> 7<br>9:00 <b>L</b> Paper Puzzler<br>11:00 <b>IL</b> Catholic Service- IL<br>11:00 <b>RR</b> Exercise Tape<br>1:30 <b>L</b> Color Art<br><b>2:30 L Holiday Movie</b><br>3:30 <b>RR</b> Scrabble  | 8<br>10:00 <b>RR</b> Do You Recall?<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>RR</b> Would You Rather<br><b>2:00 DR Guitar Music with Bruce</b><br><b>2:00 IL Parkinson's Support Group-IL</b><br>3:00 <b>RR</b> Baking Christmas Cookies<br><b>3:45 IL Catholic Rosary</b><br>4:00 <b>RR</b> L-C-R Dice Game | 9<br>10:00 <b>RR</b> Brain Teaser<br>11:00 <b>DR</b> Exercise Class<br><b>12:45 IL Bookmobile- IL</b><br>1:00 <b>RR</b> Chat Club<br><b>1:30 RR Activity Planning Meeting</b><br><b>2:45 DR Women of Note... Ladies' Choir</b><br>3:30 <b>RR</b> Quarter Bingo | 10<br>9:30 <b>RR</b> Chapel<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>DR</b> Chat Club<br>1:30 <b>RR</b> Spill & Spell ... Dice Game<br><b>3:00 RR Art 4 All... painting class with Artist Mary Jussel</b><br>4:00 <b>RR</b> Oh, Shoot! ... Dice Game<br><b>5:00 IL Art Show &amp; Sale ... Meet the Artist</b> | 11<br>10:00 <b>RR</b> Table Talk Tidbits<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>O</b> Tour the Town <br>3:30 <b>RR</b> Quarter Bingo<br>4:30 <b>L</b> Individual Mystery Puzzle  | 12<br>9:30 <b>RR</b> Bible Study<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>RR</b> Reindeer Games<br><b>1:30 O Shop Albertsons</b><br>2:30 <b>RR</b> Blackjack "21"<br>3:30 <b>RR</b> Making Gingerbread House   | 13<br><b>9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</b><br>11:00 <b>DR</b> Exercise Class<br><b>1:00 IL Sweet Adelines- Choir</b><br>3:30 <b>RR</b> Quarter Bingo             |
| <b>Hanukkah Begins at Sundown</b> 14<br>9:00 <b>L</b> Paper Puzzler<br>11:00 <b>IL</b> Catholic Service- IL<br>11:00 <b>RR</b> Exercise Tape<br>1:30 <b>L</b> Color Art<br><b>2:30 L Holiday Movie</b><br>3:30 <b>RR</b> Scrabble   | 15<br>10:00 <b>RR</b> Do You Recall?<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>RR</b> Would You Rather<br><b>2:00 IL Catholic Mass-IL</b><br>2:30 <b>RR</b> Baking Christmas Cookies<br><b>3:45 IL Catholic Rosary</b><br>4:00 <b>RR</b> L-C-R Dice Game  | 16<br>10:00 <b>RR</b> Brain Teaser<br><b>10:30 IL Veterans Coffee Social-IL</b><br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>RR</b> Who, What, When<br>2:30 <b>RR</b> Christmas Story<br>3:30 <b>RR</b> Quarter Bingo              | 17<br>9:30 <b>RR</b> Chapel<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>DR</b> Chat Club<br>1:30 <b>RR</b> Spill & Spell ... Dice Game<br><b>3:00 DR Community Meeting</b><br>3:30 <b>DR</b> Ice Cream Bars<br>4:00 <b>RR</b> Oh, Shoot! ... Dice Game<br><b>5:30 IL Res/ Family Holiday Party</b>                | 18<br>10:00 <b>RR</b> Table Talk Tidbits<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br><b>1:00 IL Long Fellow Elementary Choir- IL</b><br>1:30 <b>O</b> Tour the Town <br>3:30 <b>RR</b> Quarter Bingo<br>4:30 <b>L</b> Individual Mystery Puzzle | 19<br>9:30 <b>RR</b> Bible Study<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>RR</b> Reindeer Games<br><b>1:30 O Shop Albertsons</b><br>2:30 <b>RR</b> Blackjack "21"<br><b>3:30 RR Ugly Christmas Sweater Social</b>  | 20<br><b>9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</b><br>11:00 <b>DR</b> Exercise Class<br><b>3:00 IL Christmas with the Good Time Band</b><br>3:30 <b>RR</b> Quarter Bingo |
| <b>Winter Begins</b> 21<br>9:00 <b>L</b> Paper Puzzler<br><b>9:30 RR Worship Service ... Life Church</b><br>11:00 <b>IL</b> Catholic Service- IL<br>11:00 <b>RR</b> Exercise Tape<br>1:30 <b>L</b> Color Art<br><b>2:00 IL Hanukkah Music Program</b><br><b>2:30 L Holiday Movie</b><br>3:30 <b>RR</b> Scrabble | 22<br>10:00 <b>DR</b> Do You Recall?<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>RR</b> Would You Rather<br>2:30 <b>RR</b> Baking Christmas Cookies<br><b>3:45 IL Catholic Rosary</b><br>4:00 <b>RR</b> L-C-R Dice Game<br><b>6:00 O Christmas Night Light Tour</b>   | 23<br>10:00 <b>RR</b> Brain Teaser<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>RR</b> Lifelong Learning<br>2:30 <b>RR</b> Christmas Story<br>3:30 <b>RR</b> Quarter Bingo<br><b>6:30 IL Christmas Opera</b>                       | 24<br>9:30 <b>RR</b> Chapel<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>DR</b> Chat Club<br>1:30 <b>RR</b> Spill & Spell ... Dice Game<br><b>3:00 RR Eggnog Social</b><br>4:00 <b>RR</b> Oh, Shoot! ... Dice Game   | 25<br>   | 26<br>9:30 <b>RR</b> Bible Study<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>RR</b> Reindeer Games<br><b>1:30 O Shop Albertsons</b><br>2:30 <b>RR</b> Blackjack "21"<br><b>3:00 DR Resident Birthday Bash</b>  | 27<br><b>9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</b><br>11:00 <b>DR</b> Exercise Class<br>3:30 <b>RR</b> Quarter Bingo   |
| 28<br>9:00 <b>L</b> Paper Puzzler<br><b>9:30 RR Worship Service ... Life Church</b><br>11:00 <b>IL</b> Catholic Service- IL<br>11:00 <b>RR</b> Exercise Tape<br>1:30 <b>L</b> Color Art<br><b>2:30 L Movie &amp; Popcorn</b><br>3:30 <b>RR</b> Scrabble   | 29<br>10:00 <b>RR</b> Do You Recall?<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br>1:30 <b>RR</b> Would You Rather<br>2:30 <b>RR</b> What's Cooking?<br><b>3:45 IL Catholic Rosary</b><br>4:00 <b>RR</b> L-C-R Dice Game  | 30<br>10:00 <b>RR</b> Brain Teaser<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>RR</b> Chat Club<br><b>1:30 RR Food Committee Meeting</b><br>2:30 <b>RR</b> Book Club<br>3:30 <b>RR</b> Quarter Bingo  | 31<br>9:30 <b>RR</b> Chapel<br>11:00 <b>DR</b> Exercise Class<br>1:00 <b>DR</b> Chat Club<br>1:30 <b>RR</b> Spill & Spell ... Dice Game<br><b>3:00 IL End of Year Celebration -IL</b><br>4:00 <b>RR</b> Oh, Shoot! ... Dice Game   |    |   |    |





13th Kirk Barker  
21st Mark Reich  
30th Betty Mancuso

We'd like to send a big "happy birthday" out to all our residents celebrating their special day this month. We hope your day is filled with joy!



Here's a warm winter welcome to our new residents! We're so happy you're home.

Betty Mancuso  
Stephen Willis



### Employee Appreciation Fund

If you'd like to contribute to the employee Christmas appreciation fund, please stop by the front desk or speak with the manager on duty. Thank you for your support.

### Holiday Décor Safety

Make sure you think of safety when decorating for the season. Don't let tinsel or garland become a tripping hazard; for fire safety, turn off all lights before going to bed or leaving your apartment; and read all warning labels and directions.



### Laugh Lines: Eat, Drink and Be Merry

The gingerbread man went to the medical clinic because he had a sore knee. After examining it, the doctor said, "Have you tried icing it?"

Q: Why did the gingerbread man go to the dentist?

A: He had gingervitis.

Q: What does gingerbread do when it's done baking?

A: It just loafs around.

Q: What is a gingerbread man's favorite drink?

A: Ginger ale.

Q: How would you rate the eggnog?

A: It's egg-cellent.

Q: Who tells the best eggnog jokes?

A: Comedi-hens!

Q: What's a fun party activity to do while drinking eggnog?

A: Singing kara-yolkie!

Q: What happens when no one comes to your holiday party?

A: You can have your fruitcake and eat it too.

Q: Why is history like a fruitcake?

A: Because it's full of dates.

Q: When is a fruitcake like a golf ball?

A: When it's been sliced.

Q: Why was the German tourist searching for fruitcake?

A: It was stollen.

### Nutty About Fruitcake

Some people hate it, some love it, and others love to make jokes about it! Fruitcake has a long history and is a popular holiday treat in many parts of the world.

Today's fruitcake is a sweet, dense loaf made with butter, brown sugar and molasses, and lots of nuts and candied fruits, among other ingredients. The first fruitcakes, however, were a little different.

The oldest reference to a similar cake dates to Roman times. The recipe included barley mash mixed with pomegranate seeds, pine nuts and raisins, producing a portable, long-lasting food that was perfect for travelers.

During the Middle Ages, dried fruits became more widely available, so people added them to cakes, along with honey and spices.

In the 1500s, cheap sugar from the colonies began arriving in Europe, and it was soon discovered that soaking fruit in successively greater concentrations of sugar intensified the color and flavor, while also acting as a preservative. Soon fruitcakes were all the rage.

Serving fruitcake for special occasions such as holidays and weddings became popular in the 18th and 19th centuries, especially in Great Britain.

