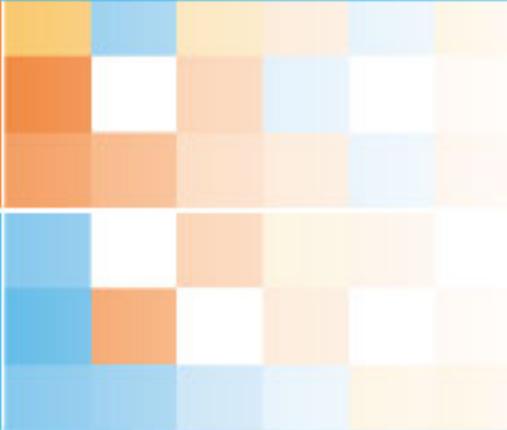


1130 N Allumbaugh Street
Boise, ID 83704
(208) 322-0311
Fax: (208) 854-8653

*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
Jake Garrison Sales Director

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



February Greetings

Valentine’s Day is coming, and it reminds us of the people we love the most: you, our residents! And we’re not thinking about just hearts and flowers either. We are committed to making your home here the best ever. Let us know if there is anything else we can do to make it that way!

Happy Valentine’s Day

Hello, and welcome to February! Plenty of fun activities planned this month, and I hope you will join us. Remember, my door is always open or give me a call and let me know if you have any questions or ideas to share.

We Have a New Team Member!

We are excited to introduce a new addition to our team, someone who embodies our commitment to exceptional service and excellence. Join us in welcoming **Jake Garrison**, our new Sales Director! We look forward to incorporating his knowledge and enthusiasm into our group. Give him a warm welcome to our community!



Groundhog Day

Will Punxsutawney Phil see his shadow on Feb. 2? Will we have six more weeks of winter, or is spring right around the corner? We’ll have some groundhog themed activities as we eagerly await Phil’s prediction, so check the calendar for all the details!

Super Bowl Party

We are thrilled to invite you to our Super Bowl Party in the bar area to celebrate our beloved sport! The festivities will kick off at 4:30pm on Sunday, February 8th. Enjoy a variety of delicious food and beverages as we cheer on our teams. We can’t wait to see you there!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>9:00 L Paper Puzzler</p> <p>11:00 IL Catholic Service- IL</p> <p>11:00 RR Exercise Tape</p> <p>1:30 L Color Art</p> <p>2:30 L Movie & Popcorn</p> <p>3:30 RR Scrabble</p>	<p>9:30 RR Punxsutawney Donut Social</p> <p>10:00 RR Do You Recall?</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 RR Would You Rather</p> <p>2:30 RR What's Cooking?</p> <p>3:45 IL Catholic Rosary</p> <p>4:00 RR L-C-R Dice Game</p>	<p>10:00 RR Brain Teaser</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 RR Lifelong Learning</p> <p>2:30 RR Polar Bear Race</p> <p>3:30 RR Quarter Bingo</p> <p>5:30 DR Pinochle</p>	<p>9:30 RR Chapel</p> <p>11:00 DR Exercise Class</p> <p>1:00 DR Chat Club</p> <p>1:30 RR Spill & Spell ... Dice Game</p> <p>2:30 RR Valentine's Craft Class</p> <p>4:00 RR Oh, Shoot! ... Dice Game</p>	<p>10:00 RR Table Talk Tidbits</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 O Tour the Town </p> <p>3:30 RR Quarter Bingo</p> <p>4:30 L Individual Mystery Puzzle</p> <p>6:30 IL Gospel Singers- IL</p>	<p>9:30 RR Bible Study</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 RR Dominoes</p> <p>1:30 O Shop Albertsons</p> <p>2:30 RR Blackjack "21"</p> <p>3:30 RR Happy Hour</p>	<p>9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</p> <p>11:00 DR Exercise Class</p> <p>1:30 RR L-C-R Dice Game</p> <p>3:30 RR Quarter Bingo</p>
8	9	10	11	12	13	14
<p>Super Bowl Sunday</p> <p>9:00 L Paper Puzzler</p> <p>11:00 IL Catholic Service- IL</p> <p>11:00 RR Exercise Tape</p> <p>1:30 L Color Art</p> <p>2:30 L Movie & Popcorn</p> <p>3:30 RR Scrabble</p> <p>4:30 L Super Bowl Party</p>	<p>10:00 RR Do You Recall?</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 RR Would You Rather</p> <p>2:00 RR Guitar Music with Bruce</p> <p>2:00 IL Parkinson's Support Group-IL</p> <p>3:45 IL Catholic Rosary</p> <p>4:00 RR L-C-R Dice Game</p>	<p>10:00 RR Brain Teaser</p> <p>11:00 DR Exercise Class</p> <p>12:45 IL Bookmobile- IL</p> <p>1:00 RR Chat Club</p> <p>1:30 RR Activity Planning Meeting</p> <p>2:30 RR Polar Bear Race</p> <p>3:30 RR Quarter Bingo</p> <p>5:30 DR Pinochle</p>	<p>9:30 RR Chapel</p> <p>11:00 DR Exercise Class</p> <p>1:00 DR Chat Club</p> <p>1:30 RR Spill & Spell ... Dice Game</p> <p>3:00 RR Art 4 All ... painting class with Artist Mary Jussel</p> <p>4:00 RR Oh, Shoot! ... Dice Game</p> <p>5:00 IL Art Show & Sale ... Meet the Artist</p>	<p>10:00 RR Table Talk Tidbits</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 O Tour the Town </p> <p>3:30 RR Quarter Bingo</p> <p>4:30 L Individual Mystery Puzzle</p>	<p>9:30 RR Bible Study</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 RR Dominoes</p> <p>1:30 O Shop Albertsons</p> <p>2:30 RR Blackjack "21"</p> <p>3:30 RR Family Feud</p>	<p>9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</p> <p>11:00 DR Exercise Class</p> <p>1:30 RR L-C-R Dice Game</p> <p>3:00 DR Friendship Social</p> <p>3:30 RR Quarter Bingo</p>
15	16	17	18	19	20	21
<p>9:00 L Paper Puzzler</p> <p>9:30 RR Worship Service ... Life Church</p> <p>11:00 IL Catholic Service- IL</p> <p>11:00 RR Exercise Tape</p> <p>1:30 L Color Art</p> <p>2:30 L Movie & Popcorn</p> <p>3:30 RR Scrabble</p>	<p>Presidents Day</p> <p>10:00 RR Do You Recall?</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 RR Would You Rather</p> <p>2:00 IL Catholic Mass-IL</p> <p>3:45 IL Catholic Rosary</p> <p>4:00 RR L-C-R Dice Game</p>	<p>Mardi Gras</p> <p>10:00 RR Brain Teaser</p> <p>10:30 IL Veterans' Coffee Social</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 RR Who, What, When</p> <p>2:30 RR Fat Tuesday Social</p> <p>3:30 RR Quarter Bingo</p> <p>5:30 DR Pinochle</p>	<p>Ash Wednesday</p> <p>9:30 RR Chapel</p> <p>11:00 DR Exercise Class</p> <p>1:00 DR Chat Club</p> <p>1:30 RR Spill & Spell ... Dice Game</p> <p>3:00 DR Community Meeting</p> <p>3:30 DR Ice Cream Bars</p> <p>4:00 RR Oh, Shoot! ... Dice Game</p>	<p>10:00 RR Table Talk Tidbits</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 O Tour the Town </p> <p>3:30 RR Quarter Bingo</p> <p>4:30 L Individual Mystery Puzzle</p>	<p>9:30 RR Bible Study</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 RR Dominoes</p> <p>1:30 O Shop Albertsons</p> <p>2:30 RR Blackjack "21"</p> <p>3:30 RR Happy Hour</p>	<p>9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</p> <p>11:00 DR Exercise Class</p> <p>1:30 RR L-C-R Dice Game</p> <p>3:30 RR Quarter Bingo</p>
22	23	24	25	26	27	28
<p>9:00 L Paper Puzzler</p> <p>9:30 RR Worship Service ... Life Church</p> <p>11:00 IL Catholic Service- IL</p> <p>11:00 RR Exercise Tape</p> <p>1:30 L Color Art</p> <p>2:30 L Movie & Popcorn</p> <p>3:30 RR Scrabble</p>	<p>10:00 DR Do You Recall?</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 RR Would You Rather</p> <p>2:30 RR What's Cooking?</p> <p>3:45 IL Catholic Rosary</p> <p>4:00 RR L-C-R Dice Game</p>	<p>10:00 RR Brain Teaser</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 RR Food Committee Meeting</p> <p>2:30 RR Polar Bear Race</p> <p>3:30 RR Quarter Bingo</p> <p>5:30 DR Pinochle</p>	<p>9:30 RR Chapel</p> <p>11:00 DR Exercise Class</p> <p>1:00 DR Chat Club</p> <p>1:30 RR Spill & Spell ... Dice Game</p> <p>2:30 RR Travelogue</p> <p>4:00 RR Oh, Shoot! ... Dice Game</p>	<p>10:00 RR Table Talk Tidbits</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 O Tour the Town </p> <p>3:30 RR Quarter Bingo</p> <p>4:30 L Individual Mystery Puzzle</p>	<p>9:30 RR Bible Study</p> <p>11:00 DR Exercise Class</p> <p>1:00 RR Chat Club</p> <p>1:30 RR Dominoes</p> <p>1:30 O Shop Albertsons</p> <p>2:30 RR Blackjack "21"</p> <p>3:00 DR Resident Birthday Bash </p>	<p>9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</p> <p>11:00 DR Exercise Class</p> <p>1:30 RR L-C-R Dice Game</p> <p>3:30 RR Quarter Bingo</p>





Happy Birthday to You

Sending warm wishes to all our residents celebrating a birthday this month. We hope you have a wonderful day!

5th Pamela Smith
18th Annette Frost
27th Wesley Purkiss

Welcome New Residents

Lois Gramer
Julie Levitt
Rita Zabala
Vern Domeir
Jack Williamson

Life Enrichment Corner

Stay Social

Help keep your mind healthy and active by spending time with friends and family, serving as a volunteer, or joining social groups and participating in activities.

Hugs for Health

Wrap your arms around this news: Studies show that a 10-second hug can reduce the stress chemical cortisol, increase the “feel-good” hormone oxytocin and lower your blood pressure—resulting in a calmer, happier you.

Love Around the World

Valentine’s Day is celebrated across the globe, and many countries have unique holiday traditions.

Germany. Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

South Korea. Women give chocolate to men on Valentine’s Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

Mexico. The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

South Africa. The expression “wear your heart on your sleeve” is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

Peru. Orchids are the flower of choice for valentines here, since they are native to this South American nation.

Philippines. Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.

Wales. The Welsh honor their patron saint of love on Jan. 25, St. Dwynwen’s Day, and couples often exchange decorative wooden “love spoons,” utensils that are ornately carved with symbols of affection.



Presidents-Who Said It?

Remember the nation’s historical leaders by matching each president to one of his iconic quotes.

A. Dwight D. Eisenhower; B. Thomas Jefferson; C. George Washington; D. Barack Obama; E. Ronald Reagan; F. Abraham Lincoln; G. John F. Kennedy; H. George H.W. Bush; I. Lyndon B. Johnson; J. Franklin D. Roosevelt

1. “Honesty is the first chapter in the book of wisdom.”

2. “The best way to not feel hopeless is to get up and do something.”

3. “The anchor in our world today is freedom, holding us steady in times of change, a symbol of hope to all the world.”

4. “It is infinitely better to have a few good men, than many indifferent ones.”

5. “Ask not what your country can do for you. Ask what you can do for your country.”

6. “The only thing we have to fear is fear itself.”

7. “There are no great limits to growth because there are no limits of human intelligence, imagination and wonder.”

8. “A people that values its privileges above its principles soon loses both.”

9. “Yesterday is not ours to recover, but tomorrow is ours to win or to lose.”

10. “I have an irrepressible desire to live till I can be assured that the world is a little better for my having lived in it.”

(Answers: 1. B; 2. D; 3. H; 4. C; 5. G; 6. J; 7. E; 8. A; 9. I; 10. F)