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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 to A New Beat!

Hello, there! March is upon us, and with it comes the welcome arrival of spring. I think we are all looking forward to warmer weather and more outings. We have a lot of activities planned this month, and I encourage everyone to join us! Our activities schedule is designed to appeal to a variety of personalities and hobbies. 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!

Irish Blessing

May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.



It's the one day a year when everyone's Irish, so come celebrate with us. Food, games and fun. You won't want to miss it!

Please Pass the Syrup

That's right! We're hosting a pancake breakfast on Shrove Tuesday, and we invite all our residents to come with hungry stomachs to join us for hot-off-the-griddle hotcakes. What smells better in the morning than pancakes? Don't be last in line! Check calendar for date and time.



Honoring Vietnam Veterans

Vietnam War Veterans Day is observed every year on March 29. We offer a salute to all the Vietnam War vets in our community and thank you for your service. We are proud that you call Valley View your home.

Time Change

It's time to spring forward! Daylight saving time begins the second Sunday in March. Set your clocks one hour ahead before you go to bed.



Outing

Family/Friends Event

Must Sign Up!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 DR Exercise Class 3:30 RR Quarter Bingo
2 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1 11:00 IL Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	3 10:00 RR Do You Recall? 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Pictionary Game 2:30 DR R & R Inspiration 4:00 RR L-C-R Dice Game	4 Mardi Gras 7:30 DR Shrove Tuesday Pancake Breakfast 10:00 RR Brainteaser 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 DR You Be The Judge 2:30 RR Jenga Game 3:30 RR Quarter Bingo	5 Ash Wednesday 9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 DR VV Bridge Group✓ 2:30 RR Craft Class 4:00 RR Oh, Shoot! ... Dice Game	6 10:00 RR Table Talk Tidbits 11:00 DR 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 IL Gospel Singers- IL	7 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Happy Hour	8 9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 DR Exercise Class 3:30 RR Quarter Bingo
9 Daylight Saving Time Begins 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1 11:00 IL Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	10 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Pictionary Game 2:00 DR Guitar Music with Bruce 2:00 IL Parkinson's Support Group-IL 2:30 RR What's Cooking? 4:00 RR L-C-R dice game	11 10:00 RR Brainteaser 11:00 DR Exercise Class 12:45 IL Bookmobile- IL 1:00 RR Chat Club 1:30 RR Activity Planning Meeting 2:30 RR Jenga Game 3:30 RR Quarter Bingo	12 9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 DR VV Bridge Group✓ 3:00 RR Art Class with Mary Jussel 4:00 RR Oh, Shoot! ... Dice Game 5:00 IL Art Show & Sale ... Meet the Artist	13 10:00 RR Table Talk Tidbits 11:00 DR 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 IL Sing-Along With Barb	14 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Lifelong Learning	15 9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 DR Exercise Class 2:40 DR Killarney Irish Dancers 3:30 RR Quarter Bingo
16 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1 9:30 RR Worship Service ... Life Church 11:00 IL Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	17 St. Patrick's Day 10:00 RR Do You Recall? 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Pictionary Game 2:00 IL Catholic Mass-IL 2:30 RR What's Cooking? 3:00 RR St. Patrick's Day Party	18 10:00 RR Brainteaser 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Who, What, When 2:30 RR Jenga Game 3:30 RR Quarter Bingo	19 9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 DR VV Bridge Group✓ 3:00 DR Community Meeting 3:30 DR Ice Cream Bars 4:00 RR Oh, Shoot! ... Dice Game	20 Spring Begins 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 Tour the Town 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	21 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Happy Hour	22 9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 DR Exercise Class 3:30 RR Quarter Bingo
23 11:00 IL Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	24 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	25 10:00 RR Brainteaser 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR You Be The Judge 2:30 IL Idaho Bluegrass Band 2:30 RR Jenga Game 3:30 RR Quarter Bingo	26 9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 DR VV Bridge Group✓ 3:00 RR Travelogue 4:00 RR Oh, Shoot! ... Dice Game	27 10:00 RR Table Talk Tidbits 11:00 DR 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 IL Sing-Along With Barb	28 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Word Game 2:30 RR Horse Racing 3:00 DR Resident Birthday Bash	29 9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 DR Exercise Class 3:30 RR Quarter Bingo
30 11:00 IL Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	31 11:00 DR 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					



1st	Betty Wood
2nd	Lyra Spratt-Manning
3rd	Dot Phillips
16th	Jackie Waldram
20th	Edda Howell
30th	Patricia O'Neil

Health & Wellness



Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.

Activities

Come Play With Us!

Join us each week for our weekly game session. Whether you're a beginner or have been playing for years, you are welcome to a seat at the table. From chess to bridge to dominoes, we've got it all. Don't just sit at home—come out and play!

Laugh Lines: March Moments

March holds many holidays and events, including Dr. Seuss Day, St. Patrick's Day, Pi Day and the March Madness basketball tournament. Browse through these jokes for laughs about all things March.

Q: What should you say to a runner in the St. Patrick's Day marathon?

A: Irish you luck!

Q: Why don't you iron four-leaf clovers?

A: Because you don't want to press your luck.

Q: What did March say to all the madness?

A: What's all that bracket?!

Q: Why doesn't the Grinch like knock-knock jokes?

A: Because there are always Whos there.

Q: What is the official animal of Pi Day?

A: The pi-thon.

Q: Why is everyone so tired on April 1?

A: Because they've just finished a long, 31-day March.

Q: How is the letter A like a spring flower?

A: A "B" comes after it!

Q: What kind of bird was banned from the jewelry store?

A: A robin.

It's allergy season again?! You've got to be pollen my leg.

The roundest knight of King Arthur's court was Sir Cumference ... he ate too much pi!

It's impossible to plant vegetable seeds when you haven't botany.



Brain Games



Brain Bender: Leprechaun Logic

Four young leprechauns—Bridget, Erin, Declan and Seamus—are going to a St. Patrick's Day party. Each is taking a treat—shamrock cookies, a rainbow cake, Irish stew and soda bread. Use the clues to find out the name and age of each leprechaun and the food they're taking to the party.

- Bridget is the same age as the leprechaun who likes bread.
- The 8-year-old girl is not bringing a cake.
- Declan isn't taking the stew.
- Erin loves rainbows. She is younger than Seamus.
- Seamus and his twin sister are 8 years old.
- The youngest leprechaun, who is 6, isn't bringing cake or stew.
- Bridget isn't taking bread, and Seamus isn't taking cookies.

(Answers: Declan is 6 years old and taking cookies. Erin is 7 and taking a cake. Bridget is 8 and taking Irish stew. Seamus is 8 and taking soda bread.)

Brainteaser

Question: I am found on land and in sea, yet I neither walk nor swim. I travel by foot, but have no toes. No matter where I roam, I'm never away from home. What am I?

Answer: A snail.