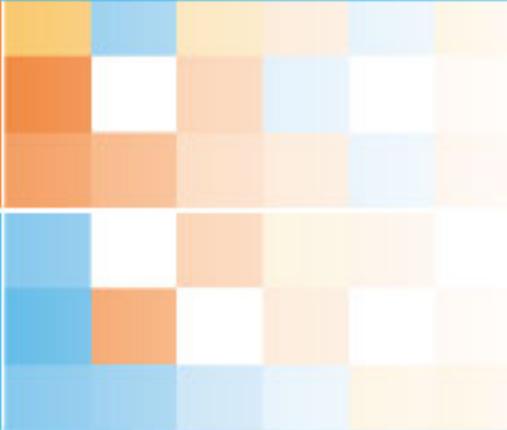


1130 N Allumbaugh Street  
Boise, ID 83704  
(208) 322-0311  
Fax: (208) 854-8653

*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 Manager
- 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



**Spring Greetings!**

Hello, everyone! March has arrived, bringing with it the delightful onset of spring. We are all eager for the warmer weather ahead. As always, we have an exciting lineup of activities planned for our community this month, and I encourage everyone to participate! Our activity schedule is thoughtfully crafted to cater to a diverse range of interests and hobbies. If you have a specific activity you would like to see included, please reach out. We will do our utmost to make it happen!

**Springtime Adventures**

We’re thrilled about the arrival of spring! We have a variety of outings lined up, and we would be delighted to have you celebrate the season with us. Keep an eye on the calendar for outing events, and register at the front desk to secure your seat on the bus.

**Irish Celebration!**

It’s that special day of the year when everyone embraces their inner Irish, and we invite you to celebrate with us! Delicious food, lively music and plenty of fun. Don your finest green outfit and bring your joyful spirit as we come together to honor the vibrant heritage and delightful camaraderie of this occasion. You definitely won’t want to miss out!

**Irish Blessing**

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

**Cheers to Being Cheerful**

March is Optimism Month, and studies show that looking on the bright side is good for your health. Optimists are better at problem-solving, have stronger immune systems, and recover faster from illness and injury than pessimists.

**It’s That Time Again ...**

Remember Daylight Saving Time begins on the 2nd Sunday in March. Move those clocks ahead one hour before you go to bed, so you won’t be late! If you’re grumpy about losing that hour of sleep, keep in mind that Daylight Saving Time is a sign that spring arrives soon!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>9:00 <span style="color: yellow;">L</span> Paper Puzzler</p> <p>11:00 <span style="color: green;">IL</span> Catholic Service- IL</p> <p>11:00 <span style="color: green;">RR</span> Exercise Tape</p> <p>1:30 <span style="color: yellow;">L</span> Color Art</p> <p><b>2:30 <span style="color: yellow;">L</span> Movie &amp; Popcorn</b></p> <p><b>3:00 <span style="color: green;">IL</span> Capital City Swing Band</b></p> <p>3:30 <span style="color: green;">RR</span> Scrabble</p>	<p>10:00 <span style="color: green;">RR</span> Do You Recall?</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Would You Rather</p> <p>2:30 <span style="color: green;">RR</span> What's Cooking?</p> <p><b>3:45 <span style="color: green;">IL</span> Catholic Rosary</b></p> <p>4:00 <span style="color: green;">RR</span> L-C-R Dice Game</p>	<p>10:00 <span style="color: green;">RR</span> Brain Teaser</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Lifelong Learning</p> <p>2:30 <span style="color: green;">RR</span> Horse Race</p> <p>3:30 <span style="color: green;">RR</span> Quarter Bingo</p> <p>5:30 <span style="color: green;">DR</span> Pinochle</p>	<p>9:30 <span style="color: green;">RR</span> Chapel</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">DR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Spill &amp; Spell ... Dice Game</p> <p>2:30 <span style="color: green;">RR</span> Craft Class</p> <p>4:00 <span style="color: green;">RR</span> Oh, Shoot! ... Dice Game</p>	<p><b>9:00 <span style="color: green;">O</span> Banking</b></p> <p>10:00 <span style="color: green;">RR</span> Table Talk Tidbits</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">O</span> Tour the Town </p> <p>3:30 <span style="color: green;">RR</span> Quarter Bingo</p> <p>4:30 <span style="color: yellow;">L</span> Individual Mystery Puzzle</p> <p><b>6:30 <span style="color: green;">IL</span> Gospel Singers- IL</b></p>	<p>9:30 <span style="color: green;">RR</span> Bible Study</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Dominoes</p> <p><b>1:30 <span style="color: green;">O</span> Shop Albertsons</b></p> <p><b>2:00 <span style="color: green;">O</span> Idaho Museum of Mining &amp; Geology</b></p> <p>2:30 <span style="color: green;">RR</span> Blackjack "21"</p> <p><b>3:30 <span style="color: green;">RR</span> Happy Hour</b></p>	<p><b>9:00 <span style="color: yellow;">L</span> Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</b></p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:30 <span style="color: green;">RR</span> L-C-R Dice Game</p> <p>3:30 <span style="color: green;">RR</span> Quarter Bingo</p>
8	9	10	11	12	13	14
<p><b>Daylight Saving Time Begins</b></p> <p>9:00 <span style="color: yellow;">L</span> Paper Puzzler</p> <p>11:00 <span style="color: green;">IL</span> Catholic Service- IL</p> <p>11:00 <span style="color: green;">RR</span> Exercise Tape</p> <p><b>1:30 <span style="color: green;">O</span> Boise Little Theater- Rumors... \$20</b></p> <p>1:30 <span style="color: yellow;">L</span> Color Art</p> <p><b>2:30 <span style="color: yellow;">L</span> Movie &amp; Popcorn</b></p> <p>3:30 <span style="color: green;">RR</span> Scrabble</p>	<p>10:00 <span style="color: green;">RR</span> Do You Recall?</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Would You Rather</p> <p><b>2:00 <span style="color: green;">IL</span> Parkinson's Support Group-IL</b></p> <p>2:30 <span style="color: green;">RR</span> What's Cooking?</p> <p><b>3:45 <span style="color: green;">IL</span> Catholic Rosary</b></p> <p>4:00 <span style="color: green;">RR</span> L-C-R Dice Game</p>	<p>10:00 <span style="color: green;">RR</span> Brain Teaser</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p><b>12:45 <span style="color: green;">IL</span> Bookmobile- IL</b></p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p><b>1:30 <span style="color: green;">RR</span> Activity Planning Meeting</b></p> <p>2:30 <span style="color: green;">RR</span> Horse Race</p> <p>3:30 <span style="color: green;">RR</span> Quarter Bingo</p> <p>5:30 <span style="color: green;">DR</span> Pinochle</p>	<p>9:30 <span style="color: green;">RR</span> Chapel</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">DR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Spill &amp; Spell ... Dice Game</p> <p>3:00 <span style="color: green;">RR</span> Art 4 All... painting class with Artist Mary Jussel</p> <p>4:00 <span style="color: green;">RR</span> Oh, Shoot! ... Dice Game</p> <p><b>5:00 <span style="color: green;">IL</span> Art Show &amp; Sale ... Meet the Artist</b></p>	<p><b>9:00 <span style="color: green;">O</span> Banking</b></p> <p>10:00 <span style="color: green;">RR</span> Table Talk Tidbits</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">O</span> Tour the Town </p> <p>3:30 <span style="color: green;">RR</span> Quarter Bingo</p> <p>4:30 <span style="color: yellow;">L</span> Individual Mystery Puzzle</p>	<p>9:30 <span style="color: green;">RR</span> Bible Study</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Dominoes</p> <p><b>1:30 <span style="color: green;">O</span> Shop Albertsons</b></p> <p>2:30 <span style="color: green;">RR</span> Blackjack "21"</p> <p>3:30 <span style="color: green;">RR</span> Team Jeopardy</p>	<p><b>9:00 <span style="color: yellow;">L</span> Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</b></p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:30 <span style="color: green;">RR</span> L-C-R Dice Game</p> <p>3:30 <span style="color: green;">RR</span> Quarter Bingo</p>
15	16	17	18	19	20	21
<p>9:00 <span style="color: yellow;">L</span> Paper Puzzler</p> <p><b>9:30 <span style="color: green;">RR</span> Worship Service ... Life Church</b></p> <p>11:00 <span style="color: green;">IL</span> Catholic Service- IL</p> <p>11:00 <span style="color: green;">RR</span> Exercise Tape</p> <p>1:30 <span style="color: yellow;">L</span> Color Art</p> <p><b>2:30 <span style="color: yellow;">L</span> Movie &amp; Popcorn</b></p> <p><b>3:00 <span style="color: green;">DR</span> Killarney Irish Dancers</b></p>	<p>10:00 <span style="color: green;">RR</span> Do You Recall?</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Would You Rather</p> <p><b>2:00 <span style="color: green;">IL</span> Catholic Mass-IL</b></p> <p>2:30 <span style="color: green;">RR</span> What's Cooking?</p> <p><b>3:45 <span style="color: green;">IL</span> Catholic Rosary</b></p> <p>4:00 <span style="color: green;">RR</span> L-C-R Dice Game</p>	<p><b>St. Patrick's Day</b></p> <p>10:00 <span style="color: green;">RR</span> Brain Teaser</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Who, What, When</p> <p>2:30 <span style="color: green;">RR</span> Horse Race</p> <p><b>2:30 <span style="color: green;">DR</span> St. Patrick's Day Social</b></p> <p>5:30 <span style="color: green;">DR</span> Pinochle</p>	<p>9:30 <span style="color: green;">RR</span> Chapel</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">DR</span> Chat Club</p> <p><b>1:30 <span style="color: green;">O</span> Boise Art Museum- Here We Have Idaho</b></p> <p>1:30 <span style="color: green;">RR</span> Spill &amp; Spell ... Dice Game</p> <p><b>3:00 <span style="color: green;">DR</span> Community Meeting</b></p> <p>3:30 <span style="color: green;">DR</span> Ice Cream Bars</p> <p>4:00 <span style="color: green;">RR</span> Oh, Shoot! ... Dice Game</p>	<p><b>9:00 <span style="color: green;">O</span> Banking</b></p> <p>10:00 <span style="color: green;">RR</span> Table Talk Tidbits</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">O</span> Tour the Town </p> <p>3:30 <span style="color: green;">RR</span> Quarter Bingo</p> <p>4:30 <span style="color: yellow;">L</span> Individual Mystery Puzzle</p>	<p>9:30 <span style="color: green;">RR</span> Bible Study</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Dominoes</p> <p><b>1:30 <span style="color: green;">O</span> Shop Albertsons</b></p> <p>2:30 <span style="color: green;">RR</span> Blackjack "21"</p> <p><b>3:00 <span style="color: green;">RR</span> Happy Hour</b></p>	<p><b>9:00 <span style="color: yellow;">L</span> Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</b></p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:30 <span style="color: green;">RR</span> L-C-R Dice Game</p> <p>3:30 <span style="color: green;">RR</span> Quarter Bingo</p>
22	23	24	25	26	27	28
<p>9:00 <span style="color: yellow;">L</span> Paper Puzzler</p> <p><b>9:30 <span style="color: green;">RR</span> Worship Service ... Life Church</b></p> <p>11:00 <span style="color: green;">IL</span> Catholic Service- IL</p> <p>11:00 <span style="color: green;">RR</span> Exercise Tape</p> <p>1:30 <span style="color: yellow;">L</span> Color Art</p> <p><b>2:30 <span style="color: yellow;">L</span> Movie &amp; Popcorn</b></p> <p>3:30 <span style="color: green;">RR</span> Scrabble</p>	<p>10:00 <span style="color: green;">DR</span> Do You Recall?</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Would You Rather</p> <p>2:30 <span style="color: green;">RR</span> What's Cooking?</p> <p><b>3:45 <span style="color: green;">IL</span> Catholic Rosary</b></p> <p>4:00 <span style="color: green;">RR</span> L-C-R Dice Game</p>	<p>10:00 <span style="color: green;">RR</span> Brain Teaser</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Travelogue</p> <p>2:30 <span style="color: green;">RR</span> Horse Race</p> <p>3:30 <span style="color: green;">RR</span> Quarter Bingo</p> <p>5:30 <span style="color: green;">DR</span> Pinochle</p>	<p>9:30 <span style="color: green;">RR</span> Chapel</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">DR</span> Chat Club</p> <p><b>1:30 <span style="color: green;">O</span> Discovery Center-Don't Feed the Dinosaurs \$</b></p> <p>1:30 <span style="color: green;">RR</span> Spill &amp; Spell ... Dice Game</p> <p>3:00 <span style="color: green;">RR</span> Word Game</p> <p>4:00 <span style="color: green;">RR</span> Oh, Shoot! ... Dice Game</p>	<p><b>9:00 <span style="color: green;">O</span> Banking</b></p> <p>10:00 <span style="color: green;">RR</span> Table Talk Tidbits</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">O</span> Tour the Town </p> <p>3:30 <span style="color: green;">RR</span> Quarter Bingo</p> <p>4:30 <span style="color: yellow;">L</span> Individual Mystery Puzzle</p>	<p>9:30 <span style="color: green;">RR</span> Bible Study</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Dominoes</p> <p><b>1:30 <span style="color: green;">O</span> Shop Albertsons</b></p> <p>2:30 <span style="color: green;">RR</span> Blackjack "21"</p> <p><b>3:00 <span style="color: green;">DR</span> Resident Birthday Bash </b></p>	<p><b>9:00 <span style="color: yellow;">L</span> Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</b></p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:30 <span style="color: green;">RR</span> L-C-R Dice Game</p> <p>3:30 <span style="color: green;">RR</span> Quarter Bingo</p>
29	30	31				
<p>9:00 <span style="color: yellow;">L</span> Paper Puzzler</p> <p>11:00 <span style="color: green;">IL</span> Catholic Service- IL</p> <p>11:00 <span style="color: green;">RR</span> Exercise Tape</p> <p>1:30 <span style="color: yellow;">L</span> Color Art</p> <p><b>2:30 <span style="color: yellow;">L</span> Movie &amp; Popcorn</b></p> <p>3:30 <span style="color: green;">RR</span> Scrabble</p>	<p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p>1:30 <span style="color: green;">RR</span> Would You Rather</p> <p>2:30 <span style="color: green;">RR</span> What's Cooking?</p> <p><b>3:45 <span style="color: green;">IL</span> Catholic Rosary</b></p> <p>4:00 <span style="color: green;">RR</span> L-C-R Dice Game</p>	<p>10:00 <span style="color: green;">RR</span> Brain Teaser</p> <p>11:00 <span style="color: green;">DR</span> Exercise Class</p> <p>1:00 <span style="color: green;">RR</span> Chat Club</p> <p><b>1:30 <span style="color: green;">RR</span> Food Committee Meeting</b></p> <p>2:30 <span style="color: green;">RR</span> Horse Race</p> <p>3:30 <span style="color: green;">RR</span> Quarter Bingo</p> <p>5:30 <span style="color: green;">DR</span> Pinochle</p>				



## Happy Birthday!

Sending a big “happy birthday” to all our residents celebrating their special day this month. We hope your day is filled with joy!

1st	Betty Wood
2nd	Lyra Spratt-Manning
19th	Josephine Aburusa
30th	Patricia O’Neil

## Welcome New Residents

Richard & Crystal Christiansen  
Richard Haldane

Our entire staff welcomes all new residents! We are here to ensure you experience the very best in your new home. Contact us if we can assist in any way. We also thank those of you who continue to call our community home. We are dedicated to your comfort and convenience.

## 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.

## 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.



## All That Glitters

There may not be a pot of gold at the end of every rainbow, but you can mine a wealth of information about this precious metal, which is prized for its beauty, rarity and physical properties.

- All of the gold found on Earth came from meteorites that hit the planet millions of years ago.
- Gold was one of the first metals discovered. It has been mined for more than 5,000 years.
- The chemical symbol for gold is Au, which comes from *aurum*, a Latin name for gold that means “shining dawn.”
- Gold has been discovered on every continent, but the highest concentration is in Witwatersrand, South Africa.
- One of the reasons gold is so highly valued is that it does not rust or decay.
- The purity of gold is measured in karats, and the higher the number, the greater the purity. Pure gold is 24 karats.
- Gold is edible. High-end restaurants sometimes add gold flakes to their dishes.
- The largest gold nugget ever found was discovered in Australia in 1869 and weighed more than 170 pounds. It was called the Welcome Stranger.
- Gold is the state mineral of California, Alaska and North Carolina.
- The visors of astronauts’ helmets are coated in a thin, transparent layer of gold because it reduces glare and heat from the sun.