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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 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

May Greetings

I’m looking forward to a month full of springtime activities, outings and conversations with each of you. If you have any questions, ideas or suggestions for our community, I would love to hear from you. ~ Sherrie Hix



Celebrating All Mothers

We warmly invite all women in our community to join us for a delightful Mother’s Day Tea on Saturday, May 2nd, starting at 2 pm. Bring along a special friend or relative to share in this elegant experience. You can expect an abundance of good taste from the exquisite table settings to the delectable scones and pastries that will be served. Please RSVP for this special occasion.

Derby Day Watch Party

Gallop, trot, or stroll to our exciting Kentucky Derby watch party! Come celebrate this iconic American sporting event with a front-row view of the race day action on our big-screen TV. Enjoy traditional Derby fare served for dinner in the dining room, and perhaps treat yourself to a mint julep or two.

Remembrance Day

On Memorial Day, we honor the men and women who have sacrificed their lives for our country. We want to take this opportunity to recognize all our residents and their family members and friends who are serving or have served our country, both at home and abroad. Our heartfelt thanks goes out to them and to all of our community’s veterans for their service.



Taco’Bout Fun!

Join us for a lively celebration on Cinco de Mayo in the activity room! Our skilled chef will make fresh pico de gallo and guacamole and chips for your enjoyment, complemented by delectable margaritas to satisfy your thirst. Save the date. ¡Viva la fiesta!

Honoring Nurses

The important role of nurses in health care is recognized during National Nurses Week beginning May 6. Nurses are the heart of health care, and we thank them for their compassion, courage, care and commitment to our residents here at Valley View. We appreciate all you do!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>9:30 RR Bible Study 11:00 DR Exercise Class 1:00 RR Patio Garden Club 1:30 RR Dominoes 1:30 O Shop Albertsons 2:30 RR Blackjack "21" 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 11:00 DR Exercise Class 1:30 RR L-C-R Dice Game 2:00 IL Mother's Day Tea Party 3:30 RR Quarter Bingo 3:45 L Derby Day Watch Party</p>
3	4	Cinco De Mayo 5	6	7	8	9
<p>9:00 L Paper Puzzler 11:00 IL Catholic Service- IL 11:00 RR Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 RR Scrabble</p>	<p>10:00 RR Do You Recall? 11:00 DR Exercise Class 1:00 RR Walking Club 1:30 RR Would You Rather 2:30 RR What's Cooking? 3:45 IL Catholic Rosary 4:00 RR L-C-R Dice Game 6:30 RR Bible Study</p>	<p>10:00 RR Brain Teaser 11:00 DR Exercise Class 1:00 RR Chat Club 2:45 DR Women of Note ... Ladies' Choir 3:30 RR Fiesta Time! 5:30 RR Pinochle Club</p>	<p>9:30 RR Chapel 11:00 DR Exercise Class 1:00 DR Walking Club 1:30 RR Spill & Spell ... Dice Game 2:30 RR Craft Class 4:00 RR Oh, Shoot! ... Dice Game</p>	<p>9:00 O Banking 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 O Tour the Town 🚶 3:30 RR Quarter Bingo 5:30 RR Pinochle Club 6:30 IL Gospel Singers- IL</p>	<p>9:30 RR Bible Study 11:00 DR Exercise Class 1:00 RR Patio Garden Club 1:30 RR Dominoes 1:30 O Shop Albertsons 2:30 RR Blackjack "21" 3:30 RR Trivia Challenge</p>	<p>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 1:30 RR L-C-R Dice Game 3:30 RR Quarter Bingo</p>
10	11	12	13	14	15	16
<p>Happy Mother's Day 9:00 L Paper Puzzler 11:00 IL Catholic Service- IL 11:00 RR Exercise Tape 11:30 IL Mother's Day Brunch 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 RR Scrabble</p>	<p>10:00 RR Do You Recall? 11:00 DR Exercise Class 1:00 RR Walking Club 1:30 RR Would You Rather 2:00 DR Guitar Music with Bruce 2:00 IL Parkinson's Support Group-IL 3:45 IL Catholic Rosary 4:00 RR L-C-R Dice Game 6:30 RR Bible Study</p>	<p>10:00 RR Brain Teaser 11:00 DR Exercise Class 12:45 IL Bookmobile- IL 1:00 RR Chat Club 1:30 RR Activity Planning Meeting 2:30 RR Horse Race 3:30 RR Quarter Bingo 5:30 RR Pinochle Club</p>	<p>9:30 RR Chapel 11:00 DR Exercise Class 1:00 DR Walking Club 1:30 RR Spill & Spell ... Dice Game 3:00 DR Community Meeting 3:30 DR Ice Cream Bars 4:00 RR Oh, Shoot! ... Dice Game 5:00 IL Art Show & Sale ... Meet the Artist</p>	<p>9:00 O Banking 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 O Tour the Town 🚶 3:30 RR Quarter Bingo 5:30 RR Pinochle Club</p>	<p>9:30 RR Bible Study 11:00 DR Exercise Class 1:00 RR Patio Garden Club 1:30 RR Dominoes 1:30 O Shop Albertsons 3:00 RR Guitar Music with Dan</p>	<p>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 1:30 RR L-C-R Dice Game 2:00 IL Piano Recital 3:30 RR Quarter Bingo</p>
17	18	19	20	21	22	23
<p>9:00 L Paper Puzzler 9:30 RR Worship Service ... Life Church 11:00 IL Catholic Service- IL 11:00 RR Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 RR Scrabble</p>	<p>10:00 RR Do You Recall? 11:00 DR Exercise Class 1:00 RR Walking Club 1:30 RR Would You Rather 2:00 IL Catholic Mass-IL 3:45 IL Catholic Rosary 4:00 RR L-C-R Dice Game 6:30 RR Bible Study</p>	<p>10:00 RR Brain Teaser 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Travelogue 2:30 RR Horse Race 3:30 RR Quarter Bingo 5:30 RR Pinochle Club</p>	<p>9:30 RR Chapel 11:00 DR Exercise Class 1:00 DR Walking Club 1:30 RR Spill & Spell ... Dice Game 3:00 DR Art 4 All ... painting class with Artist Mary Jussel 4:00 RR Oh, Shoot! ... Dice Game</p>	<p>9:00 O Banking 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 O Tour the Town 🚶 3:30 RR Quarter Bingo 5:30 RR Pinochle Club</p>	<p>9:30 RR Bible Study 11:00 DR Exercise Class 1:00 RR Patio Garden Club 1:30 RR Dominoes 1:30 O Shop Albertsons 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 11:00 DR Exercise Class 1:30 RR L-C-R Dice Game 3:30 RR Quarter Bingo</p>
24	25	26	27	28	29	30
<p>9:00 L Paper Puzzler 9:30 RR Worship Service ... Life Church 11:00 IL Catholic Service- IL 11:00 RR Exercise Tape 2:30 L Movie & Popcorn</p>	<p>Memorial Day 10:00 DR Do You Recall? 11:00 DR Exercise Class 1:00 RR Walking Club 1:30 RR Would You Rather 2:30 IL Fiddler Express 3:45 IL Catholic Rosary 4:00 RR L-C-R Dice Game 6:30 RR Bible Study</p>	<p>10:00 RR Brain Teaser 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Food Committee Meeting 2:30 RR Horse Race 3:30 RR Quarter Bingo 5:30 RR Pinochle Club</p>	<p>9:30 RR Chapel 11:00 DR Exercise Class 11:00 O Lunch in the Park 1:00 DR Walking Club 1:30 RR Spill & Spell ... Dice Game 2:30 RR Lifelong Learning 4:00 RR Oh, Shoot! ... Dice Game</p>	<p>9:00 O Banking 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 O Tour the Town 🚶 3:30 RR Quarter Bingo 5:30 RR Pinochle Club</p>	<p>9:30 RR Bible Study 11:00 DR Exercise Class 1:00 RR Patio Garden Club 1:30 RR Dominoes 1:30 O Shop Albertsons 2:30 RR Blackjack "21" 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 11:00 DR Exercise Class 1:30 RR L-C-R Dice Game 3:30 RR Quarter Bingo</p>
31						
<p>9:00 L Paper Puzzler 11:00 IL Catholic Service- IL 11:00 RR Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn</p>						

Welcome New Residents

6th	Susan Pisani
11th	Sheila Martin
12th	Judy Doerann
27th	Ivy Eshelby
28th	Peggy McClary

Welcome, new residents! As you settle into your new home, please feel free to call the office if we can help you in any way. We're sure you'll find our community is the friendliest in the area, and we owe it all to our residents. We're glad to have you with us!

Happy Birthday

Daisey Cortez
Cloris Knox
Carolyn Jauregui
Ron & Marilyn Jennings

Wishing you all the best in the year to come. May your days be filled with sunshine and beautiful colors. And may your nights be filled with comforting dreams and wishes to come. Happy Birthday!

Help Us Plan Activities

Would you like to help us organize activities and events for our community? Join the activity planning committee! This group meets regularly to brainstorm ideas for entertainment, crafts, games, outings and more. We'd love to have your input! Sign up at the front desk or speak to the activities director if you're interested in joining.

Activities

Springtime Adventures

Spring is here, and we're excited! Several outings are planned, and we'd love to have you join us as we celebrate the season. Look for spring events on the calendar, and sign up at the front desk to reserve your spot on the bus.

You'll 'Dig' Our Gardening Club

Want to get some exercise while enjoying the warm weather outside? Then "plant" yourself into our Gardening Club! Check the calendar for meeting times.

Let's Go for a Walk!

Spring is here to stay, and our walking club is in full swing! Check the calendar for times and join us for some fresh air and exercise.

Just for Fun

Brainteaser

Question: Six members of a singing group—Leo, Betty, Diane, Charlotte, Will and Zoe—need to line up on stage. Will is taller than Diane but shorter than Zoe. Leo is taller than Betty but shorter than Diane and Will. Betty is not the shortest. Can you put the singers in order by height from tallest to shortest?

Answer: The tallest is Zoe, then Will, Diane, Leo, Betty and Charlotte, who's the shortest.

Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration to work out by reviewing the top benefits of exercise:

Helps prevent illness. High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy. The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood. Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep. A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

Reduces fall risk. Exercise strengthens muscles and bones, increases flexibility, and improves balance—all benefits that are key to preventing falls and broken bones.

Enhances social life. Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.