



1130 N Allumbaugh Street  
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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



### Happy Mother's Day

We wish all the moms in our community a happy Mother's Day! Thanks for all the love, attention and hard work. Where would we be without you? Please join us as we celebrate you at our Mother's Day Brunch. The service begins at 11:00 on Sunday, May 12th. Feel free to invite a special friend or relative with whom you would like to share this special day. Good taste will abound, from the beautiful table settings to the delicious entrees and pastries. We look forward to celebrating all the wonderful things we love about mom! Be sure to RSVP at the front desk. All residents are welcome to join us!

### Take Advantage of Fun Activities

Our activities schedule is designed to appeal to a variety of personalities and hobbies. Please join us! 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!

### Thank a Nurse

Take the time to give a heartfelt thank-you to our nurses for their hard work and care during National Nurses Week May 6th-12th—and every week!

### Memorial Day Remembrance





























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. Happy Memorial Day!

### 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 or ask recreation department for meeting times.

### Scenic Drive Time

We're on the road again! Sit back, relax and leave the driving to us! We always have fun on our scenic drives, so steer your way to the front desk and sign up for an upcoming ride. Look for details in the newsletter or the calendar. We welcome any suggestions for our bus tours.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>May Day</b> 1 9:30 Chapel 11:00  Exercise Class 1:30 Spill & Spell ... Dice Game 1:30  VV Bridge Group✓ 3:00 Craft Class 4:00 Oh, Shoot! ... Dice Game	2 10:00 Table Talk 11:00  Exercise Class 1:00  Walking Club 1:30  Tour the Town🚗 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle <b>6:30 Gospel Singers</b>	3 9:30 Bible Study <b>10:30  Shop Albertsons</b> 11:00  Exercise Class 1:00  Garden Club 1:30 Word Game 2:30 Horse Racing <b>3:30 Happy Hour ... Wine/ Beer</b>	4 <b>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00  Exercise Class 3:00 Quarter Bingo
<b>Cinco De Mayo</b> 5 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1 11:00 Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art <b>2:30 Movie &amp; Popcorn</b> 3:30 Scrabble	6 10:00 Do You Recall? 11:00  Exercise Class 1:00  Walking Club 1:30 Pictionary Game <b>2:30  R &amp; R Inspiration</b> 4:00 L-C-R Dice Game	7 10:00 Brainteaser 11:00  Exercise Class 1:00  Walking Club <b>1:30  Gospel &amp; Accordion Music</b> 2:30  Bean Bag Toss 3:30 Quarter Bingo	8 9:30 Chapel 11:00  Exercise Class 1:30 Spill & Spell ... Dice Game 1:30  VV Bridge Group✓ 3:00 Painting Class 4:00 Oh, Shoot! ... Dice Game <b>5:00 Meet &amp; Greet the Artist</b>	9 10:00 Table Talk 11:00  Exercise Class 1:00  Walking Club 1:30  Tour the Town🚗 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	10 9:30 Bible Study <b>10:30  Shop Albertsons</b> 11:00  Exercise Class 1:00  Garden Club 1:30 Word Game 2:30 Horse Racing 3:30 Ceramics	11 <b>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00  Exercise Class 3:00 Quarter Bingo
<b>Happy Mother's Day</b> 12 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1 11:00 Catholic Service- IL 11:00 Exercise Tape <b>11:00 Mother's Day Brunch</b> 1:30 Color Art <b>2:30 Movie &amp; Popcorn</b> 3:30 Scrabble	13 11:00  Exercise Class 1:00  Walking Club 1:30 Pictionary Game <b>2:30 Understanding Great Music with Eric Collett-IL</b> 2:30 What's Cooking? 4:00 L-C-R Dice Game	14 10:00 Brainteaser 11:00  Exercise Class <b>12:30 Bookmobile- IL</b> 1:00  Walking Club <b>1:30 Activity Planning Meeting</b> 2:30  Bean Bag Toss 3:30 Quarter Bingo	15 9:30 Chapel 11:00  Exercise Class 1:30 Spill & Spell ... Dice Game 1:30  VV Bridge Group✓ <b>3:00  Community Meeting</b> 3:30  Ice Cream Bars 4:00 Oh, Shoot! ... Dice Game	16 10:00 Table Talk 11:00  Exercise Class 1:00  Walking Club 1:30  Tour the Town🚗 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	17 9:30 Bible Study <b>10:30  Shop Albertsons</b> 11:00  Exercise Class 1:00  Garden Club 1:30 Word Game 2:30 Horse Racing <b>3:30 Happy Hour ... Wine/ Beer</b>	<b>Armed Forces Day</b> 18 <b>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00  Exercise Class 3:00 Quarter Bingo
19 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1 <b>9:30 Worship Service ... Life Church</b> 11:00 Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art <b>2:30 Movie &amp; Popcorn</b> 3:30 Scrabble	20 10:00 Do You Recall? 11:00  Exercise Class 1:00  Walking Club 1:30 Pictionary Game 2:30 What's Cooking? 4:00 L-C-R Dice Game	21 10:00 Brainteaser 11:00  Exercise Class 1:00  Walking Club 1:30 Who, What, When 2:30  Bean Bag Toss 3:30 Quarter Bingo	22 9:30 Chapel 11:00  Exercise Class 1:30 Spill & Spell ... Dice Game 1:30  VV Bridge Group✓ 3:00 Travelogue 4:00 Oh, Shoot! ... Dice Game	23 10:00 Table Talk 11:00  Exercise Class 1:00  Walking Club 1:30  Tour the Town🚗 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle <b>6:30 Sing-Along With Barb</b>	24 9:30 Bible Study <b>10:30  Shop Albertsons</b> 11:00  Exercise Class 1:00  Garden Club 1:30 Word Game 2:30 Horse Racing <b>3:30 Sing-Along With Barb</b>	25 <b>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00  Exercise Class 3:00 Quarter Bingo
26 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1 <b>9:30 Worship Service ... Life Church</b> 11:00 Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art <b>2:30 Movie &amp; Popcorn</b> 3:30 Scrabble	<b>Memorial Day</b> 27 10:00  Do You Recall? 11:00  Exercise Class 1:00  Walking Club 1:30 Pictionary Game 2:30 What's Cooking? 4:00 L-C-R Dice Game	28 10:00 Brainteaser 11:00  Exercise Class 1:00  Walking Club <b>1:30 Food Committee Meeting</b> 2:30  Bean Bag Toss 3:30 Quarter Bingo	29 9:30 Chapel 11:00  Exercise Class 1:30 Spill & Spell ... Dice Game 1:30  VV Bridge Group✓ 3:00 Time Line Discussion Grp 4:00 Oh, Shoot! ... Dice Game	30 10:00 Table Talk 11:00  Exercise Class 1:00  Walking Club 1:30  Tour the Town🚗 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	31 9:30 Bible Study <b>10:30  Shop Albertsons</b> 11:00  Exercise Class 1:00  Garden Club 1:30 Word Game 2:30 Horse Racing <b>3:00  Resident Birthday Bash♥</b>	



6th Susan Pisani  
10th Dottie Kromrei  
11th Matthew O'Rourke  
24th Irene O'Rourke  
27th Ivy Eshelby

## Welcome New Residents

Dona Alsover  
Linda French



### Derby Day

Walk, trot or gallop to our Kentucky Derby party! Join us as we celebrate this annual American sporting event with traditional Derby food and a track-side seat to the race day action by way of our big-screen TV in the lobby and don't forget your hat!

### 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, exercise and fun times.

## Health & Fitness

### Simple Ways To Stay Positive

Explore these activities while social distancing.

*Connect with others.* Call friends and family members for a chat, or make virtual visits using FaceTime or Skype. Online discussion groups and book clubs can also connect you with others.

*Play games.* Crosswords, word searches and jigsaw puzzles are great ways to pass the time and give your brain a workout. If you have access to a computer, tablet or smartphone, search for some online games.

*Turn to entertainment.* Spend some time getting lost in your favorite TV shows, movies, books and music.

*Create.* Sketching, coloring and crafting are some creative outlets that will keep your hands and mind busy.

*Have a laugh.* Tune in to a comedy for some chuckles, or go online to find funny videos and jokes.

*Write.* Jot down what's on your mind, whether it's a fond memory, goal or poem.

*Stretch.* Doing gentle stretches daily can help lift your mood and boost your energy.

*Meditate.* Take a few minutes each day to close your eyes and focus on relaxed breathing.

### 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.