



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 Activities
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



October Greetings

October is here, bringing crisp fall weather, colorful leaves and plenty of seasonal fun! I'm looking forward to another wonderful month together at Valley View. Check your calendar for our daily activities, outings and special events, and plan to join us for all the fun. There's something for everyone to enjoy! It's truly a joy to have you as part of our Valley View community. As always, please feel free to stop by my office anytime with questions, comments or ideas. I always enjoy hearing from you. Wishing everyone a happy and fun-filled October! ~ Sherrie Hix

Creating for a Cause

Our annual Empty Bowls fundraiser benefiting The Idaho Foodbank is back! Join us for a ceramic painting class and decorate a soup bowl for charity. Valley View provides the bowl and supplies—you bring the creativity! Your finished bowl will be donated to the Empty Bowls Program to help fight hunger in Idaho. Together, we can make a difference—one bowl at a time!



Do the Monster Mash Boo!

We're scaring up some fun for residents this month with our Halloween costume party, so join us on Friday, October 30th at 3 pm for tricks and treats—oh, and prizes for the best costumes.

Spook-tacular Contest

Show off your Halloween spirit and creativity by decorating your apartment door with festive, spooky, or fall-inspired decorations! Let your imagination run wild as we search for Valley View's most fang-tastic doors. Winners will be announced at our Halloween party!

Candy Donations

We're collecting candy for our Family & Friends Kids' Halloween Trick-or-Treat Day on Saturday, October 31st! If you'd like, please donate candy and help make this a fun-filled event for our little trick-or-treaters. Thank you for helping us make Halloween at Valley View extra sweet!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4	 5	 6	 7	1 9:00 O Banking 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:30 O Tour the Town 3:30 RR Quarter Bingo 5:30 RR Pinochle Club 6:30 IL Gospel Singers- IL	2 We Wear Pink Friday 9:30 RR Bible Study 11:00 DR Exercise Class 1:30 RR Blackjack "21" 1:30 O Shop Albertsons 2:30 RR Spill & Spell ... Dice Game 3:30 RR Soup Bowls for Charity 5:30 RR Poker Night	3 BSU Game Day 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 5:30 L BSU vs Utah State
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	10:00 RR Fun Facts 11:00 DR Exercise Class 1:30 RR Chat Club 2:30 RR What's Cooking? 3:45 IL Catholic Rosary-IL 4:00 RR L-C-R Dice Game 6:00 RR Bible Study	10:00 RR Brain Teaser 11:00 DR Exercise Class 1:30 RR Crafty Hands 2:00 IL Idaho Bluegrass Band 2:30 RR Lifelong Learning 3:30 RR Quarter Bingo 5:00 L Art Show & Sale... Meet the Artist 5:30 RR Pinochle Club	9:30 RR Chapel 11:00 DR Exercise Class 1:30 DR Chat Club 2:30 RR Craft Class 4:00 RR Oh, Shoot! ... Dice Game 5:30 RR Horse Race	8 9:00 O Banking 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:30 O Tour the Town 3:30 IL Oktoberfest! Edelweiss Band 3:30 RR Quarter Bingo 5:30 RR Pinochle Club	9 We Wear Pink Friday 9:30 RR Bible Study 11:00 DR Exercise Class 1:30 RR Blackjack "21" 1:30 O Shop Albertsons 2:30 RR Spill & Spell ... Dice Game 3:30 RR Social Hour 5:30 RR Poker Night	10 BSU Game Day 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 8:30 L BSU @ Fresno State
11 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	12 Columbus Day 10:00 RR Fun Facts 11:00 DR Exercise Class 1:30 RR Chat Club 2:00 DR Dancing Dogs of Boise 3:30 IL Disneyland Jazz-Rob Verdi 3:45 IL Catholic Rosary-IL 4:00 RR L-C-R Dice Game 6:00 RR Bible Study	13 10:00 RR Brain Teaser 11:00 DR Exercise Class 12:45 IL Bookmobile- IL 1:30 RR Activity Planning 2:30 RR You Be the Judge 3:30 RR Quarter Bingo 5:30 RR Pinochle Club	14 9:30 RR Chapel 11:00 DR Exercise Class 1:30 DR Chat Club 3:00 DR Community Meeting 4:00 RR Oh, Shoot! ... Dice Game 5:00 IL Art Show & Sale ... Meet the Artist 5:30 RR Horse Race	15 9:00 O Banking 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:30 O Tour the Town 3:30 RR Pink Flamingo Bingo 5:30 RR Pinochle Club	16 We Wear Pink Friday 9:30 RR Bible Study 11:00 DR Exercise Class 1:30 RR Blackjack "21" 1:30 O Shop Albertsons 2:30 RR Spill & Spell ... Dice Game 3:00 DR Guitar Music with Dan 5:30 RR Poker Night	17 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
18 9:00 L Paper Puzzler 9:30 RR Life Church Service 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	19 10:00 RR Fun Facts 11:00 DR Exercise Class 1:30 RR Chat Club 2:00 IL Catholic Mass-IL 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game 6:00 RR Bible Study	20 10:00 RR Brain Teaser 11:00 DR Exercise Class 1:30 RR Crafty Hands 2:30 RR Travelogue 3:30 RR Quarter Bingo 5:30 RR Pinochle Club	21 9:30 RR Chapel 11:00 DR Exercise Class 1:30 DR Chat Club 3:00 DR Art 4 All... painting class with Artist Mary Jussel 4:00 RR Oh, Shoot! ... Dice Game 5:30 RR Horse Race	22 9:00 O Banking 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:30 O Tour the Town 3:30 RR Quarter Bingo 5:30 RR Pinochle Club	23 We Wear Pink Friday 9:30 RR Bible Study 11:00 DR Exercise Class 1:30 RR Blackjack "21" 1:30 O Shop Albertsons 2:30 RR Spill & Spell ... Dice Game 3:00 DR Resident Birthday Bash 5:30 RR Poker Night	24 BSU Game Day 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 4:00 L BSU @ Washington State
25 9:00 L Paper Puzzler 9:30 RR Life Church Service 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	26 10:00 RR Fun Facts 11:00 DR Exercise Class 1:30 RR Chat Club 2:30 RR What's Cooking? 3:45 IL Catholic Rosary-IL 4:00 RR L-C-R Dice Game 6:00 RR Bible Study	27 10:00 RR Brain Teaser 11:00 DR Exercise Class 1:30 RR Food Committee Meeting 2:30 RR Everything Pink Word Game 3:30 RR Quarter Bingo 5:30 RR Pinochle Club	28 9:30 RR Chapel 11:00 DR Exercise Class 1:30 DR Chat Club 3:00 RR Trivia Challenge 4:00 RR Oh, Shoot! ... Dice Game 5:30 RR Horse Race	29 9:00 O Banking 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:30 O Tour the Town 3:30 RR Quarter Bingo 5:30 RR Pinochle Club	30 Halloween Party 9:30 RR Bible Study 11:00 DR Exercise Class 1:30 RR Blackjack "21" 1:30 O Shop Albertsons 3:00 RR Monster Mash Bash! 5:30 RR Poker Night	31 Happy Halloween 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 Kids Trick-or-Treat 3:30 RR Quarter Bingo 8:00 L BSU vs Texas State

Welcome New Residents

Ron Post

Welcome to our new residents! We are always excited to see new faces. We hope you have a blast meeting all your neighbors. And don't be a stranger—stop by the office and say hello every once in a while!

Happy Birthday

6th	Shirley Levine
13th	Rosalee Wigle
16th	Henry Troy
26th	Susan Stremler
27th	Darleen Gilbert
31st	Rita Zabala

If you're having a birthday this month, we hope it's the beginning of a year full of happy memories and wonderful moments. And we'd like to celebrate! Everyone is invited to our monthly birthday party for cake, music and fun! Check our calendar for the time and place.



Columbus Day Is Coming Up

Many offices will be closed on Monday, October 12, in observance of Columbus Day, including federal offices, banks and postal offices.



Go Pink in October!

October is Breast Cancer Awareness Month, and Valley View is going pink! Throughout the month, we'll have a variety of pink-themed activities to help raise awareness and show our support for this important cause. Check the calendar and special bulletins for all the details. Wear Pink Every Friday in October and help us show our support for breast cancer awareness!



It's Oktoberfest Time!

We're rolling out the fun at our Oktoberfest party! Don your dirndl or lederhosen, or just come as you are, and celebrate the season with tasty treats and lively music with the Edelweiss Band on October 8th at 3:30 pm.



"Trick-or-Treat"

We've asked the mini ghosts and goblins from our area to join us for a truly bewitching trick-or-treat. Now, we invite you, our residents, to join in the fun by donning your most ghoulish attire. We'll have plenty of treats available for you to hand out to all the witches and wizards who may sweep through our community on Saturday, Oct 31st at 2 pm outside the front portico.

Resident of the Month



Celebrating Jackie Cushing-100 Years Young!

Born in New Jersey, **Jackie** has lived an extraordinary life dedicated to science, education, family and service. She earned degrees in Biology and Zoology and also studied embryology at MIT. Jackie's impressive career included working as a bacteriologist at Merck, contributing to cancer research at the Sloan Kettering Institute, teaching biology and retiring from Battelle Northwest Laboratory. Jackie married Dr. Bert Cushing in 1959, and together they adopted three children. She also volunteered her time teaching English to Vietnamese students. At **100 years young**, Jackie's lifelong commitment to learning and helping others is truly inspiring! We are honored to recognize Jackie for her lifetime achievements and her warm friendly spirit she brings to our Valley View Community.