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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



Hello, everyone! September is turning out to be another wonderful month for our community. With the arrival of fall, we can anticipate cooler weather and the stunning colors of autumn foliage. Don't forget to take a look at this month's calendar and keep an eye out for details on some cherished fall activities we have in store, including our annual visit to the Spirit of Boise Balloon Festival, the Classic Car Show on Grandparents Day, and our football parties. As always, we encourage you to share your ideas and suggestions for making this month even more special. Let's embrace the changing season and create wonderful memories together.

## Celebrating National Grandparents Day!

Excited to host our annual car show and BBQ, featuring entertainment for everyone to enjoy. Bring the entire family for a day filled with classic cars, mouthwatering food and vibrant music. Our event will showcase a variety of vintage automobiles, sure to delight car enthusiasts of all ages. This occasion isn't just about the festivities. It's a chance to create treasured memories with your grandparents and loved ones. Let's come together to honor the wisdom, love and joy that grandparents bring into our lives. We can't wait to see you there!



### Game Time!

The college football season is upon us, and we're excited to see if BSU will emerge as this year's national champion! Join us for our BSU game watch party (date and time on calendar).



## Spirit of Boise Balloon Festival

Join us for this beloved annual celebration that fills the skies of Idaho with vibrant colors and a sense of amazement. Witness the spectacular sight of hot air balloons inflate and take flight!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>Labor Day</b> 1 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	2 10:00 Brainteaser 11:00 Exercise Class 1:00 Walking Club 1:30 Travelogue 2:30 Book Club 3:30 Quarter Bingo	3 9:30 Chapel 11:00 Exercise Class 1:00 Walking Club 1:30 Spill & Spell ... Dice Game 2:30 Craft Class 4:00 Oh, Shoot! ... Dice Game	4 10:00 Table Talk Tidbits 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- IL</b>	<b>BSU Game Day</b> 5 9:30 Bible Study <b>10:30  Shop Albertsons</b> 11:00 Exercise Class 1:00 Walking Club 1:30 Word Game 2:30 Blackjack "21" <b>3:30 Happy Hour</b> <b>7:00 BSU Watch Party</b>	6 <b>9:00 Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</b> 11:00 Exercise Class 3:30 Quarter Bingo	
<b>National Grandparents Day</b> 7 9:00 Paper Puzzler <b>10:00  Car Show &amp; BBQ</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>National Assisted Living Week</b> 8 10:00 Do You Recall? 11:00 Exercise Class 1:00 Walking Club 1:30 Pictionary Game <b>2:00 Guitar Music with Bruce</b> <b>2:00  Parkinson's Support Group-IL</b> 4:00 L-C-R Dice Game	<b>National Assisted Living Week</b> 9 10:00 Brainteaser 11:00 Exercise Class <b>12:45  Bookmobile- IL</b> 1:00 Walking Club <b>1:30 Activity Planning Meeting</b> 2:30 Book Club 3:30 Quarter Bingo	<b>National Assisted Living Week</b> 10 9:30 Chapel 11:00 Exercise Class 1:00 Walking Club 1:30 Spill & Spell ... Dice Game 2:30 Painting Class 4:00 Oh, Shoot! ... Dice Game <b>5:00  Art Show &amp; Sale ... Meet the Artist</b>	<b>Patriot Day</b> 11 10:00 Table Talk Tidbits 11:00 Exercise Class 1:00 Walking Club 1:30  Tour the Town🚌 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	<b>National Assisted Living Week</b> 12 9:30 Bible Study <b>10:30  Shop Albertsons</b> 11:00 Exercise Class 1:00 Walking Club 1:30 Word Game <b>2:30 Harvest Pie Social</b> 3:30 Blackjack "21"	13 <b>9:00 Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</b> 11:00 Exercise Class 3:30 Quarter Bingo	
14 9:00 Paper Puzzler 11:00  Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art <b>2:30 Movie &amp; Popcorn</b> 3:30 Scrabble	15 10:00 Do You Recall? 11:00 Exercise Class 1:00 Walking Club 1:30 Pictionary Game <b>2:00  Catholic Mass-IL</b> 2:30 What's Cooking? 4:00 L-C-R Dice Game	16 10:00 Brainteaser <b>10:30  Veterans' Coffee Social</b> 11:00 Exercise Class 1:00 Walking Club 1:30 Who, What, When 2:30 Book Club 3:30 Quarter Bingo	17 9:30 Chapel 11:00 Exercise Class 1:00 Walking Club 1:30 Spill & Spell ... Dice Game <b>3:00 Community Meeting</b> 3:30 Ice Cream Bars 4:00 Oh, Shoot! ... Dice Game	18 10:00 Table Talk Tidbits 11:00 Exercise Class 1:00 Walking Club 1:30  Tour the Town🚌 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	19 9:30 Bible Study <b>10:30  Shop Albertsons</b> 11:00 Exercise Class 1:00 Walking Club 1:30 Word Game 2:30 Blackjack "21" <b>3:30 Happy Hour</b>	<b>BSU Game Day</b> 20 <b>9:00 Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</b> 11:00 Exercise Class 3:30 Quarter Bingo <b>5:00 BSU Watch Party</b>	
21 9:00 Paper Puzzler <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	22 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	23 10:00 Brainteaser 11:00 Exercise Class 1:00 Walking Club 1:30 Lifelong Learning 2:30 Book Club 3:30 Quarter Bingo	24 9:30 Chapel 11:00 Exercise Class 1:00 Walking Club 1:30 Spill & Spell ... Dice Game 2:30 Craft Class 4:00 Oh, Shoot! ... Dice Game	25 10:00 Table Talk Tidbits 11:00 Exercise Class 1:00 Walking Club 1:30  Tour the Town🚌 <b>2:00  Foot Note Choir-IL</b> 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	26 9:30 Bible Study <b>10:30  Shop Albertsons</b> 11:00 Exercise Class <b>1:00 Flu Shoot Clinic... Please sign Up!</b> 1:30 Word Game 2:30 Blackjack "21" <b>3:00 Resident Birthday Bash♥</b>	<b>BSU Game...TBD</b> 27 <b>9:00 Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1</b> 11:00 Exercise Class 3:30 Quarter Bingo	
28 9:00 Paper Puzzler <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	29 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	30 10:00 Brainteaser 11:00 Exercise Class 1:00 Walking Club <b>1:30 Food Committee Meeting</b> 2:30 Book Club 3:30 Quarter Bingo					



## National Assisted Living Week

National Assisted Living Week always begins on Grandparents Day, the first Sunday after Labor Day. It provides a fabulous opportunity to bring together the residents, families, employees and volunteers within the assisted living community to celebrate our elders and the services they are provided. The memories and heritage of senior citizens are priceless and extremely important to preserve. If we are willing to listen, we can learn much from their experiences and use them to enrich our own lives, as well as future lives and generations to come.



## Happy Birthday

### Happy Birthday

The staff would like to wish those residents celebrating a birthday in September a very happy birthday.

27th Jackie Cushing

## Life Enrichment Corner

### Your Voice Matters!

We love to hear feedback from our residents so we can learn what is working well. Please give us a call, send an email or, better yet, stop by the office to share your thoughts. Positive feedback is especially helpful when it's public! Help us spread the word about our wonderful community by posting a review online. Lastly, thank you for reading our newsletter! If you have ideas for how we can better share stories and information that you need, please let me know. Thank you for being a part of our community. I appreciate you! Sherrie Hix

### Flu Clinic

It's that time of year again to safeguard yourself against the flu virus. We will be hosting a flu vaccination clinic in collaboration with Savon Pharmacy on Friday, September 26th, from 1 to 3 pm. Please register at the front desk. Remember to bring your insurance information so that the pharmacy can bill your insurance.



Welcome



### New Team Member

We're happy to announce our newest recreation team member **Judith Molina**. She's looking forward to being an important part of making our community a wonderful place to live.

## Activities

### Aging in Your Autumn Years

This month, summer turns to fall, and many people view the change in seasons as a good time to make personal changes. Healthy Aging Month in September encourages older adults to adopt and maintain habits that will help them stay fit, stay connected and stay adventurous in their golden years.

### Let's Celebrate Fall

From gazing at the colorful leaves to sipping a warm mug of apple cider, autumn is full of special moments to celebrate. Come savor the season at our harvest party, where you can enjoy music, games, seasonal goodies and more! See calendar for details.

### Are You Game?

Want to challenge your friends to a game of Monopoly or Scrabble? Several games available. Stop by the activity room to check one out and let the games begin!

### Calling All Card Players

Let us deal you in for a round of cards! Our residents always have a game going, including bridge, pinochle, blackjack and kings in the corner—and there's always room for another hand. See the IL calendar for game times. And if you have another card game you'd like to introduce to our schedule, please let us know.