



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



September Greetings

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Check out this month's calendar and be on the lookout for details about some favorite fall activities we have planned. As always, feel free to stop by my office any time. Have a great September! —Sherrie Hix

Honoring Grandparents

We wish all the grandparents in our community a Happy Grandparents Day (the first Sunday after Labor Day). Grandparents make a real difference in the lives of their grandchildren. We salute your contributions to family and the community. Have a great day!



Inspiring
GENERATIONS
NATIONAL ASSISTED LIVING WEEK® - SEP 8-16, 2024

National Assisted Living Week 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.

Vaccination Reminder

We love our residents and we want everyone to stay as healthy as possible. Be sure to get your flu and pneumonia vaccinations. Savon Pharmacy will be hosting a flu shot clinic in our community on Friday, Sept 27th. Sign-ups available at the front desk.

Grandparents Day Classic Car Show

Cruise on over and join us for our Annual Car Show on National Grandparents Day Sunday, September 8th, from 10 am -1:30 pm.
Family Fun For Everyone
Free BBQ and Entertainment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1</div> <div>11:00 IL Catholic Service- IL</div> <div>11:00 L Exercise Tape</div> <div>1:30 L Color Art</div> <div>2:30 L Movie & Popcorn</div> <div>3:30 L Scrabble</div>	<div>2</div> <div> HAPPY LABOR DAY — ★ ★ ★ —</div>	<div>3</div> <div>10:00 Brainteaser</div> <div>11:00 Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Gospel & Accordion Music</div> <div>2:30 Balloon Swat</div> <div>3:30 Quarter Bingo</div>	<div>4</div> <div>9:30 Chapel</div> <div>11:00 Exercise Class</div> <div>1:30 Spill & Spell ... Dice Game</div> <div>1:30 VV Bridge Group ✓</div> <div>2:30 Craft Class</div> <div>4:00 Oh, Shoot! ... Dice Game</div>	<div>5</div> <div>10:00 Table Talk</div> <div>11:00 Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Tour the Town 🚗</div> <div>3:30 Dollar\$\$\$ Bingo</div> <div>4:30 L Individual Mystery Puzzle</div> <div>6:30 L Gospel Singers-IL</div>	<div>6</div> <div>9:30 Bible Study</div> <div>10:30 Shop Albertsons</div> <div>11:00 Exercise Class</div> <div>1:00 Patio Club</div> <div>1:30 Word Game</div> <div>2:30 Horse Racing</div> <div>3:30 Happy Hour</div>	<div>7</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</div> <div>11:00 Exercise Class</div> <div>3:00 Quarter Bingo</div> <div>8:00 L BSU @ Oregon</div>
<div>8</div> <div>Grandparents Day</div> <div>10:00 L Classic Car Show ... BBQ Lunch & Entertainment-Family Fun For Everyone</div> <div>11:00 IL Catholic Service- IL</div> <div>11:00 L Exercise Tape</div> <div>1:30 L Color Art</div> <div>2:30 L Movie & Popcorn</div> <div>3:30 L Scrabble</div>	<div>9</div> <div>National Assisted Living Week</div> <div>10:00 Do You Recall?</div> <div>11:00 Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Pictionary Game</div> <div>2:30 Jenga Game</div> <div>4:00 L-C-R Dice Game</div>	<div>10</div> <div>National Assisted Living Week</div> <div>10:00 Brainteaser</div> <div>11:00 Exercise Class</div> <div>12:45 IL Bookmobile- IL</div> <div>1:00 Chat Club</div> <div>1:30 Activity Planning Meeting</div> <div>2:30 Putt-Putt Golf</div> <div>3:30 Quarter Bingo</div>	<div>11</div> <div>Patriot Day</div> <div>9:30 Chapel</div> <div>11:00 Exercise Class</div> <div>1:30 Spill & Spell ... Dice Game</div> <div>1:30 VV Bridge Group ✓</div> <div>3:00 Art 4 All ... painting class with Artist Mary Jussel</div> <div>4:00 Oh, Shoot! ... Dice Game</div> <div>5:00 IL Art Show & Sale ... Meet the Artist</div>	<div>12</div> <div>National Assisted Living Week</div> <div>10:00 Table Talk</div> <div>11:00 Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Historical Tour of Old Boise 🚗</div> <div>3:30 Dollar\$\$\$ Bingo</div> <div>4:30 L Individual Mystery Puzzle</div> <div>6:30 IL Sing-Along With Barb ... IL</div>	<div>13</div> <div>National Assisted Living Week</div> <div>9:30 Bible Study</div> <div>10:30 Shop Albertsons</div> <div>11:00 Exercise Class</div> <div>1:00 Patio Club</div> <div>1:30 Word Game</div> <div>2:30 Horse Racing</div> <div>3:30 Travelogue</div>	<div>14</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</div> <div>11:00 Exercise Class</div> <div>3:00 Quarter Bingo</div>
<div>15</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1</div> <div>9:30 Worship Service ... Life Church</div> <div>11:00 IL Catholic Service- IL</div> <div>11:00 L Exercise Tape</div> <div>1:30 L Color Art</div> <div>2:30 L Movie & Popcorn</div> <div>3:30 L Scrabble</div>	<div>16</div> <div>10:00 Do You Recall?</div> <div>11:00 Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Pictionary Game</div> <div>2:30 What's Cooking?</div> <div>4:00 L-C-R Dice Game</div>	<div>17</div> <div>10:00 Brainteaser</div> <div>11:00 Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Who, What, When</div> <div>2:30 Ball</div> <div>3:30 Quarter Bingo</div>	<div>18</div> <div>9:30 Chapel</div> <div>11:00 Exercise Class</div> <div>1:30 Spill & Spell ... Dice Game</div> <div>1:30 VV Bridge Group ✓</div> <div>3:00 Community Meeting</div> <div>3:30 Ice Cream Bars</div> <div>4:00 Oh, Shoot! ... Dice Game</div>	<div>19</div> <div>10:00 Table Talk</div> <div>11:00 Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Tour the Town 🚗</div> <div>3:30 Dollar\$\$\$ Bingo</div> <div>4:30 L Individual Mystery Puzzle</div>	<div>20</div> <div>9:30 Bible Study</div> <div>10:30 Shop Albertsons</div> <div>11:00 Exercise Class</div> <div>1:00 Patio Club</div> <div>1:30 Word Game</div> <div>2:30 Horse Racing</div> <div>3:30 Happy Hour</div>	<div>21</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</div> <div>11:00 Exercise Class</div> <div>3:00 Quarter Bingo</div> <div>7:45 L BSU vs Portland State</div>
<div>22</div> <div>Autumn Begins</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1</div> <div>9:30 Worship Service ... Life Church</div> <div>11:00 IL Catholic Service- IL</div> <div>11:00 L Exercise Tape</div> <div>1:30 L Color Art</div> <div>2:30 L Movie & Popcorn</div> <div>3:30 L Scrabble</div>	<div>23</div> <div>10:00 Do You Recall?</div> <div>11:00 Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Pictionary Game</div> <div>2:30 What's Cooking?</div> <div>4:00 L-C-R Dice Game</div>	<div>24</div> <div>10:00 Brainteaser</div> <div>11:00 Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Food Committee Meeting</div> <div>2:30 Art of Beading</div> <div>3:30 Quarter Bingo</div>	<div>25</div> <div>9:30 Chapel</div> <div>11:00 Exercise Class</div> <div>1:30 Spill & Spell ... Dice Game</div> <div>1:30 VV Bridge Group ✓</div> <div>2:30 Ceramic Class</div> <div>4:00 Oh, Shoot! ... Dice Game</div>	<div>26</div> <div>10:00 Table Talk</div> <div>11:00 Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Tour the Town 🚗</div> <div>3:30 Dollar\$\$\$ Bingo</div> <div>4:30 L Individual Mystery Puzzle</div> <div>6:30 IL Sing-Along With Barb</div>	<div>27</div> <div>9:30 Bible Study</div> <div>10:30 Shop Albertsons</div> <div>11:00 Exercise Class</div> <div>1:00 Patio Club</div> <div>1:30 Flu Shot Clinic</div> <div>2:30 Horse Racing</div> <div>3:00 Resident Birthday Bash ♥</div>	<div>28</div> <div>BSU Game Time ... TBD</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</div> <div>11:00 Exercise Class</div> <div>3:00 Quarter Bingo</div>
<div>29</div> <div>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1</div> <div>11:00 IL Catholic Service- IL</div> <div>11:00 L Exercise Tape</div> <div>1:30 L Color Art</div> <div>2:30 L Movie & Popcorn</div> <div>3:30 L Scrabble</div>	<div>30</div> <div>10:00 Do You Recall?</div> <div>11:00 Exercise Class</div> <div>1:00 Chat Club</div> <div>1:30 Pictionary Game</div> <div>2:30 What's Cooking?</div> <div>4:00 L-C-R Dice Game</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

Happy Birthday



Happy Birthday

Happy Birthday to all of our residents celebrating this month! And remember: you're not getting older—you're getting better!

18th	David Ackley
22nd	Judith O'Rourke
23rd	Faye Bowles
27th	James Richards

Welcome



New Residents

Kathy Cahill
Tom Cahill
Grace Matson
Mary Wilson
William Wilson


Activities



BSU Game Watching Party

Why watch the big game on your TV, when you could watch all the action on our big-screen? We'll have all the snacks and drinks. You just need your school spirit and maybe a good cheer or two. Bring your friends - the more the merrier. We'll be there until the final buzzer!

Life Enrichment Corner



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.

Self-Care Corner: Take a Class

Continuing to learn beyond your school years has many benefits, including a stronger sense of identity, more confidence, a richer social life and a healthier brain. Whether online or in person, you can take a class on pretty much anything that interests you. Study another language, explore a new hobby, improve your computer skills or take music lessons. There's no limit to learning!

Play With Clay

Whether molding simple shapes or creating an elaborate sculpture, crafting with clay can lift your mood and increase motivation. Researchers say that making ceramics is an effective form of art therapy due to the physical sensation of working the clay and transforming it into something beautiful.



Embrace Healthy Aging

Lots of things change as we age—from the way our bodies move to our outlook on life. Each September, Healthy Aging Month is a reminder that change can be a good thing, and you can live your best life, every day, at any age.

Living well can look different for everybody, but several factors are common contributors to healthy aging, including strong social relationships, an active lifestyle, a nutritious diet and the drive to keep learning. Together, these areas nurture a healthy mind and body.

Having a supportive network of family and friends is linked to longevity. Not only do our relationships make us happier, but they can also affect other aspects of health. If a loved one joins you, you may be more likely to go for a walk, take an art class or volunteer.

The food we ingest significantly shapes the way we age, too. A diet rich in vitamins, antioxidants and nutrients like fiber and calcium can lower the risk of disease and help us feel our best. Treats are important!

Life doesn't stop as we grow older, and a surefire way to maintain that mindset is to try new things. You're never too old to learn, and having fresh experiences nourishes the brain and spirit.