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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

Ryan Preston 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



October Greetings

October is here! I'm looking forward to a month of fall weather and fun festivities. Be sure to check the calendar for our daily activities and special events, and plan to join us for a good time! It's a joy to have you here! Visit my office anytime with questions or comments. Sherrie Hix, Recreation Director

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. Check the calendar for details!

Door Decorating Contest

Our residents always add a splash of seasonal décor to their living space, and we're holding a contest to find the best Spooktacular decorated doors. So get creative! We will announce the winners and hand out \$\$\$ at our Monster Mash Bash. See Sherrie Hix for more info!

Leaf-Peeping Outings

The trees are beginning to turn brilliant shades of red, orange and yellow, and we're going leaf-peeping to view their beauty. Check the calendar for dates, and RSVP at the front desk!

2022 Empty Bowls Fundraiser

The annual Empty Bowls fundraiser to support the Idaho Food Bank kicks off this month—just in time for the holiday season. Come to our ceramics class and hand-paint a soup bowl for charity.

Book Buddies

October is National Reading Group Month, and with winter approaching, it's a great time to join our book Club or establish one of your own. Reading groups provide a wonderful opportunity to engage with fellow book lovers and share good conversation.

Do the Monster Mash

Boo! We're scaring up some fun for residents this month with our Halloween costume party, so please plan to come to our bash on the 31st at 3:00 in the bar area for tricks and treats—oh, and prizes for the best costumes. Keep your eyes and ears open for details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 hello october					Happy Birthday to: 3rd Henry Marxen 11th Donna Clopton 12th Claudia Marshall	1 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Exercise Tape 2:00 Movie & Popcorn 3:30 Oktoberfest with the Edelweiss Band
2 9:00 Paper Puzzler.... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00  Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 4:00 Nature Film	3 10:00 Do You Recall? 11:00 Exercise Class 1:30 Readings with Marti 2:30 R & R Inspiration 4:00 L-C-R Dice Game	4 10:00 Chair Aerobics 11:00 Exercise Class 1:30 Accordion & Hymns  2:30 Uno Card Game 3:30 Quarter Bingo	5 9:30 Chapel 11:00 Exercise Class 1:30 Readings with Marti 3:00  Ice Cream Social 4:00 Oh, Shoot! ... Dice Game	6 10:00 Table Talk 11:00 Chair Aerobics 1:30  Leaf-Peeping-Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle 7:00 Gospel Singers 	7 9:30 Bible Study 9:30  Walk in the Park 10:30  Shop Albertsons 11:00 Exercise Class 1:30 Word Game 3:30 Pokeno	8 TBA Fresno State @ BSU 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Exercise Tape 2:00 Movie & Popcorn
9 9:00 Paper Puzzler.... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00  Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 4:00 Nature Film	10 Columbus Day 10:00 Do You Recall? 11:00 Exercise Class 1:30 Readings with Marti 2:30 What's Cooking? 4:00 L-C-R Dice Game 6:30  Idaho Bluegrass Band 	11 10:00 Brain Teaser 11:00 Exercise Class 1:00  Bookmobile- IL 1:30 Blackjack "21" 2:30 Horse Racing 3:30 Quarter Bingo	12 9:30 Chapel 11:00 Exercise Class 1:30 Readings with Marti 3:00 Ceramics-Empty Bowls for Idaho Food Bank 4:00 Oh, Shoot! ... Dice Game 5:00  Meet & Greet the Artist JoAnn Leone 	13 10:00 Table Talk 11:00 Exercise Class 1:30  Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	14 9:30 Bible Study 9:30  Walk in the Park 10:30  Shop Albertsons 11:00 Exercise Class 1:30 Word Game 3:30 Happy Hour ... Wine/Beer	15 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Exercise Tape 2:00 Movie & Popcorn
16 9:00 Paper Puzzler.... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00  Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 4:00 Nature Film	17 10:00 Do You Recall? 11:00 Exercise Class 1:30 Readings with Marti 1:30  Understanding Great Music with Eric Collett  2:00  Catholic Mass 2:30 What's Cooking? 4:00 L-C-R Dice Game	18 10:00 Brain Teaser 11:00 Chair Aerobics 1:30 Activity Planning Meeting 2:30 Uno Card Game 3:30 Quarter Bingo 6:00  Disneyland Jaz with Rob Verde 	19 9:30 Chapel 11:00 Exercise Class 1:30 Readings with Marti 3:00 Community Meeting 3:30 Ice Cream Bars 4:00 Oh, Shoot! ... Dice Game	20 10:00 Table Talk 11:00 Chair Aerobics 1:30  Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	21 9:30 Bible Study 9:30  Walk in the Park 10:30  Shop Albertsons 11:00 Exercise Class 1:30 Word Game 3:30 Pumpkin Decorating	22 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Exercise Tape 2:00 Movie & Popcorn 2:00  Signature Music Studio Piano Recital  5:00 BSU @ Air Force
23 9:30 Worship Service ... Life Church 11:00  Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art	24 10:00 Do You Recall? 11:00 Exercise Class 1:30 Readings with Marti 2:30 Craft Class 4:00 L-C-R Dice Game	25 10:00 Brain Teaser 11:00 Exercise Class 1:30 Blackjack "21" 2:30 Horse Racing 3:30 Quarter Bingo	26 9:30 Chapel 11:00 Exercise Class 1:30 Readings with Marti 3:00  Ceramics-Empty Bowls for Idaho Food Bank 4:00 Oh, Shoot! ... Dice Game	27 10:00 Table Talk 11:00 Exercise Class 1:30  Tour the Town  3:30 Quarter Bingo 4:30 Individual Mystery Puzzle	28 9:30 Bible Study 9:30  Walk in the Park 10:30  Shop Albertsons 11:00 Exercise Class 1:30 Word Game 3:00 Resident Birthday Bash 	29 TBA Colorado State @ BSU 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Exercise Tape 2:00  Kids Trick-or-Treat  2:00 Movie & Popcorn
30 9:30 Worship Service ... Life Church 11:00  Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 4:00 Nature Film	31 Happy Halloween 10:00 Do You Recall? 11:00 Exercise Class 1:30 Readings with Marti 3:00 Monster Mash Bash					

HALLOWEEN

Scaring Up Some Fun

We've asked the mini ghosts and goblins from our area to join us for a truly spook-tacular time this Halloween. Now, we invite you, our residents, to join the fun by donning your most ghoulish attire and having plenty of treats available for the witches and wizards who may sweep through our community. Afterward, on October 31st, you'll have the opportunity to bedazzle your friends at our Halloween party. We'll have magical potions to quench your thirst and plenty of tasty goodies for you to enjoy. We hope everyone will join us for our Halloween event. After all, it would be a frightful shame if you missed the fun!

Candy Donations

We're collecting candy for trick-or-treaters during our Halloween celebrations. If you'd like to contribute, please see Sherrie Hix. Thank you for your generosity!

Pumpkin Party

Make it spooky or make it silly—whatever your preference, join us for our pumpkin-carving and decorating party. We'll have all the supplies for you to have a "gourd" time!



Laugh Lines: 'Pumpkin' To Talk About

Have a "gourd" time with these pumpkin jokes!

Q: What do you call a pretty pumpkin?

A: Gourd-geous.

Q: What's a pumpkin's favorite sport?

A: Squash.

Q: What do pumpkins eat at the movies?

A: Pulp-corn.

Q: What did the pumpkin say to the pumpkin carver?

A: "Cut it out!"

Q: Why was the jack-o'-lantern afraid to cross the road?

A: Because it had no guts!

Q: How do you mend a broken jack-o'-lantern?

A: With a pumpkin patch.

Q: When is a pumpkin not a pumpkin?

A: When you drop it—then it's a squash.

A Pun-derful Season

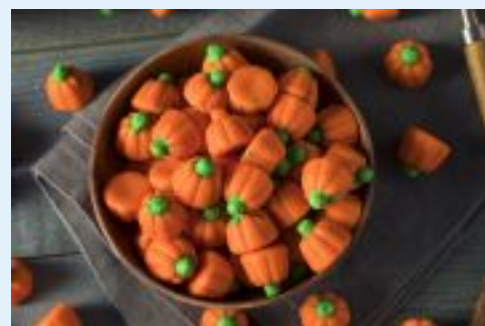
Hay, there! Orange you glad it's autumn? Fall weather is unbe-leaf-able. It's really a-maizing. (If you don't like sappy puns, you better leaf right now!) At this time of year, pumpkins start piling up all around. They look so patch-ure perfect and are pie-ticularly tasty and filling. You'll also notice a latte drinks and foods flavored with pumpkin spice. Don't even chai to escape it. It really strikes a gourd with people. Whatever you love about the season, carve out some fun and give 'em pumpkin to talk about.

It's Not Just for Halloween Anymore

National Candy Corn Day is Oct. 30. But while this candy is the best-known Halloween treat, it's not just for trick-or-treaters. Candymakers have created "Reindeer Corn" for Christmas, "Cupid Corn" for Valentine's Day and "Bunny Corn" for Easter.

More candy corn kernels:

- 35+ million pounds are produced each year—about 9 billion pieces that, if laid end to end, could circle the moon nearly four times.
- George Renninger of the Wunderlee Candy Co. invented candy corn in the 1880s. It was popularized—and linked to Halloween—by Goelitz Confectionery Co., in 1898.
- Brach's, today's leading candy corn producer, makes 30+ million kernels per day in June, its peak production month.
- The average 1-pound bag of candy corn contains 294 kernels.



Candy Corn's Cousin

While candy corn is the classic sweet this time of year, its cousin, the candy pumpkin, is another popular choice. Fans who favor the confection say its squashy shape and larger size yield a creamy texture and intense flavor.