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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



### October Greetings

October is here! I'm looking forward to a month of Fall weather and fun festivities. 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, and feel free to stop by my office anytime with questions or comments.

~ Sherrie Hix

### 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 2nd at 6 pm in Independent Living bar area.

### 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 Spook-tacular decorated doors. So, get creative! We'll announce the winners and handout \$\$\$ at our Monster Mash Bash. See Sherrie Hix for more information.

### Join Group Activities

Whether it's a book club, bridge, lunch out with friends or singing in a choir, being connected can lead to better cognition. There's growing evidence that taking part in group activities benefits brain health because these experiences involve socializing and provide a sense of belonging. Involvement in a variety of social groups also offers opportunities to get emotional support, as well as give it to others.





### 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 if you'd like to join in!



### Monster Mash Bash

Boo! We're scaring up some fun for residents this month with our Halloween costume party, so join us on Thursday, October 31st, at 3:30 in the dining area for tricks and treats—oh, and prizes for the best costumes. Keep your eyes and ears open for more details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>1</div> <div>10:00 Brainteaser 11:00 Exercise Class 1:00 Chat Club <b>1:30 Gospel &amp; Accordion Music</b> 2:30 Balloon Swat 3:30 Quarter Bingo</div>	<div>2</div> <div>9:30 Chapel 11:00 Exercise Class 1:30 Spill &amp; Spell ... Dice Game 1:30 VV Bridge Group✓ 2:30 Craft Class 4:00 Oh, Shoot! ... Dice Game <b>6:00 IL Oktoberfest! Edelweiss Band</b></div>	<div>3</div> <div>10:00 Table Talk Tidbits 11:00 Exercise Class 1:00 Chat Club 1:30 Tour the Town🚌 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle <b>6:30 IL Gospel Singers- IL</b></div>	<div>4</div> <div>9:30 Bible Study <b>10:30 Shop Albertsons</b> 11:00 Exercise Class 1:00 Patio Club 1:30 Word Game 2:30 Horse Racing <b>3:30 Happy Hour</b></div>	<div>5</div> <div><b>BSU vs Utah State...Time TBA</b> <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</div>
<div>6</div> <div>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 IL Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art <b>2:30 Movie &amp; Popcorn</b> 3:30 Scrabble</div>	<div>7</div> <div>10:00 Do You Recall? 11:00 Exercise Class 1:00 Chat Club 1:30 Pictionary Game <b>2:30 R &amp; R Inspiration</b> 2:30 What's Cooking? 4:00 L-C-R Dice Game</div>	<div>8</div> <div>10:00 Brainteaser 11:00 Exercise Class <b>12:45 IL Bookmobile &amp; Tech Support</b> 1:00 Chat Club <b>1:30 Activity Planning Meeting</b> 2:30 Jenga Game 3:30 Quarter Bingo</div>	<div>9</div> <div>9:30 Chapel 11:00 Exercise Class 1:30 Spill &amp; Spell ... Dice Game 1:30 VV Bridge Group✓ <b>3:00 Art 4 All... Painting Class with Artist Mary Jussel</b> 4:00 Oh, Shoot! ... Dice Game <b>5:00 IL Art Show &amp; Sale... Meet the Artist</b></div>	<div>10</div> <div>10:00 Table Talk Tidbits 11:00 Exercise Class 1:00 Chat Club 1:30 Tour the Town🚌 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle <b>6:30 IL Sing-Along With Barb</b></div>	<div>11</div> <div>9:30 Bible Study <b>10:30 Shop Albertsons</b> 11:00 Exercise Class 1:00 Patio Club 1:30 Word Game 2:30 Horse Racing 3:30 The Mystery of Bats</div>	<div>12</div> <div><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>9:00 BSU @ Hawaii</b></div>
<div>13</div> <div>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 IL Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art <b>2:30 Movie &amp; Popcorn</b> 3:30 Scrabble</div>	<div>14</div> <div><b>Columbus Day</b> 10:00 Do You Recall? 11:00 Exercise Class 1:00 Chat Club 1:30 Pictionary Game <b>2:00 IL Disneyland Jazz- Rob Verdi</b> 2:30 What's Cooking? 4:00 L-C-R Dice Game</div>	<div>15</div> <div>10:00 Brainteaser 11:00 Exercise Class 1:00 Chat Club 1:30 Who, What, When 2:30 Travelogue 3:30 Quarter Bingo</div>	<div>16</div> <div>9:30 Chapel 11:00 Exercise Class 1:30 Spill &amp; 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</div>	<div>17</div> <div>10:00 Table Talk Tidbits 11:00 Exercise Class 1:00 Chat Club 1:30 Tour the Town🚌 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle</div>	<div>18</div> <div>9:30 Bible Study <b>10:30 Shop Albertsons</b> 11:00 Exercise Class 1:00 Patio Club 1:30 Word Game 2:30 Horse Racing <b>3:30 Happy Hour</b></div>	<div>19</div> <div><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</div>
<div>20</div> <div>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 IL Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art <b>2:30 Movie &amp; Popcorn</b> 3:30 Scrabble</div>	<div>21</div> <div>10:00 Do You Recall? 11:00 Exercise Class 1:00 Chat Club 1:30 Pictionary Game 2:30 What's Cooking? 4:00 L-C-R Dice Game</div>	<div>22</div> <div>10:00 Brainteaser 11:00 Exercise Class 1:00 Chat Club 1:30 Who, What, When 2:30 Putt Putt Golf 3:30 Quarter Bingo</div>	<div>23</div> <div>9:30 Chapel 11:00 Exercise Class 1:30 Spill &amp; Spell ... Dice Game 1:30 VV Bridge Group✓ 2:30 Ceramic Class- Empty Bowl Fundraiser 4:00 Oh, Shoot! ... Dice Game</div>	<div>24</div> <div>10:00 Table Talk Tidbits 11:00 Exercise Class 1:00 Chat Club 1:30 Tour the Town🚌 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle <b>6:30 IL Sing-Along With Barb</b></div>	<div>25</div> <div>9:30 Bible Study <b>10:30 Shop Albertsons</b> 11:00 Exercise Class 1:00 Patio Club 1:30 Word Game 2:30 Horse Racing <b>3:00 Resident Birthday Bash ♥</b> <b>8:30 BSU @ UNLV</b></div>	<div>26</div> <div><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 <b>2:00 IL Kids Trick-or-Treat</b> 3:00 Quarter Bingo</div>
<div>27</div> <div>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 IL Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art <b>2:30 Movie &amp; Popcorn</b> 3:30 Scrabble</div>	<div>28</div> <div>10:00 Do You Recall? 11:00 Exercise Class 1:00 Chat Club 1:30 Pictionary Game 2:30 What's Cooking? 4:00 L-C-R Dice Game</div>	<div>29</div> <div>10:00 Brainteaser 11:00 Exercise Class 1:00 Chat Club <b>1:30 Food Committee Meeting</b> 2:30 Balloon Swat 3:30 Quarter Bingo</div>	<div>30</div> <div>9:30 Chapel 11:00 Exercise Class 1:30 Spill &amp; Spell ... Dice Game 1:30 VV Bridge Group✓ 4:00 Oh, Shoot! ... Dice Game</div>	<div>31</div> <div><b>Happy Halloween</b> 10:00 Table Talk Tidbits 11:00 Exercise Class 1:00 Chat Club 1:30 Tour the Town🚌 <b>3:30 Monster Mash Bash</b> 4:30 Individual Mystery Puzzle</div>		



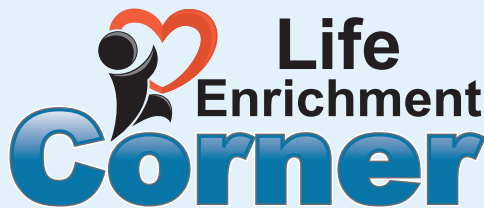
# Happy Birthday



## Happy Birthday!

Happy birthday to all our residents celebrating birthdays this month! The world is a better place because you're here. We think you're great for our community, too! Have a wonderful day.

30th Mary Graeff



## Empty Bowl Fundraiser

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

## 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 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, the 26th, at 2 pm outside under the front portico.

## 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.



## Pumpkin Points

Are you out of your gourd? No, we don't mean crazy. We're referring to having access to some *real* gourds. In October, your gourd of choice is probably a pumpkin (well, it's actually a squash). Some pumpkin facts:

- Pumpkins have been around for hundreds of years. Native American Indians used dried pumpkin strips to make mats.
- Pumpkins are a fruit. In fact, they are the state fruit of New Hampshire.
- Pumpkin seeds provide protein and zinc. They are believed to lower cholesterol and lessen the inflammation of arthritis.
- The self-proclaimed pumpkin capital of the world is Morton, Ill., where 85 percent of the world's canned pumpkin is produced.
- Antarctica is the only continent that can't grow pumpkins.

## 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-mazing. (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.

