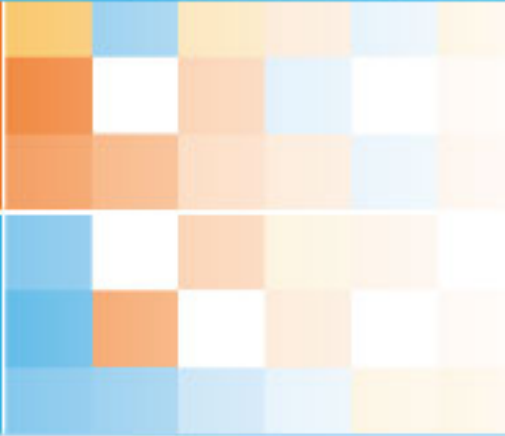




1130 N Allumbaugh Street
Boise, ID 83704
(208) 322-0311
Fax: (208) 854-8653

*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 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



A National Celebration

More than any other holiday, Independence Day unifies our country. Citizens put aside their differences and remember our many reasons for national pride. “From sea to shining sea,” our abundant natural resources support and inspire us. Our diverse populations are the source of our collective strength. Our freedoms and ideals are an inspiration for people around the globe. This Independence Day, we hope that you will experience the full meaning of this special event.

Good Old Summertime








It’s time for picnics, ball games and fun in the sun. We hope you’ll join our activities to take advantage of the longer days and warm nights. Check the activity schedule for details and sign up at the front desk!

Banish Summer Boredom

Long summer days with not much on a to-do list can make many seniors stir crazy. If this is the case for you, seize the day and create your own schedule, then stick to it. Think of the things you enjoy doing, then pen your wish list of activities in a daily planner. An example day might be waking up and planning to read the newspaper for an hour after breakfast. Then spend an hour socializing, bird watching or people watching! Slate the next hour as a time for writing—whether poetry, letters to loved ones or personal journaling. Get a friend to craft a similar schedule so your days intersect ... and don’t forget about exercise and daily community activities. Regular schedules keep our minds focused and give us something to look forward to. So, what are you doing today?

Seniors and Summer Heat

While many of us love summer weather, extreme heat is particularly dangerous for those 65 and older. Beat the heat this month by drinking plenty of fluids, eating fruits with high water content and avoiding the outdoors during the high temperatures.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
<p>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>11:00 ■ IL Catholic Service- IL</p> <p>11:00 ■ L Exercise Tape</p> <p>1:30 ■ L Color Art</p> <p>4:00 ■ L Nature Film</p>	<p>10:00 ■ RR Do You Recall?</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Readings with Marti</p> <p>2:30 ■ DR R & R Inspiration</p> <p>2:30 ■ RR What's Cooking?</p> <p>4:00 ■ RR L-C-R Dice Game</p>		<p>9:30 ■ RR Chapel</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Readings with Marti</p> <p>2:30 ■ DR Bean Bag Toss</p> <p>4:00 ■ RR Oh, Shoot! ... Dice Game</p>	<p>10:00 ■ RR Table Talk</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ○ Tour the Town 🚗</p> <p>3:30 ■ RR Quarter Bingo</p> <p>4:30 ■ L Individual Mystery Puzzle</p> <p>6:30 ■ IL Gospel Singers</p>	<p>9:30 ■ RR Bible Study</p> <p>10:30 ○ Shop Albertsons</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Word Game</p> <p>2:30 ■ RR "31" card Game</p> <p>3:30 ■ RR Happy Hour ... Wine/ Beer</p>	<p>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>11:00 ■ L Exercise Tape</p> <p>2:00 ■ RR Movie & Popcorn</p>
9	10	11	12	13	14	15
<p>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>11:00 ■ IL Catholic Service- IL</p> <p>11:00 ■ L Exercise Tape</p> <p>1:30 ■ L Color Art</p> <p>4:00 ■ L Nature Film</p>	<p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Readings with Marti</p> <p>2:30 ■ IL Understanding Great Music with Eric Collett-IL</p> <p>2:30 ■ RR What's Cooking?</p> <p>4:00 ■ RR L-C-R dice game</p> <p>6:30 ■ IL Fiddle Express Band</p>	<p>11:00 ■ DR Exercise Class</p> <p>1:00 ■ IL Bookmobile- IL</p> <p>1:30 ■ P Patio Chat</p> <p>3:30 ■ RR Quarter Bingo</p>	<p>9:30 ■ RR Chapel</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Readings with Marti</p> <p>3:00 ■ RR Art 4 All... painting class with Artist Mary Jussel</p> <p>4:00 ■ RR Oh, Shoot! ... Dice Game</p> <p>5:00 ■ IL Meet & Greet the Artist</p>	<p>10:00 ■ RR Table Talk</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ○ Tour the Town 🚗</p> <p>3:30 ■ RR Quarter Bingo</p> <p>4:30 ■ L Individual Mystery Puzzle</p>	<p>9:30 ■ RR Bible Study</p> <p>10:30 ○ Shop Albertsons</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Word Game</p> <p>2:30 ■ RR "31" card Game</p> <p>3:30 ■ RR Craft Class</p>	<p>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>11:00 ■ L Exercise Tape</p> <p>2:00 ■ RR Movie & Popcorn</p>
16	17	18	19	20	21	22
<p>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>9:30 ■ RR Worship Service ... Life Church</p> <p>11:00 ■ IL Catholic Service- IL</p> <p>11:00 ■ L Exercise Tape</p> <p>1:30 ■ L Color Art</p> <p>4:00 ■ L Nature Film</p>	<p>10:00 ■ RR Do You Recall?</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Readings with Marti</p> <p>2:30 ■ RR What's Cooking?</p> <p>4:00 ■ RR L-C-R Dice Game</p>	<p>10:00 ■ RR Brain Teaser</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Activity Planning Meeting</p> <p>2:30 ■ RR Who, What, When</p> <p>3:30 ■ RR Quarter Bingo</p>	<p>9:30 ■ RR Chapel</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Readings with Marti</p> <p>3:00 ■ DR Community Meeting</p> <p>3:30 ■ DR Ice Cream Bars</p> <p>4:00 ■ RR Oh, Shoot! ... Dice Game</p>	<p>10:00 ■ RR Table Talk</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ○ Tour the Town 🚗</p> <p>3:30 ■ RR Quarter Bingo</p> <p>4:30 ■ L Individual Mystery Puzzle</p>	<p>9:30 ■ RR Bible Study</p> <p>10:30 ○ Shop Albertsons</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Word Game</p> <p>2:30 ■ RR "31" card Game</p> <p>3:30 ■ RR Happy Hour ... Wine/ Beer</p>	<p>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>11:00 ■ L Exercise Tape</p> <p>2:00 ■ RR Movie & Popcorn</p>
23	24	25	26	27	28	29
<p>11:00 ■ IL Catholic Service- IL</p> <p>11:00 ■ L Exercise Tape</p> <p>1:30 ■ L Color Art</p> <p>4:00 ■ L Nature Film</p>	<p>10:00 ■ DR Do You Recall?</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Readings with Marti</p> <p>2:30 ■ RR What's Cooking?</p> <p>4:00 ■ RR L-C-R Dice Game</p>	<p>10:00 ■ RR Brain Teaser</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ DR Food Committee Meeting</p> <p>2:30 ■ RR Moment In History</p> <p>3:30 ■ RR Quarter Bingo</p>	<p>9:30 ■ RR Chapel</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Readings with Marti</p> <p>2:30 ■ DR Bean Bag Toss</p> <p>4:00 ■ RR Oh, Shoot! ... Dice Game</p>	<p>10:00 ■ RR Table Talk</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ○ Tour the Town 🚗</p> <p>3:30 ■ RR Quarter Bingo</p> <p>4:30 ■ L Individual Mystery Puzzle</p> <p>6:30 ■ P Outdoor Summer Concert... Sons of Thunder Mountain</p>	<p>9:30 ■ RR Bible Study</p> <p>10:30 ○ Shop Albertsons</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Word Game</p> <p>3:00 ■ DR Resident Birthday Bash ♥</p>	<p>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>11:00 ■ L Exercise Tape</p> <p>2:00 ■ RR Movie & Popcorn</p>
30	31					
<p>11:00 ■ IL Catholic Service- IL</p> <p>11:00 ■ L Exercise Tape</p> <p>1:30 ■ L Color Art</p> <p>4:00 ■ L Nature Film</p>	<p>10:00 ■ RR Do You Recall?</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Readings with Marti</p> <p>2:30 ■ RR What's Cooking?</p> <p>4:00 ■ RR L-C-R Dice Game</p>					

Happy Birthday

11th Linda Patchen
13th Debra Jenson
14th Norma Newby
19th Velma Ryder

Activities

Take Advantage of Fun Activities

Our activities schedule is designed to appeal to a variety of personalities and hobbies. Please join us! If there's an activity you'd like to see added to the schedule, please let us know. We will do everything we can to make it happen!



Lights, Camera, Action!

We're hosting a movie matinee every Saturday at 2 pm! Don't worry about the popcorn or sodas, we'll provide all the snacks. Just take a seat next to your neighbor and enjoy the show! If you have a special movie request, let us know in advance and we'll try to get it. We'll see you at the movies!

Health & Wellness



Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun. If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately. To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

Keep cool. Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.

Let others know your plans. Include information such as where you will be and when you'll return.

History Lesson



Let Freedom Sing

This Fourth of July, celebrate both our nation's history and the history of some favorite patriotic songs:

"America" ("My Country 'Tis of Thee"). This song's lyrics, set to the melody of "God Save the King," were written by the Rev. Samuel Francis Smith, who debuted it at an Independence Day celebration in 1831. It was used as the country's anthem for decades until "The Star-Spangled Banner" was officially given that honor in 1931.

"America the Beautiful." According to Katharine Lee Bates, an English professor who wrote the words of this stirring tune in 1913, the lyrics were inspired by a prairie wagon ride she took up Pikes Peak in Colorado, where she gazed upon the breathtaking beauty of the countryside below. The music was composed in 1882 by Samuel Augustus Ward.

"You're a Grand Old Flag." Written by George M. Cohan for his 1906 stage show "George Washington Jr.," this lively march was the first song from a musical to sell more than 1 million copies of sheet music.

"Yankee Doodle." Although its exact origins are unknown, this upbeat ditty dates back to pre-Revolutionary War times, when British officers sang it to mock American militiamen. But in true American style, this parody has been embraced as a patriotic classic.