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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

November Greetings

Hello, everyone, and welcome to November! There’s excitement in the air as we begin preparing for the holidays. Our community will be hosting a bounty of festivities in the next couple of months, and we hope everyone can join us for the activities we have planned. As always, we are thankful for our residents and their families.

Turkey Day

Get ready for a feast during our lunch meal on Thanksgiving Day! We’re serving all the traditional favorites—turkey and dressing, pumpkin pie and more—and hope you’ll join your friends and neighbors to give thanks and enjoy a fantastic meal. We’ll see you there!



Honoring Our Veterans

Thank you to all the heroic men and women who have bravely served our country. We will honor our community’s veterans in a special ceremony on Veterans Day. See calendar for time and location.

Mitten Tree

Help someone in need this winter by adding to our mitten tree! Throughout the next few weeks, we invite staff and residents to hang mittens, gloves, hats, scarves and other winterwear on the tree’s branches. The items will go to a local organization serving community members in need. We appreciate your generosity and support!

Hand-Washing Reminder

During cold and flu season, please remember that washing your hands frequently is important to help prevent the spread of germs. Lather your hands with plenty of soap and scrub for 20 seconds. Let’s all do our part to stay healthy this season!

Our Nation’s Veterans

Veterans Day on Nov. 11 is your chance to recognize and thank those who have served our country. Veterans live all over the U.S., but Alaska, Virginia and Wyoming are the states with the highest percentage of veterans within their borders.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p style="text-align: right;">1</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 RR Craft Class</p> <p>4:00 RR Oh, Shoot! ... Dice Game</p>	<p style="text-align: right;">2</p> <p>10:00 RR Table Talk</p> <p>11:00 DR Exercise Class</p> <p>1:30 O 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 style="text-align: right;">3</p> <p>9:30 RR Bible Study</p> <p>10:30 O Shop Albertsons</p> <p>11:00 DR Exercise Class</p> <p>1:30 RR Word Game</p> <p>2:30 RR Uno... Card Game</p> <p>3:30 RR Happy Hour ... Wine/Beer</p>	<p style="text-align: right;">4</p> <p>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>11:00 DR Exercise Class</p> <p>3:00 RR Quarter Bingo</p> <p>8:00 L BSU vs Fresno State</p>
<p style="text-align: right;">5</p> <p>Daylight Saving Time Ends</p> <p>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk by noon 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 style="text-align: right;">6</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>4:00 RR L-C-R Dice Game</p>	<p style="text-align: right;">7</p> <p>Election Day</p> <p>10:00 RR Brain Teaser</p> <p>11:00 DR Exercise Class</p> <p>1:00 IL Bookmobile</p> <p>1:30 DR Gospel & Accordion Music</p> <p>2:30 DR Bean Bag Toss</p> <p>3:30 RR Quarter Bingo</p>	<p style="text-align: right;">8</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 style="text-align: right;">9</p> <p>9:30 IL Foot Care Clinic-sign up!</p> <p>10:00 RR Table Talk</p> <p>11:00 DR Exercise Class</p> <p>1:30 O Tour the Town </p> <p>3:30 RR Quarter Bingo</p> <p>4:30 L Individual Mystery Puzzle</p>	<p style="text-align: right;">10</p> <p>Veterans Day (Observed)</p> <p>9:30 RR Bible Study</p> <p>10:30 O 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 Moment In History</p>	<p style="text-align: right;">11</p> <p>Veterans Day</p> <p>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>10:30 IL Veterans Day Tribute</p> <p>11:00 DR Exercise Class</p> <p>3:00 RR Quarter Bingo</p>
<p style="text-align: right;">12</p> <p>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk by noon 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 style="text-align: right;">13</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 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 style="text-align: right;">14</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 DR Bean Bag Toss</p> <p>3:30 RR Quarter Bingo</p>	<p style="text-align: right;">15</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 style="text-align: right;">16</p> <p>10:00 RR Table Talk</p> <p>11:00 DR Exercise Class</p> <p>1:30 O Tour the Town </p> <p>3:30 RR Quarter Bingo</p> <p>4:30 L Individual Mystery Puzzle</p>	<p style="text-align: right;">17</p> <p>9:30 RR Bible Study</p> <p>10:30 O Shop Albertsons</p> <p>11:00 DR Exercise Class</p> <p>1:30 RR Word Game</p> <p>2:30 RR Fun Facts</p> <p>3:30 RR Happy Hour ... Wine/Beer</p>	<p style="text-align: right;">18</p> <p>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>11:00 DR Exercise Class</p> <p>3:00 RR Quarter Bingo</p> <p>5:00 IL BSU @ Utah State</p>
<p style="text-align: right;">19</p> <p>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk by noon 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 style="text-align: right;">20</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 style="text-align: right;">21</p> <p>10:00 RR Brain Teaser</p> <p>11:00 DR Exercise Class</p> <p>1:30 RR Who, What, When</p> <p>2:30 DR Bean Bag Toss</p> <p>3:30 RR Quarter Bingo</p>	<p style="text-align: right;">22</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 RR Travelogue</p> <p>4:00 RR Oh, Shoot! ... Dice Game</p>	 <p style="text-align: right;">23</p>	<p style="text-align: right;">24</p> <p>9:30 RR Bible Study</p> <p>10:30 O Shop Albertsons</p> <p>11:00 DR Exercise Class</p> <p>1:30 RR Word Game</p> <p>2:00 IL BSU vs Air Force</p> <p>3:00 DR Resident Birthday Bash </p>	<p style="text-align: right;">25</p> <p>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>11:00 DR Exercise Class</p> <p>3:00 RR Quarter Bingo</p>
<p style="text-align: right;">26</p> <p>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk by noon 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 style="text-align: right;">27</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 style="text-align: right;">28</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 DR Bean Bag Toss</p> <p>3:30 RR Quarter Bingo</p>	<p style="text-align: right;">29</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 RR Who, What, When</p> <p>4:00 RR Oh, Shoot! ... Dice Game</p>	<p style="text-align: right;">30</p> <p>10:00 RR Table Talk</p> <p>11:00 DR Exercise Class</p> <p>1:30 O Tour the Town </p> <p>3:30 RR Quarter Bingo</p> <p>4:30 L Individual Mystery Puzzle</p>		



Happy Birthday

5th	Brian Baker
5th	Doris Harris
5th	Orie McNealy
6th	Betty McComb
28th	Marilyn Carmen

Welcome New Residents

Yolanda Carlson
Richard Johnson
Celeste Olson
Irene O'Rorke

Welcome, new residents! We're thrilled you've decided to make our community your home. As soon as you've settled in, we invite you to get acquainted with your neighbors. We'll be hosting plenty of activities in the weeks to come, so keep your eyes open. We're glad to have you with us!



Your Vote: It Counts

Your vote matters. Let your voice be heard and help influence the direction of the country. Election Day provides a chance to elect officials who will make our nation into the country you would like it to be.

Life Enrichment Corner

Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

Eat healthy foods. Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

Stay hydrated. Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

Exercise. Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

Get plenty of sleep. Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

Socialize. Loneliness can lead to depression, which can weaken immunity. Chatting with a friend, joining a club or taking part in a group activity can reduce feelings of isolation.

Smile. Smiling and laughing release serotonin, a feel-good brain chemical that also plays an important role in a strong immune system.

Laugh Lines: Turkey Teasing

It was early November when the turkey turned to the other barnyard animals and worriedly said, "I have a bad feeling something's up." When they asked why, the turkey answered, "The farmer just unfriended me on Facebook."

A woman was searching through the frozen turkeys at a grocery store. She couldn't find one large enough for her dinner, so she asked a clerk, "Do these turkeys get any bigger?" The clerk replied, "No, ma'am. They're all dead."

On Thanksgiving, the four basic food groups are: more, a little more, a lot more and too much.

Q: How many chefs does it take to stuff a turkey?

A: One, and it's a very tight squeeze.

Q: What side of a turkey has the most feathers?

A: The outside.

Q: What's a turkey's favorite dessert?

A: Cherry gobbler.

Q: What happened when the turkey got into a fight?

A: It got the stuffing knocked out of it.

Q: Why did the police arrest the turkey?

A: They suspected fowl play.

Q: What do you call a turkey on the day after Thanksgiving?

A: Lucky.

