



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!

**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.



*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.

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



# 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.