



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

### Spring Greetings!

The season is in full bloom, and so are our best wishes for all of our residents. Here’s to a happy spring full of smiles, laughter and beautiful weather!



### Family Fun for Everyone!

Hop on over Easter Sunday for a Brunch and Egg Hunt. Our Easter Bunny will be busy hiding eggs and we need the little ones to help find them. Our egg hunt will begin at 11 am and be held outside, weather permitting. Brunch served at 11:30. Please RSVP to the front desk. Guest meal tickets \$20. We’re EGG-cited to see everyone!

### Here We Grow!

It’s that time of year, and spring is in the air. We invite you to “plant” yourself into our Gardening Club, “The Busy Bloomers!” We always need help weeding, watering, harvesting produce, and trimming blooms, so feel free to lend a hand—or a green thumb—anytime!

### Creative Minds






Calling all creative writers! If you’re interested in sharing your work and discussing ideas with fellow authors and poets, then our Writing Club is the “write” place for you. You could even publish a piece in a future newsletter! Our writing club meets in the IL library every Wednesday.

APRIL IS  
PARKINSON'S  
AWARENESS  
MONTH



### Parkinson's Support Group

Valley View offers a Parkinson’s support group that meets monthly. This support group is open to anyone affected by the disease and can help you cope with the day-to-day realities of having Parkinson’s. Care partners and family members also can benefit from the group by sharing questions, concerns, and utilizing educational resources that are currently available. Being part of a support group is a great way to reduce stress and connect with others who can relate to your experience.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>April Fools' Day</b> 1 10:00 <span style="color: purple;">RR</span> Brainteaser 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Walking Club <b>1:30 <span style="color: orange;">DR</span> Gospel &amp; Accordion Music</b> 2:30 <span style="color: purple;">RR</span> Jenga Game 3:30 <span style="color: purple;">RR</span> Quarter Bingo	2 9:30 <span style="color: purple;">RR</span> Chapel 11:00 <span style="color: orange;">DR</span> Exercise Class 1:30 <span style="color: purple;">RR</span> Spill & Spell ... Dice Game 1:30 <span style="color: orange;">DR</span> VV Bridge Group ✓ 2:30 <span style="color: purple;">RR</span> Craft Class 4:00 <span style="color: purple;">RR</span> Oh, Shoot! ... Dice Game	3 10:00 <span style="color: purple;">RR</span> Table Talk Tidbits 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Chat Club 1:30 <span style="color: pink;">O</span> Tour the Town 3:30 <span style="color: purple;">RR</span> Quarter Bingo 4:30 <span style="color: blue;">L</span> Individual Mystery Puzzle <b>6:30 <span style="color: red;">IL</span> Gospel Singers- IL</b>	4 9:30 <span style="color: purple;">RR</span> Bible Study <b>10:30 <span style="color: pink;">O</span> Shop Albertsons</b> 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Walking Club 1:30 <span style="color: purple;">RR</span> Word Game 2:30 <span style="color: purple;">RR</span> Horse Racing <b>3:30 <span style="color: purple;">RR</span> Happy Hour</b>	5 <b>9:00 <span style="color: blue;">L</span> Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</b> 11:00 <span style="color: orange;">DR</span> Exercise Class 3:30 <span style="color: purple;">RR</span> Quarter Bingo
6 9:00 <span style="color: blue;">L</span> Paper Puzzler 11:00 <span style="color: red;">IL</span> Catholic Service- IL 11:00 <span style="color: blue;">L</span> Exercise Tape 1:30 <span style="color: blue;">L</span> Color Art <b>2:30 <span style="color: blue;">L</span> Movie &amp; Popcorn</b> 3:30 <span style="color: blue;">L</span> Scrabble	7 10:00 <span style="color: purple;">RR</span> Do You Recall? 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Chat Club 1:30 <span style="color: purple;">RR</span> Pictionary Game <b>2:30 <span style="color: orange;">DR</span> R &amp; R Inspiration</b> 2:30 <span style="color: purple;">RR</span> What's Cooking? 4:00 <span style="color: purple;">RR</span> L-C-R Dice Game	8 10:00 <span style="color: purple;">RR</span> Brainteaser 11:00 <span style="color: orange;">DR</span> Exercise Class <b>12:45 <span style="color: red;">IL</span> Bookmobile- IL</b> 1:00 <span style="color: purple;">RR</span> Walking Club <b>1:30 <span style="color: purple;">RR</span> Activity Planning Meeting</b> <b>2:00 <span style="color: orange;">DR</span> Guitar Music with Bruce</b> 2:30 <span style="color: purple;">RR</span> Jenga Game 3:30 <span style="color: purple;">RR</span> Quarter Bingo	9 9:30 <span style="color: purple;">RR</span> Chapel 11:00 <span style="color: orange;">DR</span> Exercise Class 1:30 <span style="color: purple;">RR</span> Spill & Spell ... Dice Game 1:30 <span style="color: orange;">DR</span> VV Bridge Group ✓ 3:00 <span style="color: purple;">RR</span> Art Class with Mary Jussel 4:00 <span style="color: purple;">RR</span> Oh, Shoot! ... Dice Game <b>5:00 <span style="color: red;">IL</span> Art Show &amp; Sale ... Meet the Artist</b>	10 10:00 <span style="color: purple;">RR</span> Table Talk Tidbits 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Chat Club 1:30 <span style="color: pink;">O</span> Tour the Town 3:30 <span style="color: purple;">RR</span> Quarter Bingo 4:30 <span style="color: blue;">L</span> Individual Mystery Puzzle <b>6:30 <span style="color: red;">IL</span> Sing-Along With Barb</b>	11 9:30 <span style="color: purple;">RR</span> Bible Study <b>10:30 <span style="color: pink;">O</span> Shop Albertsons</b> 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Walking Club 1:30 <span style="color: purple;">RR</span> Word Game 2:30 <span style="color: purple;">RR</span> Horse Racing 3:30 <span style="color: purple;">RR</span> Lifelong Learning	12 <b>9:00 <span style="color: blue;">L</span> Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</b> 11:00 <span style="color: orange;">DR</span> Exercise Class 3:30 <span style="color: purple;">RR</span> Quarter Bingo
<b>Palm Sunday</b> 13 9:00 <span style="color: blue;">L</span> Paper Puzzler 11:00 <span style="color: red;">IL</span> Catholic Service- IL 11:00 <span style="color: blue;">L</span> Exercise Tape 1:30 <span style="color: blue;">L</span> Color Art <b>2:30 <span style="color: blue;">L</span> Movie &amp; Popcorn</b> 3:30 <span style="color: blue;">L</span> Scrabble	14 10:00 <span style="color: purple;">RR</span> Do You Recall? 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Chat Club 1:30 <span style="color: purple;">RR</span> Pictionary Game <b>2:00 <span style="color: red;">IL</span> Parkinson's Support Group-IL</b> 2:30 <span style="color: purple;">RR</span> What's Cooking? 4:00 <span style="color: purple;">RR</span> L-C-R Dice Game	15 10:00 <span style="color: purple;">RR</span> Brainteaser <b>10:30 <span style="color: red;">IL</span> Veterans' Coffee Social-IL</b> 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Walking Club 1:30 <span style="color: purple;">RR</span> Who, What, When 2:30 <span style="color: purple;">RR</span> Jenga Game 3:30 <span style="color: purple;">RR</span> Quarter Bingo	16 9:30 <span style="color: purple;">RR</span> Chapel 11:00 <span style="color: orange;">DR</span> Exercise Class 1:30 <span style="color: purple;">RR</span> Spill & Spell ... Dice Game 1:30 <span style="color: orange;">DR</span> VV Bridge Group ✓ <b>3:00 <span style="color: orange;">DR</span> Community Meeting</b> 3:30 <span style="color: orange;">DR</span> Ice Cream Bars 4:00 <span style="color: purple;">RR</span> Oh, Shoot! ... Dice Game	17 10:00 <span style="color: purple;">RR</span> Table Talk Tidbits 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Chat Club 1:30 <span style="color: pink;">O</span> Tour the Town 3:30 <span style="color: purple;">RR</span> Quarter Bingo 4:30 <span style="color: blue;">L</span> Individual Mystery Puzzle	18 <b>Good Friday</b> 9:30 <span style="color: purple;">RR</span> Bible Study <b>10:30 <span style="color: pink;">O</span> Shop Albertsons</b> 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Walking Club 1:30 <span style="color: purple;">RR</span> Word Game 2:30 <span style="color: purple;">RR</span> Horse Racing 3:30 <span style="color: purple;">RR</span> Easter Egg Decorating	19 <b>9:00 <span style="color: blue;">L</span> Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</b> 11:00 <span style="color: orange;">DR</span> Exercise Class 3:30 <span style="color: purple;">RR</span> Quarter Bingo
<b>Easter</b> 20 9:00 <span style="color: blue;">L</span> Paper Puzzler <b>9:30 <span style="color: purple;">RR</span> Worship Service ... Life Church</b> 11:00 <span style="color: red;">IL</span> Catholic Service- IL <b>11:00 <span style="color: green;">P</span> Easter Egg Hunt</b> 11:00 <span style="color: blue;">L</span> Exercise Tape <b>11:30 <span style="color: red;">IL</span> Easter Brunch</b> 1:30 <span style="color: blue;">L</span> Color Art <b>2:30 <span style="color: blue;">L</span> Movie &amp; Popcorn</b> 3:30 <span style="color: blue;">L</span> Scrabble	21 10:00 <span style="color: purple;">RR</span> Do You Recall? 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Chat Club 1:30 <span style="color: purple;">RR</span> Pictionary Game <b>2:00 <span style="color: red;">IL</span> Catholic Mass-IL</b> 2:30 <span style="color: purple;">RR</span> What's Cooking? 4:00 <span style="color: purple;">RR</span> L-C-R Dice Game	22 <b>Earth Day</b> 10:00 <span style="color: purple;">RR</span> Brainteaser 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Walking Club 1:30 <span style="color: purple;">RR</span> Busy Bloomers 2:30 <span style="color: purple;">RR</span> Jenga Game 3:30 <span style="color: purple;">RR</span> Quarter Bingo	23 9:30 <span style="color: purple;">RR</span> Chapel 11:00 <span style="color: orange;">DR</span> Exercise Class 1:30 <span style="color: purple;">RR</span> Spill & Spell ... Dice Game 1:30 <span style="color: orange;">DR</span> VV Bridge Group ✓ 2:30 <span style="color: purple;">RR</span> You Be The Judge 4:00 <span style="color: purple;">RR</span> Oh, Shoot! ... Dice Game	24 10:00 <span style="color: purple;">RR</span> Table Talk Tidbits 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Chat Club 1:30 <span style="color: pink;">O</span> Tour the Town 3:30 <span style="color: purple;">RR</span> Quarter Bingo 4:30 <span style="color: blue;">L</span> Individual Mystery Puzzle <b>6:30 <span style="color: red;">IL</span> Sing-Along With Barb</b>	25 9:30 <span style="color: purple;">RR</span> Bible Study <b>10:30 <span style="color: pink;">O</span> Shop Albertsons</b> 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Walking Club 1:30 <span style="color: purple;">RR</span> Word Game 2:30 <span style="color: purple;">RR</span> Horse Racing <b>3:00 <span style="color: orange;">DR</span> Resident Birthday Bash</b>	26 <b>9:00 <span style="color: blue;">L</span> Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</b> 11:00 <span style="color: orange;">DR</span> Exercise Class 3:30 <span style="color: purple;">RR</span> Quarter Bingo
27 9:00 <span style="color: blue;">L</span> Paper Puzzler <b>9:30 <span style="color: purple;">RR</span> Worship Service ... Life Church</b> 11:00 <span style="color: red;">IL</span> Catholic Service- IL 11:00 <span style="color: blue;">L</span> Exercise Tape 1:30 <span style="color: blue;">L</span> Color Art <b>2:30 <span style="color: blue;">L</span> Movie &amp; Popcorn</b> 3:30 <span style="color: blue;">L</span> Scrabble	28 10:00 <span style="color: orange;">DR</span> Do You Recall? 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Chat Club 1:30 <span style="color: purple;">RR</span> Pictionary Game 2:30 <span style="color: purple;">RR</span> What's Cooking? 4:00 <span style="color: purple;">RR</span> L-C-R Dice Game	29 10:00 <span style="color: purple;">RR</span> Brainteaser 11:00 <span style="color: orange;">DR</span> Exercise Class 1:00 <span style="color: purple;">RR</span> Walking Club <b>1:30 <span style="color: purple;">RR</span> Food Committee Meeting</b> 2:30 <span style="color: purple;">RR</span> Jenga Game 3:30 <span style="color: purple;">RR</span> Quarter Bingo	30 9:30 <span style="color: purple;">RR</span> Chapel 11:00 <span style="color: orange;">DR</span> Exercise Class 1:30 <span style="color: purple;">RR</span> Spill & Spell ... Dice Game 1:30 <span style="color: orange;">DR</span> VV Bridge Group ✓ 2:30 <span style="color: purple;">RR</span> Travelogue 4:00 <span style="color: purple;">RR</span> Oh, Shoot! ... Dice Game			





### Happy Birthday

12th Lavon Shelton  
12th Trevor Taylor  
13th Tom Cahill  
22nd Shannon Baird

Happy Birthday to all of our residents celebrating a birthday this month! And remember: You're not getting older—you're getting better!

## Welcome New Residents

Cheryl Boyer  
Dorris Camp  
Lavon Shelton

We are so proud you've chosen Valley View as your new home. If there is anything our staff can do to make your living experience better, please let us know. We are here to serve you!

## Healthy Lifestyle

### Mind Games

The more we age, the more important it is to exercise one of our largest organs—the brain. Do the crossword puzzle in the newspaper, check out foreign language tapes from the local library, form a book club or bridge game, or play games online.



### Valley View Art Exhibition

Come explore the world of art at our upcoming exhibition. This month we will be featuring a diverse range of artists and styles. Join us April 9th from 5 pm to 7 pm to meet the local artists. This show is not to be missed!

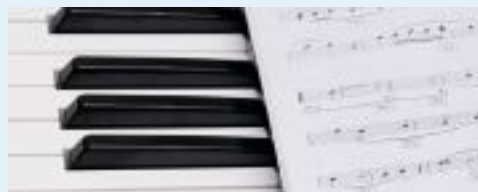
### Weekend Puzzler Competition

Attention Puzzlers, don't forget to pick up your weekend puzzler-packet and turn it in by Monday for a chance to be entered in the weekly drawing for cash prizes. Puzzles and brain games are entertaining, fun and challenge the mind. Beyond their fun and stimulating nature, these activities offer profound mental benefits that can enhance cognitive abilities, improve emotional well-being, and even contribute to long-term brain health. Good luck, everyone!



### Join Us for Sing-Alongs

We host regular sing-alongs at our community, and everyone is welcome to join us! The songs are sure to get your toes a-tappin' and put a smile on your face. Check the calendar for the schedule.



# Just for Fun

### Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.

### Laugh Lines: Funny Side Up

Have fun cracking up at these egg-cellent puns!

Q: When's the best time to tell an egg joke?

A: At the crack of dawn!

Q: How does a chicken leave the coop?

A: Through the eggs-it.

Q: Why did the hen lay an egg on an axe?

A: She was trying to hatchet.

Q: Who tells the best egg jokes?

A: Comedi-hens!

Q: Why did the hen fall asleep on the job?

A: She was eggs-hausted.

Q: What's an egg's favorite tree?

A: The mighty yolk.

Q: Do dinosaurs lay eggs?

A: Not anymore—they're egg-stinct!

Q: What sound does a meditating egg make?

A: "Ommmm-elet."

Q: Where can you find the freshest eggs?

A: New York City!

Q: Why don't eggs make good spies?

A: Because they always crack under pressure.