

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



### Happy Mother's Day!

Moms are great! We appreciate all the things you do! Happy Mother's Day to all the moms in our community!

### Celebrating All Mothers

We invite all women in our community to an elegant Mother's Day Tea on Saturday, May 10. Begins at 1:30 pm in the independent living bar area. Feel free to invite a special friend or relative with whom you can share this elegant experience. Good taste will abound, from the beautiful table settings to the delicious finger sandwiches and pastries we will serve. We look forward to celebrating with you! Please RSVP.

### Honoring Nurses

The important role of nurses in health care is recognized during National Nurses Week beginning May 6. Nurses are the heart of health care, and we thank them for their care, compassion, courage and commitment to our residents at Valley View. We truly appreciate all you do!



### Here We Have Idaho!





Idaho, affectionately known as “The Gem State,” is a treasure trove of rich history, vibrant culture and natural beauty. This month, join us as we explore Idaho's unique heritage and hidden gems. Check the activity calendar for details on adventurous outings, educational tours and exciting special events we have planned for May.

### May We Have This Dance?

We have some pretty fantastic dancers here in our community. Join us for some rug-cutting entertainment. Line dancing isn't just a lot of fun -- it's great exercise and a perfect chance to mingle with fellow residents. We'll see you on the dance floor!

### Memorial Day

On Memorial Day, we honor the men and women who have sacrificed their lives for our country. We take this opportunity to recognize all our residents and their family members and friends who are serving or have served our country. Thank you to all of them!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>May Day</b>		
<p>9:00 <span>L</span> Paper Puzzler</p> <p>11:00 <span>IL</span> Catholic Service- IL</p> <p>11:00 <span>L</span> Exercise Tape</p> <p>1:00 <span>O</span> <b>Ballet Idaho...Sleeping Beauty</b></p> <p>1:30 <span>L</span> Color Art</p> <p>2:30 <span>L</span> <b>Movie &amp; Popcorn</b></p> <p>3:30 <span>L</span> Scrabble</p>	<p><b>Cinco de Mayo</b></p> <p>10:00 <span>RR</span> Do You Recall?</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Chat Club</p> <p>1:30 <span>RR</span> Pictionary Game</p> <p>2:30 <span>DR</span> <b>R &amp; R Inspiration</b></p> <p>3:30 <span>RR</span> <b>Salsa Fiesta</b></p>	<p>10:00 <span>RR</span> Brainteaser</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Walking Club</p> <p>1:30 <span>RR</span> Travelogue</p> <p>2:30 <span>RR</span> UNO Card Game</p> <p>2:45 <span>DR</span> <b>Women of Note... Ladies Choir</b></p> <p>3:30 <span>RR</span> Quarter Bingo</p>	<p>9:30 <span>RR</span> Chapel</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>DR</span> Walking Club ✓</p> <p>1:30 <span>RR</span> Spill &amp; Spell ... Dice Game</p> <p>1:30 <span>O</span> <b>Tour Ann Frank Human Right Memorial</b></p> <p>2:00 <span>RR</span> <b>Art 4 All... painting class with Artist Mary Jussel</b></p> <p>4:00 <span>RR</span> Oh, Shoot! ... Dice Game</p>	<p>10:00 <span>RR</span> Table Talk Tidbits</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Chat Club</p> <p>1:30 <span>O</span> <b>Tour the State Capitol Building</b> 🚗</p> <p>3:30 <span>RR</span> Quarter Bingo</p> <p>4:30 <span>L</span> Individual Mystery Puzzle</p> <p>6:30 <span>IL</span> <b>Gospel Singers- IL</b></p>	<p>9:30 <span>RR</span> Bible Study</p> <p>10:30 <span>O</span> <b>Shop Albertsons</b></p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Walking Club</p> <p>1:30 <span>RR</span> Word Game</p> <p>2:30 <span>RR</span> Horse Racing</p> <p>3:30 <span>RR</span> <b>Mr. Potato Head Game</b></p>	<p>9:00 <span>L</span> <b>Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</b></p> <p>11:00 <span>DR</span> Exercise Class</p> <p>3:30 <span>RR</span> Quarter Bingo</p> <p>4:00 <span>L</span> <b>Kentucky Derby Watch Party!</b></p>
<p><b>Happy Mother's Day</b></p> <p>9:00 <span>L</span> Paper Puzzler</p> <p>11:00 <span>IL</span> Catholic Service- IL</p> <p>11:00 <span>L</span> Exercise Tape</p> <p>11:30 <span>IL</span> <b>Mother's Day Brunch</b></p> <p>1:00 <span>O</span> <b>Musical...Fiddler on the Roof</b></p> <p>1:30 <span>L</span> Color Art</p> <p>2:30 <span>L</span> <b>Movie &amp; Popcorn</b></p> <p>3:30 <span>L</span> Scrabble</p>	<p>10:00 <span>RR</span> Do You Recall?</p> <p>10:30 <span>O</span> <b>Picnic Lunch Boise Depot</b></p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Chat Club</p> <p>1:30 <span>RR</span> Pictionary Game</p> <p>2:00 <span>RR</span> <b>Guitar Music with Bruce</b></p> <p>2:00 <span>IL</span> <b>Parkinson's Support Group-IL</b></p> <p>4:00 <span>RR</span> L-C-R dice game</p>	<p>10:00 <span>RR</span> Brainteaser</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>12:45 <span>IL</span> <b>Bookmobile- IL</b></p> <p>1:00 <span>RR</span> Walking Club</p> <p>1:30 <span>RR</span> <b>Activity Planning Meeting</b></p> <p>2:30 <span>RR</span> Blackjack "21"</p> <p>3:30 <span>RR</span> Quarter Bingo</p>	<p>9:30 <span>RR</span> Chapel</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>DR</span> Walking Club ✓</p> <p>1:30 <span>RR</span> Spill &amp; Spell ... Dice Game</p> <p>2:00 <span>O</span> <b>World Center Birds of Prey Tour</b></p> <p>2:30 <span>RR</span> Craft Class</p> <p>4:00 <span>RR</span> Oh, Shoot! ... Dice Game</p> <p>5:00 <span>IL</span> <b>Art Show &amp; Sale ... Meet the Artist</b></p>	<p>10:00 <span>RR</span> Table Talk Tidbits</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Chat Club</p> <p>1:30 <span>O</span> <b>Tour the Town</b> 🚗</p> <p>3:30 <span>RR</span> Quarter Bingo</p> <p>4:30 <span>L</span> Individual Mystery Puzzle</p>	<p>9:30 <span>RR</span> Bible Study</p> <p>10:30 <span>O</span> <b>Shop Albertsons</b></p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Walking Club</p> <p>1:30 <span>RR</span> Word Game</p> <p>2:30 <span>RR</span> Horse Racing</p> <p>3:30 <span>RR</span> <b>Here We Have Idaho!</b></p>	<p>9:00 <span>L</span> <b>Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</b></p> <p>11:00 <span>DR</span> Exercise Class</p> <p>3:30 <span>RR</span> Quarter Bingo</p>
<p>9:00 <span>L</span> Paper Puzzler</p> <p>9:30 <span>RR</span> <b>Worship Service ... Life Church</b></p> <p>11:00 <span>IL</span> Catholic Service- IL</p> <p>11:00 <span>L</span> Exercise Tape</p> <p>1:30 <span>L</span> Color Art</p> <p>2:30 <span>L</span> <b>Movie &amp; Popcorn</b></p> <p>3:30 <span>L</span> Scrabble</p>	<p>10:00 <span>RR</span> Do You Recall?</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Chat Club</p> <p>1:30 <span>RR</span> Pictionary Game</p> <p>2:00 <span>IL</span> <b>Catholic Mass-IL</b></p> <p>4:00 <span>RR</span> L-C-R Dice Game</p>	<p>10:00 <span>RR</span> Brainteaser</p> <p>10:00 <span>O</span> <b>Brunch in the Rose Garden</b></p> <p>10:30 <span>IL</span> <b>Veterans Coffee Social</b></p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Walking Club</p> <p>1:30 <span>RR</span> Who, What, When</p> <p>2:30 <span>RR</span> You Be the Judge</p> <p>3:30 <span>RR</span> Quarter Bingo</p>	<p>9:30 <span>RR</span> Chapel</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>DR</span> Walking Club ✓</p> <p>1:30 <span>RR</span> Spill &amp; Spell ... Dice Game</p> <p>2:00 <span>O</span> <b>Old Idaho Penitentiary Tour</b></p> <p>3:00 <span>DR</span> <b>Community Meeting</b></p> <p>3:30 <span>DR</span> Ice Cream Bars</p> <p>4:00 <span>RR</span> Oh, Shoot! ... Dice Game</p>	<p>10:00 <span>RR</span> Table Talk Tidbits</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Chat Club</p> <p>1:30 <span>O</span> <b>Tour the Town</b> 🚗</p> <p>3:30 <span>RR</span> Quarter Bingo</p> <p>4:30 <span>L</span> Individual Mystery Puzzle</p> <p>6:30 <span>IL</span> <b>Swing Dance Party-IL</b></p>	<p>9:30 <span>RR</span> Bible Study</p> <p>10:30 <span>O</span> <b>Shop Albertsons</b></p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Walking Club</p> <p>1:30 <span>RR</span> Word Game</p> <p>2:30 <span>RR</span> Horse Racing</p> <p>3:30 <span>P</span> <b>Huckleberry Bliss!</b></p>	<p>9:00 <span>L</span> <b>Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</b></p> <p>11:00 <span>DR</span> Exercise Class</p> <p>3:30 <span>RR</span> Quarter Bingo</p>
<p>9:00 <span>L</span> Paper Puzzler</p> <p>9:30 <span>RR</span> <b>Worship Service ... Life Church</b></p> <p>11:00 <span>IL</span> Catholic Service- IL</p> <p>11:00 <span>L</span> Exercise Tape</p> <p>1:30 <span>L</span> Color Art</p> <p>2:30 <span>L</span> <b>Movie &amp; Popcorn</b></p> <p>3:30 <span>L</span> Scrabble</p>	<p><b>Memorial Day</b></p> <p>10:00 <span>DR</span> Do You Recall?</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Chat Club</p> <p>1:30 <span>RR</span> Pictionary Game</p> <p>2:30 <span>RR</span> What's Cooking?</p> <p>4:00 <span>RR</span> L-C-R Dice Game</p>	<p>10:00 <span>RR</span> Brainteaser</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Walking Club</p> <p>1:30 <span>RR</span> <b>Food Committee Meeting</b></p> <p>2:30 <span>RR</span> Lifelong Learning</p> <p>3:30 <span>RR</span> Quarter Bingo</p>	<p>9:30 <span>RR</span> Chapel</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>O</span> <b>Trip to Idaho City</b></p> <p>1:00 <span>DR</span> Walking Club ✓</p> <p>1:30 <span>RR</span> Spill &amp; Spell ... Dice Game</p> <p>4:00 <span>RR</span> Oh, Shoot! ... Dice Game</p>	<p>9:00 <span>O</span> <b>Trip to Shoshone Falls</b></p> <p>10:00 <span>RR</span> Table Talk Tidbits</p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Chat Club</p> <p>1:30 <span>O</span> <b>Tour the Town</b> 🚗</p> <p>3:30 <span>RR</span> Quarter Bingo</p> <p>4:30 <span>L</span> Individual Mystery Puzzle</p>	<p>9:30 <span>RR</span> Bible Study</p> <p>10:30 <span>O</span> <b>Shop Albertsons</b></p> <p>11:00 <span>DR</span> Exercise Class</p> <p>1:00 <span>RR</span> Walking Club</p> <p>1:30 <span>RR</span> Word Game</p> <p>2:30 <span>RR</span> Horse Racing</p> <p>3:00 <span>DR</span> <b>Resident Birthday Bash</b> ♥</p>	<p>9:00 <span>L</span> <b>Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</b></p> <p>11:00 <span>DR</span> Exercise Class</p> <p>3:30 <span>RR</span> Quarter Bingo</p>





## Happy Birthday, May Babies

Warm wishes to those celebrating in May.

6th Susan Pisani  
15th Joann O'Bert  
27th Ivy Eshelby



## Activities

### It's Fiesta Time!

Spice up your Cinco de Mayo celebrations by joining us for a Salsa fiesta! Check the calendar for details.

### Be Prepared

It's that time of year when we're getting out and about! While fun is the focus, be sure to arrive prepared. Some outings require walking and time spent outdoors. Wear proper footwear so that your feet are protected and supported. Be ready for the elements or a change in the weather by wearing layers or bringing along a jacket as well.

### Derby Day

Walk, trot or gallop to our Kentucky Derby watch party! Join us as we celebrate this annual American sporting event with traditional Derby food and a track-side seat to the race day action by way of our big-screen TV.



## Fun Facts

### Facts About Idaho!

- The name "Idaho" is derived from a Native American word that means "the land of many waters."
- Because there are over 72 different types of gemstones found in Idaho, its nickname is the "Gem State."
- Idaho grows an estimated 1/3 of America's potatoes.
- The longest gondola ride in the world is located at Silver Mountain Resort in Kellogg, Idaho.
- Emma Edwards Green designed Idaho's state seal. It is the only state seal designed by a woman.
- Idaho's capitol building is the only state capitol in the United States that is heated using geothermal water.
- A person standing on Heaven's Gate Lookout in Idaho can see Washington, Montana, and Oregon.
- Idaho is larger than all of New England combined (Maine, New Hampshire, Massachusetts, Connecticut, and Rhode Island).
- Eruptions at Idaho's Craters of the Moon National Monument occur every 2,000 years. The last eruptions happened 2,000 years ago.
- Shoshone Falls, near Twin Falls, Idaho, plummets 212 feet (65 meters). Its nickname is the "Niagara of the West."

- The state horse of Idaho is the Appaloosa, and Idaho was the first state to offer a license plate featuring a state horse.
- Idaho has 9,322,000 acres of roadless wilderness, more than any other state except Alaska.
- Sun Valley was the first ski resort in the world to use chairlifts.
- Boise is the capital and largest city in Idaho. The name "Boise" is a French word meaning "wooded."
- Hells Canyon in Idaho is 7,900 feet (2,400 meters) deep, which is deeper than the Grand Canyon.
- Between 1861 and 1866, it is believed that gold seekers found \$20 million in gold dust and nuggets during the Idaho gold rush.
- The largest population of Basque people in the United States lives near Boise.
- Idaho relocated beavers into the wilderness by dropping them out of airplanes with parachutes in the 1940s.
- In 1914, the United States Postal Service banned sending people through the mail after a 4-year-old was mailed across the state of Idaho.
- The largest sand dune in America is in Idaho's Bruneau Dunes State Park.

