



1130 N Allumbaugh Street  
Boise, ID 83704  
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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

## Independence Day

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, experience the full meaning of this special event. Join us on July 4 as we celebrate the birthday of our great nation in the bar area at 3 pm. We'll have a blast!



### Summer Fun






























































































































































































Summer is always fun in our community, and this year is no different. We're planning fun activities to take advantage of the warm weather, so watch for details in the community activity bulletin. If you have any suggestions, please stop by my office. See you soon! ~ Sherrie

## 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 community activities. Regular schedules keep our minds focused and give us something to look forward to. So, what are you doing today?

### Spread the News

Don't you just love living in our community? Whether it's because of our great staff, great location or great amenities, tell everyone you know about how much you love living here. Then, if they visit us, sign a lease and move in, you'll receive a reward.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>1</div> <div>10:00  Brainteaser 11:00  Exercise Class 1:00  Walking Club 1:30  Travelogue 2:30  Book Club 3:30  Quarter Bingo</div>	<div>2</div> <div>9:30  Chapel 11:00  Exercise Class 1:00  Walking Club 1:30  Spill &amp; Spell ... Dice Game 2:30  Craft Class 4:00  Oh, Shoot! ... Dice Game</div>	<div>3</div> <div>10:00  Table Talk Tidbits 11:00  Exercise Class 1:00  Walking Club 1:30  Tour the Town🚌 3:30  Quarter Bingo 4:30  Individual Mystery Puzzle 6:30  Gospel Singers- IL</div>	<div>4</div> <div></div>	<div>5</div> <div>9:00  <b>Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</b> 11:00  Exercise Class 3:30  Quarter Bingo</div>
<div>6</div> <div>9:00  Paper Puzzler 11:00  Catholic Service- IL 11:00  Exercise Tape 1:30  Color Art 2:30  <b>Movie &amp; Popcorn</b> 3:30  Scrabble</div>	<div>7</div> <div>10:00  Do You Recall? 11:00  Exercise Class 1:00  Walking Club 1:30  Pictionary Game 2:30  <b>R &amp; R Inspiration</b> 4:00  L-C-R Dice Game</div>	<div>8</div> <div>10:00  Brainteaser 11:00  Exercise Class 12:45  <b>Bookmobile- IL</b> 1:00  Walking Club 1:30  <b>Activity Planning Meeting</b> 2:30  Book Club 3:30  Quarter Bingo</div>	<div>9</div> <div>9:30  Chapel 11:00  Exercise Class 1:00  Walking Club 1:30  Spill &amp; Spell ... Dice Game 3:00  <b>Art 4 All... painting class with Artist Mary Jussel</b> 4:00  Oh, Shoot! ... Dice Game</div>	<div>10</div> <div>10:00  Table Talk Tidbits 11:00  Exercise Class 1:00  Walking Club 1:30  Tour the Town🚌 3:30  Quarter Bingo 4:30  Individual Mystery Puzzle</div>	<div>11</div> <div>9:30  Bible Study 10:30  <b>Shop Albertsons</b> 11:00  Exercise Class 1:00  Walking Club 1:30  Word Game 2:30  Ice Cream Social 3:30  <b>Happy Hour</b></div>	<div>12</div> <div>9:00  <b>Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</b> 11:00  Exercise Class 3:30  Quarter Bingo</div>
<div>13</div> <div>9:00  Paper Puzzler 11:00  Catholic Service- IL 11:00  Exercise Tape 1:30  Color Art 2:30  <b>Movie &amp; Popcorn</b> 3:30  Scrabble</div>	<div>14</div> <div>10:00  Do You Recall? 11:00  Exercise Class 1:00  Walking Club 1:30  Pictionary Game 2:00  <b>Guitar Music with Bruce</b> 2:00  <b>Parkinson's Support Group-IL</b> 2:30  What's Cooking? 4:00  L-C-R dice game</div>	<div>15</div> <div>10:00  Brainteaser 10:30  <b>Veterans' Coffee Social-IL</b> 11:00  Exercise Class 1:00  Walking Club 1:30  Who, What, When 2:30  Book Club 3:30  Quarter Bingo</div>	<div>16</div> <div>9:30  Chapel 11:00  Exercise Class 1:00  Walking Club 1:30  Spill &amp; Spell ... Dice Game 3:00  <b>Community Meeting</b> 3:30  Candy Bars 4:00  Oh, Shoot! ... Dice Game 5:00  <b>Meet &amp; Greet the Artist</b></div>	<div>17</div> <div>10:00  Table Talk Tidbits 11:00  Exercise Class 1:00  Walking Club 1:30  Tour the Town🚌 3:30  Quarter Bingo 4:30  Individual Mystery Puzzle</div>	<div>18</div> <div>9:30  Bible Study 9:30  <b>Brunch In The Rose Garden</b> 10:30  <b>Shop Albertsons</b> 11:00  Exercise Class 1:00  Walking Club 1:30  Word Game 2:30  Ice Cream Social 3:30  Trivia Challenge</div>	<div>19</div> <div>9:00  <b>Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</b> 11:00  Exercise Class 3:30  Quarter Bingo</div>
<div>20</div> <div>9:00  Paper Puzzler 9:30  <b>Worship Service ... Life Church</b> 11:00  Catholic Service- IL 11:00  Exercise Tape 1:30  Color Art 2:30  <b>Movie &amp; Popcorn</b> 3:30  Scrabble</div>	<div>21</div> <div>10:00  Do You Recall? 11:00  Exercise Class 1:00  Walking Club 1:30  Pictionary Game 2:00  <b>Catholic Mass-IL</b> 2:30  What's Cooking? 4:00  L-C-R Dice Game</div>	<div>22</div> <div>10:00  Brainteaser 11:00  Exercise Class 1:00  Walking Club 1:30  <b>Idaho State Museum</b> 1:30  Lifelong Learning 2:30  Book Club 3:30  Quarter Bingo</div>	<div>23</div> <div>9:30  Chapel 11:00  Exercise Class 11:30 <b>Outdoor summer BBQ</b> 1:00  Walking Club 1:30  Spill &amp; Spell ... Dice Game 2:30  Laugh Lines 4:00  Oh, Shoot! ... Dice Game</div>	<div>24</div> <div>10:00  Table Talk Tidbits 11:00  Exercise Class 1:00  Walking Club 1:30  Tour the Town🚌 3:30  Quarter Bingo 4:30  Individual Mystery Puzzle 6:30  <b>Bingo Madness</b></div>	<div>25</div> <div>9:30  Bible Study 10:30  <b>Shop Albertsons</b> 11:00  Exercise Class 1:00  Walking Club 1:30  Word Game 2:00  Blackjack "21" 3:00  <b>Resident Birthday Bash</b>♥</div>	<div>26</div> <div>9:00  <b>Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1</b> 11:00  Exercise Class 3:30  Quarter Bingo</div>
<div>27</div> <div>9:00  Paper Puzzler 9:30  <b>Worship Service ... Life Church</b> 11:00  Catholic Service- IL 11:00  Exercise Tape 1:30  Color Art 2:30  <b>Movie &amp; Popcorn</b> 3:30  Scrabble</div>	<div>28</div> <div>10:00  Do You Recall? 11:00  Exercise Class 1:00  Walking Club 1:30  Pictionary Game 2:30  What's Cooking? 4:00  L-C-R Dice Game</div>	<div>29</div> <div>10:00  Brainteaser 11:00  Exercise Class 1:00  Walking Club 1:30  <b>Food Committee Meeting</b> 2:30  Book Club 3:30  Quarter Bingo</div>	<div>30</div> <div>9:30  Chapel 11:00  Exercise Class 1:00  Walking Club 1:30  Spill &amp; Spell ... Dice Game 2:30  You Be The Judge 4:00  Oh, Shoot! ... Dice Game</div>	<div>31</div> <div>10:00  Table Talk Tidbits 11:00  Exercise Class 1:00  Walking Club 1:30  Tour the Town🚌 3:30  Quarter Bingo 4:30  Individual Mystery Puzzle</div>	 	





## Happy Birthday

Best wishes to all our residents celebrating birthdays this month!

14th	Linda Milot
17th	Ardith Tate
17th	James Tyner
26th	Dona Alsover

# Activities

## Walking Club!

Join us for our weekday walking club. We meet every day in the front lobby. You are welcome any time you can come. Previous experience not required! Walking is one of the best forms of exercise. Every step counts!

## Get the Scoop (or Two)

We're hosting an ice cream social several times this month! Come check out our buffet of tasty ice cream and get the dish on community happenings. See calendar for details.



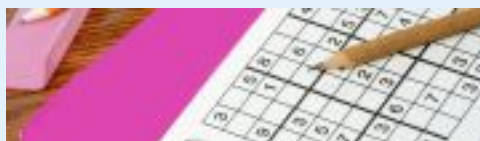
## Bingo Madness

Get in the game! Are you ready for an evening of fun, excitement and fabulous prizes? Whether you're a seasoned bingo enthusiast or a curious newcomer, there's a spot for you in the action. We'll have rounds of classic bingo games, surprise twists and chances to win amazing gifts for a perfect game night. Don't miss out on the chance to shout "Bingo!" and take home the grand prize. See calendar for details.



## Pick a Puzzle

Jigsaw puzzles, crosswords, word searches and puzzles of every kind can be relaxing while also engaging the brain. If you're not already a puzzler, try and solve our weekly puzzle packets for a chance to win a cash prize.



## Book Club

Attention all book worms! Would you like to get to know other residents who love books as much as you do? Join our Book Club that meets twice a month. Expand your reading horizons, engage in lively discussion and stretch your brain! Check your calendar for details.



## Serving It Up!: Hot Diggity Dog

The third Wednesday in July is National Hot Dog Day. Join us for our Hot Dog Buffet on July 16th at 11:30 in independent living.

Relish these riddles about one of America's favorite foods.

Q: How was the Fourth of July cookout?

A: The hot dogs were good, but the brats were the wurst.

Q: Did you see the new movie about the hot dog?

A: It's an Oscar wiener.

Q: Why did the hot dog turn down a chance to star in a summer blockbuster?

A: The "roll" wasn't good enough.

Q: How does a hot dog travel?

A: In a wiener-bago.

Q: What did the vendor do after running out of hot dogs?

A: He made a concession speech.

Q: What's the first rule of a hot dog race?

A: Wiener takes all.

Q: Did you hear about the lost sausage?

A: There's a missing link in the case.

Q: What did the mother hot dog say to the ornery baby hot dog?

A: "Ketchup! And don't be a brat."

Q: Where did the hot dog escape a close shave?

A: At the barber-cue.

Q: What do you call an outspoken hot dog?

A: A frank-furter.