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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



March Greetings

Hello, there! March is upon us, and with it comes the welcome arrival of spring. We are all looking forward to warmer weather and more outings. Many activities planned this month, and I encourage everyone to join us!

Lucky Celebration

We’re celebrating all things Irish this month with our St. Patrick’s Day party. Join us for food and fun, and don’t forget to wear green for luck!

Wake With Cheer

“Hope sleeps in our bones like a bear waiting for spring to rise and walk.” —Marge Piercy

**Team Member
Spotlight**

**Meet Our New
General Manager**

Introducing our new General Manager, **Eddie Johnson**. Eddie is a dedicated professional and brings a wealth of experience in leading senior living communities. He is already hard at work keeping our community running smoothly and is eager to meet all of you! So please stop by his office to introduce yourselves. Bring along any ideas or suggestions you may have.




Spring Forward

It’s time to spring forward! Daylight saving time begins the second Sunday in March.



**Welcome
New Residents**

- MaryJo Baker #320
- Bonnie MacMaster #327
- Mary Graeff #350

| 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>3:00 ■ P Ice Cream Social</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>7:00 ■ DR Gospel Music</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 Game of Chance "31"</p> <p>3:30 ■ RR Travelogue</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 ■ L Exercise Tape</p> <p>2:00 ■ RR Movie & Popcorn</p> |
| <p style="text-align: right;">5</p> <p>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on 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>2:30 ■ RR What's Cooking?</p> <p>4:00 ■ RR L-C-R Dice Game</p> | <p style="text-align: right;">7</p> <p>10:00 ■ RR Brain Teaser</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ DR Gospel & Accordion Music 🎵</p> <p>2:30 ■ RR Craft Class</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 ■ P Art Class with Artist Mary Jussel</p> <p>4:00 ■ RR Oh, Shoot! ... Dice Game</p> <p>5:00 ■ IL Meet & Greet the Artist Cherry Woodbury Art Show & Sale</p> | <p style="text-align: right;">9</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>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 Game of Chance "31"</p> <p>3:30 ■ RR Happy Hour ... Wine/Beer</p> | <p style="text-align: right;">11</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 ■ L Exercise Tape</p> <p>2:00 ■ RR Movie & Popcorn</p> <p>2:15 ■ DR Killarney Irish Dancers</p> |
| <p style="text-align: right;">12</p> <p>Daylight Saving Time Begins</p> <p>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on 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>1:00 ■ IL Bookmobile- IL</p> <p>1:30 Activity Planning Meeting</p> <p>2:30 ■ DR Target 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>St. Patrick's Day</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 St. Patrick's Day Party</p> <p>3:30 ■ RR Get Lucky Friday\$\$\$</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 ■ L Exercise Tape</p> <p>2:00 ■ IL Good Time Band ... Sing-Along</p> <p>2:00 ■ RR Movie & Popcorn</p> |
| <p style="text-align: right;">19</p> <p>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on 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>First Day of Spring</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>2:00 ■ IL Catholic Mass-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;">21</p> <p>10:00 ■ RR Brain Teaser</p> <p>11:00 ■ DR Exercise Class</p> <p>1:30 ■ RR Blackjack "21"</p> <p>2:30 ■ DR Target 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>3:00 ■ P Who, What, When</p> <p>4:00 ■ RR Oh, Shoot! ... Dice Game</p> | <p style="text-align: right;">23</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;">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>2:30 ■ RR Game of Chance "31"</p> <p>3:30 ■ RR Happy Hour ... Wine/Beer</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 ■ L Exercise Tape</p> <p>2:00 ■ IL Good Time Band ... Sing-Along</p> <p>2:00 ■ RR Movie & Popcorn</p> |
| <p style="text-align: right;">26</p> <p>9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on 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 ■ RR Food Committee Meeting</p> <p>2:30 ■ RR Craft Class</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>3:00 ■ P Ice Cream Social</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> | <p style="text-align: right;">31</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>3:00 ■ DR Resident Birthday Bash ♥</p> |  |



March Birthdays

- 1st Betty Wood
- 2nd David Marshall
- 7th John Thiebert
- 16th Jackie Waldram

Just for Fun



Irish Treats

Order your Shamrock Cookie Bouquet from our new Specialty Bakery "Wishful Cookie" here at Garden Plaza of Valley View.



An Irish Wish

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long." —Irish saying



Come Play With Us!

Join us each week for our weekly game session. Whether you're a beginner or have been playing for years, you are welcome to a seat at the table. From blackjack to bridge to dominoes, we've got it all. Don't just sit at home—come out and play!



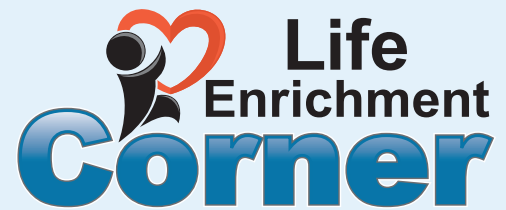
Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

Brainteaser

Question: Ed planted four rows of flowers. The daffodils are right behind the tulips, but before the dahlias. The zinnias aren't in the first or last rows, and the flowers in the first row don't begin with the letter D. What's the order of the flowers?

Answer: First, tulips, then the daffodils, zinnias and dahlias.



Help Us Plan Activities

Would you like to help us organize activities and events for our community? Join the activity planning committee! This group meets regularly to brainstorm ideas for entertainment, crafts, games, outings and more. We'd love to have your input! Check your calendar for date and time or speak to the activities director if you're interested in joining.



Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.



Spring Eats

Our menus are changing for spring! Stop by the dining room to check out our latest selections of seasonal produce and fresh entrées that are sure to please.