



1130 N Allumbaugh Street  
Boise, ID 83704  
(208) 322-0311  
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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. Lots of activities planned this month, and I encourage everyone to join us!

**It’s That Time Again ...**

Remember daylight saving time begins on the second Sunday in March. So move those clocks ahead one hour before you go to bed so you won’t be late! If you’re grumpy about losing that hour of sleep, keep in mind that daylight saving time is a sign that spring arrives soon! So look forward to longer days filled with sunshine!

**Happy Easter!**

It’s a time of rebirth and renewal. Whether you’re celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter, our staff wishes all of you a wonderful holiday. Join us on Saturday, March 30th, for our Easter Egg Hunt!

**Happy St. Patrick’s Day**

Everybody’s Irish on March 17. As you celebrate the wearin’ o’ the green, we’d like to offer this St. Patrick’s Day toast: May the roof above you never fall in, and may the friends gathered below never fall out. Happy St. Patrick’s Day to all of our residents!

**Cheers to Being Cheerful**






March is Optimism Month, and studies show that looking on the bright side is good for your health. Optimists are better at problem-solving, have stronger immune systems, and recover faster from illness and injury than pessimists.

**We’re Here To Help**

At our community, your safety and comfort come first. We are here to answer any questions and resolve any issues you may have. Please don’t hesitate to reach out to us when you need a helping hand.

**Take Advantage of Fun Activities**

Our activities schedule is designed to appeal to a variety of personalities and hobbies. Please join us! If there’s an activity you’d like to see added to the schedule, please let us know. We will do everything we can to make it happen!

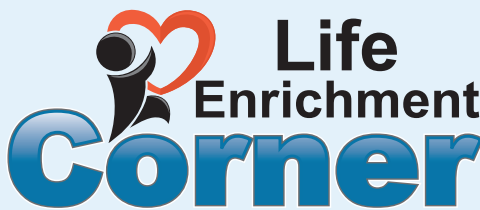
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="font-size: 2em; color: green; margin: 0;">Hello March</p>		 <p style="color: yellow; font-weight: bold; margin: 0;">SPRING FORWARD</p>			<p style="text-align: right;">1</p> <p>9:30 <span style="color: green;">■</span> RR Bible Study</p> <p>10:30 <span style="color: lightgreen;">○</span> O Shop Albertsons</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Word Game</p> <p>2:30 <span style="color: green;">■</span> RR Horse Racing</p> <p>3:30 <span style="color: green;">■</span> RR Happy Hour ... Wine/Beer</p>	<p style="text-align: right;">2</p> <p>9:00 <span style="color: teal;">■</span> 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 <span style="color: brown;">■</span> DR Exercise Class</p> <p>3:00 <span style="color: green;">■</span> RR Quarter Bingo</p>
<p style="text-align: right;">3</p> <p>9:00 <span style="color: teal;">■</span> L 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: green;">■</span> RR Worship Service ... Life Church</p> <p>11:00 <span style="color: orange;">■</span> IL Catholic Service- IL</p> <p>11:00 <span style="color: teal;">■</span> L Exercise Tape</p> <p>1:30 <span style="color: teal;">■</span> L Color Art</p> <p>2:30 <span style="color: teal;">■</span> L Movie &amp; Popcorn</p> <p>3:30 <span style="color: teal;">■</span> L Scrabble</p>	<p style="text-align: right;">4</p> <p>10:00 <span style="color: green;">■</span> RR Do You Recall?</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Pictionary Game</p> <p>2:30 <span style="color: brown;">■</span> DR R &amp; R Inspiration</p> <p>2:30 <span style="color: green;">■</span> RR What's Cooking?</p> <p>4:00 <span style="color: green;">■</span> RR L-C-R Dice Game</p>	<p style="text-align: right;">5</p> <p>10:00 <span style="color: green;">■</span> RR Brainteaser</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: brown;">■</span> DR Gospel &amp; Accordion Music</p> <p>2:30 <span style="color: brown;">■</span> DR Bean Bag Toss</p> <p>3:30 <span style="color: green;">■</span> RR Quarter Bingo</p>	<p style="text-align: right;">6</p> <p>9:30 <span style="color: green;">■</span> RR Chapel</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Spill &amp; Spell ... Dice Game</p> <p>3:00 <span style="color: green;">■</span> RR Craft Class</p> <p>4:00 <span style="color: green;">■</span> RR Oh, Shoot! ... Dice Game</p>	<p style="text-align: right;">7</p> <p>10:00 <span style="color: green;">■</span> RR Table Talk</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: lightgreen;">○</span> O Tour the Town </p> <p>3:30 <span style="color: green;">■</span> RR Quarter Bingo</p> <p>4:30 <span style="color: teal;">■</span> L Individual Mystery Puzzle</p> <p>6:30 <span style="color: orange;">■</span> IL Gospel Singers-IL</p>	<p style="text-align: right;">8</p> <p>9:30 <span style="color: green;">■</span> RR Bible Study</p> <p>10:30 <span style="color: lightgreen;">○</span> O Shop Albertsons</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Word Game</p> <p>2:30 <span style="color: green;">■</span> RR Horse Racing</p> <p>3:30 <span style="color: green;">■</span> RR Sing-Along With Barb</p>	<p style="text-align: right;">9</p> <p>9:00 <span style="color: teal;">■</span> 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 <span style="color: brown;">■</span> DR Exercise Class</p> <p>3:00 <span style="color: green;">■</span> RR Quarter Bingo</p>
<p style="text-align: right;">10</p> <p><b>Daylight Saving Time Begins</b></p> <p>9:00 <span style="color: teal;">■</span> L 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: green;">■</span> RR Worship Service ... Life Church</p> <p>11:00 <span style="color: orange;">■</span> IL Catholic Service- IL</p> <p>11:00 <span style="color: teal;">■</span> L Exercise Tape</p> <p>1:30 <span style="color: teal;">■</span> L Color Art</p> <p>2:30 <span style="color: teal;">■</span> L Movie &amp; Popcorn</p> <p>3:30 <span style="color: teal;">■</span> L Scrabble</p>	<p style="text-align: right;">11</p> <p>10:00 <span style="color: green;">■</span> RR Do You Recall?</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Pictionary Game</p> <p>2:00 <span style="color: orange;">■</span> IL Parkinson's Support Group-IL</p> <p>2:30 <span style="color: orange;">■</span> IL Understanding Great Music with Eric Collett-IL</p> <p>2:30 <span style="color: green;">■</span> RR What's Cooking?</p> <p>4:00 <span style="color: green;">■</span> RR L-C-R Dice Game</p>	<p style="text-align: right;">12</p> <p>10:00 <span style="color: green;">■</span> RR Brainteaser</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>12:30 <span style="color: orange;">■</span> IL Bookmobile- IL</p> <p>1:30 <span style="color: green;">■</span> RR Activity Planning Meeting</p> <p>2:30 <span style="color: brown;">■</span> DR Bean Bag Toss</p> <p>3:30 <span style="color: green;">■</span> RR Quarter Bingo</p>	<p style="text-align: right;">13</p> <p>9:30 <span style="color: green;">■</span> RR Chapel</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Spill &amp; Spell ... Dice Game</p> <p>3:00 <span style="color: green;">■</span> RR Art 4 All ... painting class with Artist Mary Jussel</p> <p>4:00 <span style="color: green;">■</span> RR Oh, Shoot! ... Dice Game</p> <p>5:00 <span style="color: orange;">■</span> IL Meet &amp; Greet the Artist-IL</p>	<p style="text-align: right;">14</p> <p>10:00 <span style="color: orange;">■</span> IL Foot Care Clinic-sign up!</p> <p>10:00 <span style="color: green;">■</span> RR Table Talk</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: lightgreen;">○</span> O Tour the Town </p> <p>3:30 <span style="color: green;">■</span> RR Quarter Bingo</p> <p>4:30 <span style="color: teal;">■</span> L Individual Mystery Puzzle</p>	<p style="text-align: right;">15</p> <p>9:30 <span style="color: green;">■</span> RR Bible Study</p> <p>10:30 <span style="color: lightgreen;">○</span> O Shop Albertsons</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Word Game</p> <p>2:30 <span style="color: green;">■</span> RR Horse Racing</p> <p>3:30 <span style="color: green;">■</span> RR Happy Hour ... Wine/Beer</p>	<p style="text-align: right;">16</p> <p>9:00 <span style="color: teal;">■</span> L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>10:00 <span style="color: brown;">■</span> DR Killarney Irish Dancers</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>3:00 <span style="color: green;">■</span> RR Quarter Bingo</p>
<p style="text-align: right;">17</p> <p><b>Happy St. Patrick's Day</b></p> <p>9:00 <span style="color: teal;">■</span> L 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: green;">■</span> RR Worship Service ... Life Church</p> <p>11:00 <span style="color: orange;">■</span> IL Catholic Service- IL</p> <p>11:00 <span style="color: teal;">■</span> L Exercise Tape</p> <p>1:30 <span style="color: teal;">■</span> L Color Art</p> <p>2:30 <span style="color: teal;">■</span> L Movie &amp; Popcorn</p> <p>3:30 <span style="color: teal;">■</span> L Scrabble</p>	<p style="text-align: right;">18</p> <p>10:00 <span style="color: green;">■</span> RR Do You Recall?</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Pictionary Game</p> <p>2:30 <span style="color: green;">■</span> RR What's Cooking?</p> <p>4:00 <span style="color: green;">■</span> RR L-C-R Dice Game</p>	<p style="text-align: right;">19</p> <p><b>Spring Begins</b></p> <p>10:00 <span style="color: green;">■</span> RR Brainteaser</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Who, What, When</p> <p>2:30 <span style="color: brown;">■</span> DR Bean Bag Toss</p> <p>3:30 <span style="color: green;">■</span> RR Quarter Bingo</p>	<p style="text-align: right;">20</p> <p>9:30 <span style="color: green;">■</span> RR Chapel</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Spill &amp; Spell ... Dice Game</p> <p>3:00 <span style="color: brown;">■</span> DR Community Meeting</p> <p>3:30 <span style="color: brown;">■</span> DR Ice Cream Bars</p> <p>4:00 <span style="color: green;">■</span> RR Oh, Shoot! ... Dice Game</p>	<p style="text-align: right;">21</p> <p>10:00 <span style="color: green;">■</span> RR Table Talk</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: lightgreen;">○</span> O Tour the Town </p> <p>3:30 <span style="color: green;">■</span> RR Quarter Bingo</p> <p>4:30 <span style="color: teal;">■</span> L Individual Mystery Puzzle</p>	<p style="text-align: right;">22</p> <p>9:30 <span style="color: green;">■</span> RR Bible Study</p> <p>10:30 <span style="color: lightgreen;">○</span> O Shop Albertsons</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Word Game</p> <p>2:30 <span style="color: green;">■</span> RR Horse Racing</p> <p>3:30 <span style="color: green;">■</span> RR Sing-Along With Barb</p>	<p style="text-align: right;">23</p> <p>9:00 <span style="color: teal;">■</span> 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 <span style="color: brown;">■</span> DR Exercise Class</p> <p>3:00 <span style="color: green;">■</span> RR Quarter Bingo</p>
<p style="text-align: right;">24</p> <p><b>Palm Sunday</b></p> <p>9:30 <span style="color: green;">■</span> RR Worship Service ... Life Church</p> <p>11:00 <span style="color: orange;">■</span> IL Catholic Service- IL</p> <p>1:30 <span style="color: teal;">■</span> L Color Art</p> <p>2:30 <span style="color: teal;">■</span> L Movie &amp; Popcorn</p> <p>3:30 <span style="color: teal;">■</span> L Scrabble</p>	<p style="text-align: right;">25</p> <p>10:00 <span style="color: brown;">■</span> DR Do You Recall?</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Pictionary Game</p> <p>2:30 <span style="color: green;">■</span> RR What's Cooking?</p> <p>4:00 <span style="color: green;">■</span> RR L-C-R Dice Game</p>	<p style="text-align: right;">26</p> <p>10:00 <span style="color: green;">■</span> RR Brainteaser</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Food Committee Meeting</p> <p>2:30 <span style="color: brown;">■</span> DR Bean Bag Toss</p> <p>3:30 <span style="color: green;">■</span> RR Quarter Bingo</p>	<p style="text-align: right;">27</p> <p>9:30 <span style="color: green;">■</span> RR Chapel</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Spill &amp; Spell ... Dice Game</p> <p>3:00 <span style="color: green;">■</span> RR Travelogue</p> <p>4:00 <span style="color: green;">■</span> RR Oh, Shoot! ... Dice Game</p>	<p style="text-align: right;">28</p> <p>10:00 <span style="color: green;">■</span> RR Table Talk</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: lightgreen;">○</span> O Tour the Town </p> <p>3:30 <span style="color: green;">■</span> RR Quarter Bingo</p> <p>4:30 <span style="color: teal;">■</span> L Individual Mystery Puzzle</p>	<p style="text-align: right;">29</p> <p>9:30 <span style="color: green;">■</span> RR Bible Study</p> <p>10:30 <span style="color: lightgreen;">○</span> O Shop Albertsons</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Word Game</p> <p>2:30 <span style="color: green;">■</span> RR Horse Racing</p> <p>3:00 <span style="color: brown;">■</span> DR Resident Birthday Bash </p>	<p style="text-align: right;">30</p> <p>9:00 <span style="color: teal;">■</span> L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>9:30 <span style="color: orange;">■</span> IL Res/ Family Waffle Bar Breakfast -IL</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>11:00 <span style="color: orange;">■</span> IL Kids' Easter Egg Hunt</p> <p>3:00 <span style="color: green;">■</span> RR Quarter Bingo</p>
<p style="text-align: right;">31</p> <p><b>Happy Easter</b></p> <p>11:00 <span style="color: orange;">■</span> IL Catholic Service- IL</p> <p>1:30 <span style="color: teal;">■</span> L Color Art</p> <p>2:30 <span style="color: teal;">■</span> L Movie &amp; Popcorn</p> <p>3:30 <span style="color: teal;">■</span> L Scrabble</p>	<p style="text-align: right;">25</p> <p>10:00 <span style="color: brown;">■</span> DR Do You Recall?</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Pictionary Game</p> <p>2:30 <span style="color: green;">■</span> RR What's Cooking?</p> <p>4:00 <span style="color: green;">■</span> RR L-C-R Dice Game</p>	<p style="text-align: right;">26</p> <p>10:00 <span style="color: green;">■</span> RR Brainteaser</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Food Committee Meeting</p> <p>2:30 <span style="color: brown;">■</span> DR Bean Bag Toss</p> <p>3:30 <span style="color: green;">■</span> RR Quarter Bingo</p>	<p style="text-align: right;">27</p> <p>9:30 <span style="color: green;">■</span> RR Chapel</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Spill &amp; Spell ... Dice Game</p> <p>3:00 <span style="color: green;">■</span> RR Travelogue</p> <p>4:00 <span style="color: green;">■</span> RR Oh, Shoot! ... Dice Game</p>	<p style="text-align: right;">28</p> <p>10:00 <span style="color: green;">■</span> RR Table Talk</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: lightgreen;">○</span> O Tour the Town </p> <p>3:30 <span style="color: green;">■</span> RR Quarter Bingo</p> <p>4:30 <span style="color: teal;">■</span> L Individual Mystery Puzzle</p>	<p style="text-align: right;">29</p> <p>9:30 <span style="color: green;">■</span> RR Bible Study</p> <p>10:30 <span style="color: lightgreen;">○</span> O Shop Albertsons</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>1:30 <span style="color: green;">■</span> RR Word Game</p> <p>2:30 <span style="color: green;">■</span> RR Horse Racing</p> <p>3:00 <span style="color: brown;">■</span> DR Resident Birthday Bash </p>	<p style="text-align: right;">30</p> <p>9:00 <span style="color: teal;">■</span> L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</p> <p>9:30 <span style="color: orange;">■</span> IL Res/ Family Waffle Bar Breakfast -IL</p> <p>11:00 <span style="color: brown;">■</span> DR Exercise Class</p> <p>11:00 <span style="color: orange;">■</span> IL Kids' Easter Egg Hunt</p> <p>3:00 <span style="color: green;">■</span> RR Quarter Bingo</p>



16th Jackie Waldram  
20th Edda Howell



Matthew O'Rourke  
Juanita Thompson



### Make Up Your Mind in the Morning

When you're faced with an important decision, try tackling it before noon. Science says the morning hours are the best time of day to make a choice. Researchers came to this conclusion after analyzing the moves chess players made in a series of matches. The players made slower, more accurate moves in the morning, and as the day wore on, their decisions were faster, but those moves were more prone to errors.

### Positive Thought

"An optimist is the human personification of spring." —Susan J. Bissonette

### With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants. Members of the insect world, including ladybugs, crickets and dragonflies, symbolize luck in many countries, as do aquatic creatures such as dolphins and goldfish.



### Sacred Easter Symbols

Easter Sunday celebrates the resurrection of Jesus Christ, whose triumph over death promises eternal life for the rest of the world. Several meaningful symbols are associated with the holiday, which is one of the most joyous celebrations on the Christian calendar.

**Eggs.** A symbol of new life since ancient times, the egg is a classic Easter symbol. In addition to eggs dyed in bright colors to add festivity to seasonal decorations, the egg is sometimes seen as a representation of Christ's tomb.

**Easter lily.** As Jesus was without sin, yet suffered and died for the world's sins, his purity and innocence is duplicated in the white blooms of this flower, which blossoms as another symbol of new life.

**Hot cross buns.** Jesus died on a cross, so there's no other emblem more appropriate for Easter. The rising dough of these sweet rolls also commemorates Christ's rising from the dead.

**Lamb.** Many baby animals are associated with Easter, but the lamb is probably the most common. Jesus is called the Lamb of God because he served as a sacrificial lamb to wash away the sins of the people.

**Butterfly.** This insect's life cycle serves as a reflection of the life of Jesus: The caterpillar is his life and work on Earth; the cocoon is his crucifixion and burial; and the butterfly represents the glory of his resurrection.