

The Kensington at Walnut Creek



April 2024

A KISCO COMMUNITY



THE KENSINGTON AT WALNUT CREEK | 1580 GEARY RD, WALNUT CREEK, CA 94597



The Kensington Directory

Joseph Villanueva, LVN
Executive Director

Debbie Bradley
Assistant Executive Director

Esmeralda Morebeck, LVN
Assisted Living Director

Joseph Negrido
Memory Care Coordinator

Luke Brassinga
Sales Director

Michelle Stashyn
Sales Director

Natasha Montazeri
Sales Director

Fabio Dias
Dining Services Director

Dean Elmore
Environmental Services Director

Jane Hurst
Housekeeping Director

Kayla Pierce
Art of Living Well Director

A Letter from the Executive Director

Dear Residents, Families, and Associates of The Kensington,

I'd like to welcome our Dining Services Director, Fabio Dias, to the team and to our community. Fabio earned the 2023 Dining Services Director of the Year Award for Kisco Senior Living. We are very proud of his accomplishment and excited for what's to come in our dining program.

Our goal is to consistently improve our services and Fabio will play an instrumental role in reshaping the dining experience for everyone to enjoy. Fabio and the team will be focused on quality and speed of service, ensuring a well-balanced and nutritious menu with a variety of options, and fine tuning all aspects of the dining experience for you to enjoy.

Dining is such an integral part of our lives, allowing us to build stronger bonds and new friendships while providing a balanced, nutrient rich foods that support overall health, energy levels, and well-being. We invite



you to join our monthly Food and Dining Committee meeting and gather feedback on how the changes are being received, and what areas we can focus on based on your feedback. Please join me in welcoming Fabio to our community and your homes!

Respectfully,

Joseph Villanueva
Executive Director
joseph.villanueva@kiscosl.com
(925)943-1121

Resident Spotlight



Allow me to introduce this month's beautiful spotlight, Mary W. Mary was born April 17, 1929 in Oakland, CA to parents who had come all the way from Nova Scotia, Canada. Mary graduated from Oakland H.S. and then went to work at Pacific Bell as a switchboard operator. Then, on Halloween night, 1947, she met Jim, and it was "love at first sight" and a little over a month later, on Dec. 19th, they were married.

Jim was building their dream home in the Oakland Hills on his days off from the fire

department, and Mary was busy raising their 3 children, Michael, Patty, and Connie. Fun Fact: Mary worked in food service at Bret Harte Jr. High while Tom Hanks was a student there. As life went on for the happy couple, they enjoyed travelling, even taking their Airstream on a 9 month trip across the U.S. in 1976.

They spent 2 years in Austria, smuggling bibles and medicine behind the Iron Curtain. In addition, they were busy with their growing family: 8 grandkids and 18 great-grandkids. Mary and Jim moved to The Kensington in 2022 and found a family and good friends here. Mary loves coming to various activities, and really enjoys Friday Happy hour with the live music and socializing with everyone. Mary, thank you for being our Resident of the Month for April. We love you!

Community Happenings

APR
23rd



Passover Seder

We invite our Jewish residents to join us for a Passover Seder at 4:30pm on Tuesday the 23rd in the Private Dining Room. We will read from the Haggadah and enjoy traditional food for Passover including matzo ball soup, gefilte fish and more! Please make sure to register for the dinner if you plan on joining us as seating is limited. We look forward to sharing some of the Jewish traditions during this annual holiday event.

APR
21st-27th



"Around the World" Destination: Israel

Join us for our next travel adventure! This time we are heading to Israel for the week on our Around the World travel experience! Learn all about the amazing culture, food and geography of the region! We will have many activities that week relating to Israel including Hebrew-101, Israel Trivia, All About Israel, A Taste of Israel and more!

APR
23rd



Earth Day

Join us for a special Earth Day event on Tuesday the 23rd at 1pm in the Courtyard! This year, we will have a ribbon cutting for our new community garden located in the large courtyard. We are so happy to be able to start a garden in the courtyard and hope that all of you join us in planting and caring for our community garden as well as enjoy all of the wonderful veggies it produces!

**APRIL
2024**

**RESIDENT COUNCIL
COMMITTEE**

President- Bruce A.
Vice President-Chick C.
Secretary- Carole J.
Gift Fund Committee-
Dick E. & Chick C.

"We solve small problems
before they become big ones"

Resident Ambassadors

Bruce A., Beverly M., Chick C.,
Judy W., Vera R.



Are you interested in being a
Resident Ambassador? Reach
out to Kayla Pierce, Wellness
Director or join us for our
monthly meeting!



See an "E" next to an activity?
that means there's an
assistive hearing device
available—ask one of our
activity staff to set you up!



Looking for a dentist that will
come to you? Dr. Amaro with
Tranquility Health in a mobile
dentist who can provide exams,
cleanings, fillings, crowns, bridges,
dentures and more! For more
information, contact Tranquility
Health at (925)644-2700

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LOCATION KEY Activity Room = AR Bistro = B Courtyard = CY Dining Room = DR Fitness Center = FC Game Room = GR Library = LBR Lobby = L Zoom = Z</p>	<p>9:00 Doctor Appointments (L) 1 9:30 Walk'n Shop to Sprouts (L) 10:30 Information Hour (AR) 1:00 Resident Council Meeting (LI) 1:00 Rummikub (B) 2:30 Live 2B Healthy-Strength & Balance (AR&Z) 3:00 Community Store (B) 3:30 Wii Jeopardy (AR) </p>	<p>9:00 Doctor Appointments (L) 2 9:30 Art of Living Well Monthly Meeting (AR) 9:30 Random Trivia (AR) 10:00 Food Committee (LI) 10:45 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) 1:00 Doctor Appointments (L) 2:00 Better Balance (AR&Z) 2:45 Wii Bowling (AR) 3:00 Bible Class (LI) 6:30 Bridge (LI) 6:30 Evening Movie (AR)</p>	<p>9:15 Club Walk'n Roll (L) 3 9:30 Trip Outing: Cache Creek Casino 10:00 Prime Time Putting (C) 11:00 Fitness w/ Empower Me Wellness (AR) 1:15 Crossword Challenge (AR) 1:30 Flower Arranging with Fabio (PDR) 2:00 Matinee Movie (B) 3:00 Bridge (GR) 3:30 Science Hour (AR) 6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) 4 9:30 Guess Who? (AR) 10:30 Catholic Communion (LI) 10:45 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) Monthly Birthday Celebration (DR) 1:00 Doctor Appointments (L) 1:00 New Resident Orientation (AR) 2:00 Better Balance (AR&Z) 3:00 Charades (AR)</p>	<p>9:30 Good News Friday (B) 5 9:30 Shopping: Pleasant Hill (L) 10:00 Bridge Refresher Group (GR) 10:00 Watercolor Workshop (AR) 1:15 Crossword Challenge (AR) 1:30 Shopping: Countrywood/Oak Grove (L) 2:30 Live 2B Healthy-Strength & Balance (AR&Z) </p>	<p>9:30 Life Size Scrabble (LI) 6 10:00 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) 1:30 Intellectual Infusion (AR) 2:30 Moving & Grooving w/ Vernadette (AR) 3:00 Kings in the Corner (LI) 3:45 Cornhole Competition (AR) 6:30 Bridge (LI) 6:30 Evening Movie (AR)</p>
<p>9:10 Kensington Chapel Service (LI) 7 10:00 St. Mary's Virtual Mass (AR) 11:00 Arthritis Exercise (AR&Z) 1:00 Monthly Trivia (AR) 2:00 Gentle Chair Yoga (AR) 3:30 Bingo Bonanza (AR) 6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) 8 9:30 Walk'n Shop to Sprouts (L) 10:30 Information Hour (AR) 1:00 Rummikub (B) 1:30 The Bookworms Club (LI) 2:30 Live 2B Healthy-Strength & Balance (AR&Z) 3:00 Community Store (B) </p>	<p>9:00 Doctor Appointments (L) 9 9:30 Historic Happenings (AR) 10:00 Food Committee (LI) 10:45 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) 1:00 Doctor Appointments (L) 1:00 Men's Club Gathering: Pinochle (LI) 2:00 Better Balance (AR&Z) 2:45 Wii Bowling (AR) 3:00 Bible Class (LI) 6:30 Bridge (LI) 6:30 Evening Movie (AR)</p>	<p>9:15 Club Walk'n Roll (L) 10 10:30 Trip Outing: Lunch at Mersea (L) 11:00 Fitness w/ Empower Me Wellness (AR) 1:15 Crossword Challenge (AR) 1:30 Flower Arranging with Fabio (PDR) 2:15 Ceramics with Martha (AR) 3:00 Bridge (GR) 3:30 Science Hour (AR) </p>	<p>9:00 Doctor Appointments (L) 11 9:30 Guess What? (AR) 10:30 Catholic Communion (LI) 10:45 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) 1:00 Doctor Appointments (L) 1:15 Food & Dining Meeting (E) (L) 2:00 Better Balance (AR&Z) 3:00 Charades (AR) 6:30 Bridge (LI) 6:30 Evening Movie (AR)</p>	<p>9:30 Good News Friday (B) 12 9:30 Shopping: DT Walnut Creek/Rossmoor/Palos Verdes (L) 10:00 Bridge Refresher Group (GR) 10:00 Resident Council Bylaws Committee (LI) 10:30 Financial Friday: Taxation Management (AR) 1:15 Crossword Challenge (AR) 1:30 Shopping: Countrywood/Oak Grove (L) 2:30 Live 2B Healthy-Strength & Balance (AR&Z) 3:30 Happy Hour with BStreet (L) </p>	<p>9:30 Life Size Scrabble (LI) 13 10:00 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) 1:30 Intellectual Infusion (AR) 2:30 Moving & Grooving w/ Vernadette (AR) 3:00 Kings in the Corner (LI) 3:45 Balloon Volleyball (AR) 6:30 Bridge (LI) 6:30 Evening Movie (AR)</p>
<p>9:10 Kensington Chapel Service (LI) 14 10:00 St. Mary's Virtual Mass (AR) 11:00 Arthritis Exercise (AR&Z) 1:00 Monthly Trivia (AR) 1:45 Painting & Planting with Assisteens (AR) 2:00 Gentle Chair Yoga (B) 2:30 Furry Friends Visit (L) 3:30 Bingo Bonanza (AR) 6:30 Evening Movie (AR)</p>	<p>World Art Day 15 9:00 Doctor Appointments (L) 9:30 Walk'n Shop to Sprouts (L) 10:30 Information Hour (AR) 1:00 Rummikub (B) 1:30 Movie Club (LI) 2:30 Live 2B Healthy-Strength & Balance (AR&Z) 3:00 Community Store (B) 3:30 Wii Jeopardy (AR) 6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) 16 9:30 Music & Lyrics (AR) 10:00 Food Committee (LI) 10:45 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) 1:00 Doctor Appointments (L) 1:00 Resident Ambassador Meeting (LI) 1:15 Birthday Card Making (LI) 2:00 Better Balance (AR&Z) 2:45 Wii Bowling (AR) 3:00 Bible Class (LI) 3:30 Celebrating Diversity (B) 6:30 Bridge (LI) 6:30 Evening Movie (AR)</p>	<p>9:15 Club Walk'n Roll (L) 17 9:30 Trip Outing: Mt. View Cemetery & Fenton's (L) 10:00 Prime Time Putting (C) 11:00 Fitness w/ Empower Me Wellness (AR) 1:15 Crossword Challenge (AR) 1:30 Flower Arranging with Fabio (PDR) 2:00 Matinee Movie (B) 3:00 Bridge (GR) 3:30 Science Hour (AR) 6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) 18 9:30 Guess Who? (AR&Z) 10:30 Catholic Communion (LI) 10:45 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) 1:00 Doctor Appointments (L) 2:00 Better Balance (AR&Z) 3:00 Charades (AR) 4:00 New Resident Mixer (B) 6:30 Bridge (LI)</p>	<p>9:30 Good News Friday (B) 19 9:30 Shopping: Pleasant Hill (L) 10:00 Bridge Refresher Group (GR) 10:00 Designing Jewelry (AR) 1:15 Crossword Challenge (AR) 1:30 Shopping: Countrywood/Oak Grove (L) 2:30 Live 2B Healthy-Strength & Balance (AR&Z) 3:30 Happy Hour with Eddie </p>	<p>9:30 Life Size Scrabble (LI) 20 10:00 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) 1:30 Intellectual Infusion (AR) 2:30 Moving & Grooving w/ Vernadette (AR) 3:00 Kings in the Corner (LI) 3:45 Kickball (AR) 6:30 Bridge (LI) 6:30 Evening Movie (AR)</p>
<p>9:10 Kensington Chapel Service (LI) 21 10:00 St. Mary's Virtual Mass (AR) 11:00 Arthritis Exercise (AR&Z) 1:00 Monthly Trivia (AR) 2:00 Gentle Chair Yoga (AR) 2:30 Hebrew-101 (AR) 3:30 Bingo Bonanza (AR) </p>	<p>Earth Day 22 9:00 Doctor Appointments (L) 9:30 Walk'n Shop to Sprouts (L) 10:30 Information Hour (AR) 1:00 Rummikub (B) 1:30 The Bookworms Club (LI) 2:30 Live 2B Healthy-Strength & Balance (AR&Z) 3:00 Community Store (B) 3:30 Wii Jeopardy (AR) 6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) 23 9:30 Israel Trivia (AR) 10:00 Food Committee (LI) 10:45 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) 1:00 Doctor Appointments (L) 1:00 Earth Day Celebration (C) 2:00 Better Balance (AR&Z) 2:45 Wii Bowling (AR) 3:00 Bible Class (LI) 4:30 Passover Seder (PDR) 6:30 Bridge (LI) 6:30 Evening Movie (AR)</p>	<p>9:15 Club Walk'n Roll (L) 24 9:30 Blood Pressure & Weight Clinic w/ Continuum (LI) 11:00 Fitness w/ Empower Me Wellness (AR) 1:15 Crossword Challenge (AR) 1:30 Flower Arranging with Fabio (PDR) 2:15 Ceramics with Martha (AR) 3:00 Bridge (GR) 3:00 Dementia Support Group (LI) 3:30 Science Hour (AR) 4:00 Trip Outing: Dinner at Santorini Mediterranean (L) </p>	<p>Podiatrist Dr. Baba #212 25 9:00 Doctor Appointments (L) 9:30 Guess What? (AR) 10:30 Catholic Communion (LI) 10:45 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) 1:00 Doctor Appointments (L) 1:15 Town Hall Meeting (E) (L&Z) 2:00 Better Balance (AR&Z) 3:00 Charades (AR) 4:00 Volunteer Social (DRC) 6:30 Bridge (LI) 6:30 Evening Movie (AR)</p>	<p>9:30 Good News Friday (B) 26 9:30 Shopping: DT Walnut Creek/Rossmoor/Palos Verdes (L) 10:00 Bridge Refresher Group (GR) 10:00 Resident Council Bylaws Committee (LI) 10:30 All About Israel (AR) 1:15 Crossword Challenge (AR) 1:30 Shopping: Countrywood/Oak Grove (L) 2:30 Live 2B Healthy-Strength & Balance (AR&Z) 3:30 Happy Hour with Tim O'Keefe & Pe Davis (L) </p>	<p>9:30 Life Size Scrabble (LI) 27 10:00 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) 1:30 Intellectual Infusion (AR) 2:30 Moving & Grooving w/ Vernadette (B) 3:00 Kings in the Corner (LI) 3:30 Joy of Painting (AR) 4:30 A Taste of Israel (DR) 6:30 Bridge (LI) 6:30 Evening Movie (AR)</p>
<p>9:10 Kensington Chapel Service (LI) 28 10:00 St. Mary's Virtual Mass (AR) 11:00 Arthritis Exercise (AR&Z) 1:00 Monthly Trivia (AR) 1:30 Pet Hug Pack Visit (L) 2:00 Gentle Chair Yoga (AR) 3:30 Bingo Bonanza (AR) </p>	<p>9:00 Doctor Appointments (L) 29 9:30 Walk'n Shop to Sprouts (L) 10:30 Information Hour (AR) 1:00 Rummikub (B) 2:30 Live 2B Healthy-Strength & Balance (AR&Z) 3:00 Community Store (B) 3:30 Wii Jeopardy (AR) </p>	<p>9:00 Doctor Appointments (L) 30 9:30 LifeLoop Training (AR) 10:00 Food Committee (LI) 10:45 Garden Growers (L) 11:00 Arthritis Exercise (AR&Z) 1:00 Doctor Appointments (L) 1:00 Tech-101 (LI) 2:00 Better Balance (AR&Z) 2:45 Wii Bowling (AR) 3:00 Bible Class (LI) 6:30 Bridge (LI)</p>	 <p>Frank & Gervais celebrate their 65th wedding anniversary on the 11th! Congratulations!</p>		 <p>George & Jennifer celebrate their 60th wedding anniversary on the 15th! Congratulations!</p>	

Around the World, Destination Israel 21st-27th

We make every effort to ensure the accuracy of the information contained in this newsletter and adhere to the scheduling as outlined in the notices. Please see our community TV in the Lobby for the most current updated list of activities and locations. Thank you!

Kensy Capers

It's Spring!! We have passed the Vernal Equinox and the spring Holy and holidays. It's clear sailing through summer. Winter for us in Walnut Creek wasn't the fear fraught time of rain, wind and snow that it was for other parts of California. It was blustery and dreary, so, Spring, welcome to our world.

For myself, Spring arrived the weekend of St. Patrick's Day. Magically, the breeze was soft; the sun was warm and inviting; little green buds began to appear on the deciduous trees lining the parking areas and in the courtyards. The lobby and dining room were decorated in green for the anticipated St. Patrick's Day dinner of corned beef and

cabbage. The dinner was delicious. Diners were in a festive mood.

Then the piece de resistance; the entertainment. We were treated to the talented Shawna Spiteri, a harpist and vocalist, who performed Irish melodies in Gaelic and English. We sang along and marveled at her beautiful voice. To me it was an ode to Spring, an avenue of congeniality for us to travel. It was a gentle, gracious and charming means of connecting with my fellow diners. Thank you for such a lovely pathway to anticipating Spring.

It is so important to value the moments in life that resonate with us individually. Obviously, this did it for me, but we all have little moments of beauty that are meaningful. It's easy to ignore

them, but perhaps with Spring upon us we can pause, look around and choose to find something we see that brings us peace or adds beauty to our existence.

Until next month, fellow Kensingtonians. Enjoy Spring.

-Carole J.



Around the World Travel to Ireland

Associate Anniversaries

Haylie Metcalf 1 year
Chanel Venson 1 year
Terrie Valentine 2 years
Gordon Elmore 2 years
Rose Dinoso 6 years
Bhong Fuerte 6 years
Juan Quirarte 6 years

Associate Birthdays

Imelda Carmelo 7th

Employee Spotlight



This month's "Associate Spotlight" is shining on Sena Durakovic, one of our amazing Cooks! Sena has worked in our community for over 12 years in the kitchen and we are grateful to have her serving us some wonderful food. She is known for being helpful, accommodating and going above and beyond!

Just recently, when we were without a Food Service Director, Sena stepped up and helped out however she could to make sure everything ran smoothly until our new director started in the community. A true team player!

Outside of work, Sena enjoys spending time with her new granddaughter. She just recently became a Grandmother in January when her little Alea was born and she is so adorable!

Congratulations Sen on becoming a Grandmother and also for being our spotlight this month—we love having you in the community and look forward to many more years together!

Pet of the Month



This month's "Pet of the Month" is the adorable and loveable Daisy! Daisy recently joined our community with her mom, June K. and we are so happy to have the both of them. Daisy is a ten year old Welsh Corgi who June has had since she was a puppy. She was born and bred in California and is so delightfully friendly. She loves treats and playing fetch with her ball. When Daisy's dad was ill, she stuck by his side and was a true companion making sure he was ok. What a dedicated doggie—we are so happy to have her in the community!

Happy Birthday!

George S. - 3rd
Mari B. - 4th
Carol S. - 6th
Yvonne D. - 6th
Maryse G. - 9th
Kay O. - 12th
Eloise E. - 13th

Mary W. - 17th
Nancy R. - 17th
Aurora W. - 22nd
Dick E. - 23rd
Tom P. - 25th
Nancy M. - 27th

Welcome to Our Community!

John H.
June K.
Bill P.
Karen M.
Frank & Gervais B.

The Kensington at Walnut Creek



A KISCO COMMUNITY

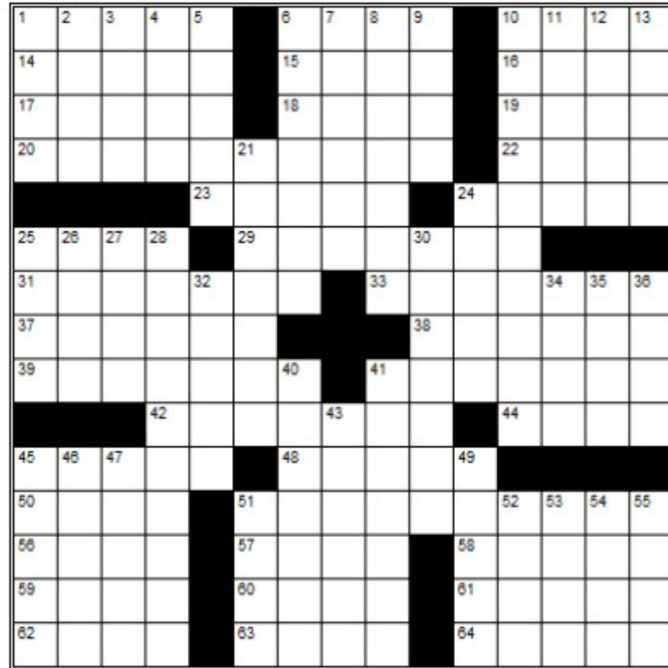
We'd love to hear from you!

Contact your Wellness Director with ideas and submissions for your upcoming Kensington Newsletter!

Kayla Pierce, Art of Living Well Director
(925) 482-1206 | kayla.pierce@kiscosl.com

ACROSS

1. Ascent
6. Documents
10. Nil
14. Cowboy sport
15. River in Spain
16. Any thing
17. Sporting venue
18. Large number
19. Seize suddenly
20. Cosmetician
22. Mound
23. Hitches
24. Condition
25. Affirmatives
29. Smiled scornfully
31. Cheese dish
33. Corrupt
37. Canine tooth
38. Fragments
39. Orator
41. Skirmishes
42. What's left
44. Arid
45. Besmirch
48. Noodles
50. Farm newborn
51. Possessing a spine
56. African sheep
57. Put ____ words
58. Hitched in the field
59. Rodents
60. Require
61. Con game
62. Primordial matter
63. Countercurrent
64. Feeling



DOWN

- | | | |
|----------------------|---------------------------------|-----------------------------|
| 1. Complain | 13. Stroll | 40. Matured |
| 2. Old stories | 21. Interiors | 41. Detention |
| 3. Concept | 24. Brown shade | 43. Moved quickly |
| 4. List of choices | 25. Circle fragments | 45. Alarming |
| 5. Ships | 26. Wail | 46. Honorable |
| 6. Comment at length | 27. Celtic language | 47. Wash out with a solvent |
| 7. Require | 28. A disposition toward schism | 49. Chasm |
| 8. Wrinkled | 30. Brimming | 51. What a grape grows on |
| 9. Scattered seed | 32. Motorcyclist | 52. Memorization method |
| 10. Nightgown | 34. Dull pain | 53. Similar |
| 11. Skylit lobbies | 35. Swerve | 54. Anagram of "Nets" |
| 12. Administered | 36. Being | 55. Border |

About Kisco Senior Living

For over 30 years, Kisco has specialized in developing and managing full-service senior living communities that provide an enriched lifestyle. Our unique philosophy and approach for safety and security, trust and transparency, and five-star service delivery have always been our top priorities. Kisco leads the way in ensuring associates and residents have peace of mind, knowing that our communities deliver on the promise of Kisco Confidence®.

Kisco Senior Living is committed to exemplary service delivered with integrity, dignity, and compassion. Our communities for seniors are distinguished by warm, secure and friendly environments. Our mission is to enhance and enrich the lives of our residents, based on our principles, values and beliefs:

- Responding immediately to residents' needs and concerns
- Encouraging independence
- Open communication
- Continuous improvement
- Offering high quality creatively designed programs
- Promoting a sense of community and friendship
- Fostering a learning environment

We live by a standard of conduct which encompasses honesty, accountability, personal development and a passion for excellence.