The Kensington at Walnut Creek



October 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,

Summer has ended and we are excited about the fall season as we have an engaging activity and event calendar planned for you, we will have plenty of opportunities to celebrate the beauty of fall season. Consider taking a stroll in our garden and main courtyard to soak in the colorful foliage and please join us for our New Resident Mixer, it is a great opportunity to meet your new neighbors and make new friends.

If you haven't yet, it's time to start thinking about your Halloween costume to participate in our Halloween events including a spirit week!

As a reminder, every Tuesday at 10am in the Library, we host alternative meetings. One focuses on our dining experience and the other focuses on your overall experience here at The Kensington. These meetings are open to everyone and no sign up is



required. I invite you to attend as we develop strategies together to continuously improve your experience here in the community and focus on the areas highlighted in our recent Resident Survey. I look forward to seeing you there and making October another great month here at The Kensington.

Respectfully,

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

Resident Spotlight



This month's Resident Spotlight is our very own Dolores E.! Dolores has lived at The Kensington for 3 years now, and we're so happy to have her here!

Dolores was born in Schafer, North Dakota. During her childhood, her family moved to Grafton, North Dakota. After she graduated from high school, she started working at a phone company. Dolores had always wanted to move out of North Dakota, but her father told her she would have to wait until she was 21. When she turned 21, she chose to move to California. Her sister had been living there for a few years, and Dolores decided that's where she would go too. On the way to California, she stopped in Washington to stay with her uncle. He took her fishing on the Puget Sound, but Dolores was the only one who caught any fish! She then moved to Oakland and started working at Southern Pacific in San Francisco. While working at Southern Pacific, she had a coworker that she had become friends with. Her coworker was trying to set Dolores up with her cousin. He had just finished his service in Korea and was coming back to the States. Dolores was reluctant, but eventually agreed to

meet up with him to appease her coworker. Well, the couple hit it off and got married 6 months later. Together, they had two sons. The family then moved to Concord, which is where Dolores lived until she moved to The Kensington in 2021

Dolores's favorite things to do here are Book Club, Rummikub, and Wii Bowling. She also used to sew in her downtime. Her favorite thing about The Kensington is the pleasantness of her fellow residents and the staff, she says that the people around her really make it feel like a community. Dolores has 3 grandchildren and 4 great-grandchildren! She will be turning 94 on October 2nd, so make sure to wish her a happy birthday! Congratulations on being this month's Spotlight!

Community Happenings

OCT 2nd



Rosh Hashanah Dinner

We will be hosting a traditional dinner for our Jewish residents to celebrate Rosh Hashanah which is a celebration of the creation of the world & marks making a fresh start. Please make a reservation with reception if you plan on joining us at 4:30pm in the PDR. Please see your calendar for other virtual Jewish holiday services offered.

OCT 17th



Fall Festival

Join us at 1pm in the Library for a cozy afternoon of creativity and seasonal treats! We'll be decorating pumpkins with beautiful fall flowers, making each one a unique masterpiece. Enjoy delicious fall-inspired snacks while you paint, and embrace the festive spirit with friends and neighbors. Let's welcome autumn with art and flavor!

OCT 20-25



"Around the World" Destination: Indonesia

For our next travel adventure we are heading to Indonesia for our "Around the World" travel experience! Learn all about the amazing culture, food & geography of the region! We will have many activities relating to Indonesia including trivia, All About Indonesia, Languages of Indonesia, A Taste of Indonesia dinner & more!

OCT 31st



Halloween Festivities

We kick off our spirit days on Monday the 28th, with themes such as animal print day and witch/wizard day & more! Join us at 10:30am on Halloween for some cute trick-or-treaters from a local school! Enjoy spooky crepes with Fabio at a Halloween crepe bar during lunch & get some treats at our candy bar at 1pm in the Lobby!

October 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 Terry & Lee F. celebrate 31 years on the 25th! Congratulations you two! 9:10 Kensington Chapel Service (LBR) 10:00 St. Mary's Virtual Mass (AR) 11:00 Arthritis Exercise (AR) 1:00 Monthly Trivia (AR) 1:30 Pumpkin Painting with Assisteens (AR) 2:00 Gentle Chair Yoga (AR) 3:30 Bingo Bonanza (AR) 6:30 Evening Movie (AR) 9:10 Serv 10:00 11:00 1:00 1:45 2:00 2:30 3:30 6:30 Evening Movie (AR)

9:10 Kensington Chapel

10:00 St. Mary's Virtual Mass (AR)

11:00 Arthritis Exercise (AR)

2:00 Gentle Chair Yoga (AR)

2:30 Languages of Indonesia

1:00 Monthly Trivia (AR)

3:30 Bingo Bonanza (AR)

6:30 Evening Movie (AR)

10:00 St. Mary's Virtual Mass (AR)

11:00 Arthritis Exercise (AR)

1:00 Monthly Trivia (AR)

3:30 Bingo Bonanza (AR)

6:30 Evening Movie (AR)

1:30 Pet Hug Pack Visit (L)

2:00 Gentle Chair Yoga (AR)

2:00 Performance with the Contra

Costa Performing Arts Society (L)

9:10 Kensington Chapel

Service (LBR)

Service (LBR)

	6:30 Evening Movie (AR)
Kensington Chapel vice (LBR) St. Mary's Virtual Mass (AR) Arthritis Exercise (AR) Monthly Trivia (AR) Tech-101 (LBR) Gentle Chair Yoga (AR) Furry Friends Visit (L) Bingo Bonanza (AR) Evening Movie (AR)	9:00 Doctor Appointments (L) 9:30 Travel2You Dental Apt #212 9:30 Walk'n Shop to Sprouts (L) 10:30 Information Hour (AR) 1:00 Rummikub (B) 1:30 The Bookworms Club (LBR 2:30 Live 2B Healthy-Strength & Balance (AR) 3:00 Community Store (B) 3:30 Wii Jeopardy (AR) 6:30 Evening Movie (AR)

27

	3:00 Community Store (B) 3:30 Wii Jeopardy (AR) 6:30 Evening Movie (AR)
0	9:00 Doctor Appointments (L)
	9:30 Travel2You Dental Apt. #212
	9:30 Walk'n Shop to Sprouts (L)
	10:00 Stock Club (LBR)
	10:30 Information Hour (AR)
	1:00 Rummikub (B)
	1:30 Movie Club (LBR)
	2:30 Live 2B Healthy-Strength &
	Balance (AR)
	3:00 Community Store (B)
	2:20 Wii Ioopardy (AP)

9:00 Doctor Appointments (L)

10:30 Information Hour (AR)

1:00 Rummikub (B)

Balance (AR)

9:30 Walk'n Shop to Sprouts (L)

1:30 The Bookworms Club (LBR)

2:30 Live 2B Healthy-Strength &

3:00 Community Store (B)

3:30 Wii Jeopardy (AR)

6:30 Evening Movie (AR)

Monday

6 9:00 Doctor Appointments (L)

10:00 Stock Club (LBR)

1:00 Rummikub (B)

Balance (AR)

2:00 Movie Club (LBR)

3:00 Community Store (B)

3:30 Wii Jeopardy (AR)

10:30 Information Hour (AR)

9:30 Walk'n Shop to Sprouts (L)

2:30 Live 2B Healthy-Strength &

1:00 Resident Council Meeting (LBR)

1:30	Movie Club (LBR)	
2:30	Live 2B Healthy-Strength &	
Bala	nnce (AR)	
3:00	Community Store (B)	
3:30	Wii Jeopardy (AR)	
6:30	Evening Movie (AR)	
	Disney Costume Day	

	3:00 Bible Class (LBR)	
	4:00 New Resident Mixer (B)	
	6:30 Bridge (LBR)	
	6:30 Evening Movie (AR)	
	Around	t
28	Witch & Wizard Costume Day	2
	9:00 Doctor Appointments (L)	
	9:00 Men's Club-Coffee & Donuts	
	(LBR)	
	10:30 Garden Growers (L)	
	11:00 Arthritis Exercise (AR)	
	1:00 Doctor Appointments (L)	

2:00 Better Balance (AR)

2:45 Wii Bowling (AR)

3:00 Bible Class (LBR)

6:30 Evening Movie (AR)

6:30 Bridge (LBR)

Tuesday

9:00 Doctor Appointments (L)

10:00 Food & Dining Meeting (LBR)

9:30 Random Trivia (AR)

10:30 Garden Growers (L)

11:00 Arthritis Exercise (AR)

11:00 Voter Registration with

1:00 Doctor Appointments (L)

2:00 Better Balance (AR)

2:45 Wii Bowling (AR)

3:00 Bible Class (LBR)

6:30 Evening Movie (AR)

7 9:00 Doctor Appointments (L)

10:30 Garden Growers (L)

2:00 Better Balance (AR)

2:45 Wii Bowling (AR)

3:00 Bible Class (LBR)

6:30 Bridge (LBR)

4:00 LifeLoop-101 (AR)

6:30 Evening Movie (AR)

14 9:00 Doctor Appointments (L)

9:30 Music & Lyrics (AR)

10:30 Garden Growers (L)

Jonathan (LBR)

11:00 Arthritis Exercise (AR)

1:00 Doctor Appointments (L)

2:00 Better Balance (AR)

2:45 Wii Bowling (AR)

3:00 Bible Class (LBR)

6:30 Evening Movie (AR)

21 9:00 Doctor Appointments (L)

10:30 Garden Growers (L)

2:00 Better Balance (AR)

2:45 Wii Bowling (AR)

11:00 Arthritis Exercise (AR)

1:00 Doctor Appointments (L)

9:30 Trivia on Indonesia (AR)

10:00 Resident Satisfaction Committee

6:30 Bridge (LBR)

10:00 Food & Dining Meeting (LBR)

1:00 Community Counseling with

11:00 Arthritis Exercise (AR)

1:00 Doctor Appointments (L)

6:30 Bridge (LBR)

Volunteers of Rossmoor (LBR)

1:00 Monthly Activity Meeting (LBR)

9:30 Historic Happenings (AR) 10:00 Resident Satisfaction Committee (LBR)

1:00 Resident Ambassador Meeting (LBR)

1:15 Birthday Card Making (LBR)

1:00 Tranquility Health Mobile Dentist #212

Wednesday

1 9:15 Club Walk'n Roll (L)

Casino (L)

9:30 Trip Outing: Cache Creek

10:00 Prime Time Putting (CY)

11:00 Walker Fitting and Safety

1:15 Crossword Challenge (AR)

4:30 Rosh Hashanah Dinner (P)

2:00 Matinee Movie (B)

3:30 Science Hour (AR)

6:30 Evening Movie (AR)

8 8:15 Trip Outing: Apple

Hill-High Hill Ranch

9:15 Club Walk'n Roll (L)

Wellness (AR)

3:00 Bridge (GR)

3:30 Science Hour (AR)

6:30 Evening Movie (AR)

15 9:15 Club Walk'n Roll (L)

9:45 Prime Time Putting

11:00 Arthritis Exercise (AR)

2:00 Matinee Movie (B)

3:30 Science Hour (AR)

6:30 Evening Movie (AR)

22 9:00 Trip Outing: City Guides Tour

of Waterfront & Fisherman's

9:15 Club Walk'n Roll (L)

Continuum (LBR)

3:00 Bridge (GR)

Wharf

11:00 Fitness w/ Empower Me

1:15 Crossword Challenge (AR)

2:15 Ceramics with Martha (AR)

5:30 Piano Music with Mark Higuera (L)

1:00 Flower Arranging with Fabio

1:15 Crossword Challenge (AR)

2:00 ALWD Scarecrow Contest (DRC)

9:30 Blood Pressure & Weight Clinic w/

11:00 Fitness w/ Empower Me Wellness

1:00 Flower Arranging with Fabio (PDR)

3:00 Dementia Support Group (LBR)

4:00 Trip Outing: Dinner at Red

1:15 Crossword Challenge (AR)

1:00 Flower Arranging with Fabio (PDR)

3:00 Bridge (GR)

Active Aging Week September 30th-October 6th

Seminar with Empower Me (AR)

1:00 Flower Arranging with Fabio (PDR)

	2:15 Ceramics with Martina (AR)	3:00
	3:00 Bridge (GR)	6:30 E
	3:30 Science Hour (AR)	6:30 E
	6:30 Evening Movie (AR)	0.50 1
the	World, Destination II	d o
29	Animal Print Costume Day 30	Нарі
	9:15 Club Walk'n Roll (L)	9:00
	10:00 Covid & Flu Vaccine Clinic (LBR)	10:30
	11:00 Fitness w/ Empower Me	10:30
	Wellness (AR)	10:30
	1:00 Flower Arranging with Fabio (PDR)	11:00
	1:15 Crossword Challenge (AR)	11:30

3:00 Bridge (GR)

3:30 Science Hour (AR)

6:30 Evening Movie (AR)

rio c)	10:30 Catholic Communion (LBR) 10:30 Garden Growers (L) 11:00 Arthritis Exercise (AR) 1:00 Doctor Appointments (L) 1:00 Fall Harvest Event (LBR) 2:00 Better Balance (AR) 3:00 Charades (AR) 6:30 Bridge (LBR) 6:30 Evening Movie (AR)	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) 3:30 Happy Hour with The Good Guys (L) 6:30 Evening Movie (AR)
23	Podiatrist Dr. Baba #212 9:00 Doctor Appointments (L) 9:30 Guess What? (AR) 10:30 Catholic Communion (LBR) 10:30 Garden Growers (L) 11:00 Arthritis Exercise (AR) 1:00 Doctor Appointments (L) 1:15 Town Hall Meeting (E) (L&Z) 2:00 Better Balance (AR) 3:00 Charades (AR) 6:30 Bridge (LBR) 6:30 Evening Movie (AR)	9:30 Good News Friday (LBR) 9:30 Shopping: DT Walnut Creek/Rossmoor/Palos Verdes (L) 10:30 All About Indonesia (AR) 1:15 Crossword Challenge (AR) 1:30 Shopping: Countrywood/Oak Grove (L) 2:30 Live 2B Healthy-Strength & Balance (AR) 3:30 Happy Hour with BStreet (L) 4:30 A Taste of Indonesia (DR) 6:30 Evening Movie (AR)
30	Happy Halloween-Wear Costume! 9:00 Doctor Appointments (L) 10:30 Catholic Communion (LBR) 10:30 Garden Growers (L) 10:30 Trick-or-treaters! (L) 11:00 Arthritis Exercise (AR) 11:30 Halloween Crepe Bar (DR) 1:00 Doctor Appointments (L)	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

1:00 Halloween Party & Candy Bar (L)

2:00 Better Balance (AR)

6:30 Evening Movie (AR)

3:00 Charades (AR)

6:30 Bridge (LBR)

Thursday

9:30 Rosh Hashanah Virtual Service (GR)

10:30 Catholic Communion (LBR)

2 9:00 Doctor Appointments (L)

10:30 Garden Growers (L)

2:00 Better Balance (AR)

6:30 Evening Movie (AR)

9:30 Guess What? (AR)

6:30 Evening Movie (AR)

16 9:00 Doctor Appointments (L)

3:00 Charades (LBR)

6:30 Bridge (LBR)

3:00 Charades (AR)

6:30 Bridge (LBR)

9:30 Guess Who? (AR)

L1:00 Arthritis Exercise (AR) Monthly Birthday Celebration (DR) L:00 Doctor Appointments (L) L:00 New Resident Orientation (AR) 2:00 Better Balance (AR) 3:00 Charades (AR) 3:30 Chess Lesson with Dane (LBR) 5:30 Bridge (LBR) 5:30 Evening Movie (AR)	Visit #212 1:15 Crossword Challenge (AR) 1:30 Shopping: Countrywood/Oak Grove (L) 2:30 Live 2B Healthy-Strength & Balance (AR) 3:30 Happy Hour with Ciro (L) 6:30 Evening Movie (AR)	2:30 Moving & Grooving w/ Vernadette (AR) 3:00 Kings in the Corner (LBR) 3:45 Cornhole Competition (AR) 6:30 Bridge (LBR) 6:30 Evening Movie (AR)
World Mental Health Day 9:00 Doctor Appointments (L) 9:30 Guess What? (AR) 10:30 Garden Growers (L) 11:00 Arthritis Exercise (AR) 1:00 Doctor Appointments (L) 1:00 Focusing on Mental Health (AR) 2:00 Better Balance (AR) 3:00 Charades (LBR) 5:30 Bridge (LBR) 6:30 Evening Movie (AR)	9:30 Good News Friday (LBR) 9:30 Shopping: DT Walnut Creek/Rossmoor/Palos Verdes (L) 10:30 Financial Friday with Echo45: Estate Exemption Sunsetting (AR) 11:00 CORE Academy Visit (L) 1:15 Crossword Challenge (AR) 1:30 Shopping: Countrywood/Oak Grove (L) 2:30 Live 2B Healthy-Strength & Balance (AR) 3:30 Happy Hour with Eddie Togonon (L) 5:00 Kol Nidre Virtual Service (GR) 6:30 Evening Movie (AR)	9:30 Garden Growers (L) 9:30 Life Size Scrabble (LBR) 9:30 Yom Kippur Virtual Service (GR) 11:00 Arthritis Exercise (AR) 1:30 Intellectual Infusion (AR) 2:30 Moving & Grooving w/ Vernadette (AR) 3:00 Kings in the Corner (LBR) 3:45 Balloon Volleyball (AR) 6:30 Bridge (LBR) 6:30 Evening Movie (AR)
2:00 Doctor Appointments (L) 2:30 Guess Who? (AR&Z) 10:30 Catholic Communion (LBR) 10:30 Garden Growers (L) 11:00 Arthritis Exercise (AR) 1:00 Doctor Appointments (L) 1:00 Fall Harvest Event (LBR) 1:00 Better Balance (AR) 1:00 Charades (AR) 1:00 Grandes (AR) 1:00 Sign Bridge (LBR) 1:00 Evening Movie (AR)	9:30 Good News Friday (LBR) 9:30 Shopping: Pleasant Hill (L) 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) 3:30 Happy Hour with The Good Guys (L) 6:30 Evening Movie (AR)	9:30 Garden Growers (L) 9:30 Life Size Scrabble (LBR) 11:00 Arthritis Exercise (AR) 1:00 String Quartet Performance (L) 1:30 Intellectual Infusion (AR) 2:30 Moving & Grooving w/ Vernadette (AR) 3:00 Kings in the Corner (LBR) 3:45 Kickball (AR) 6:30 Bridge (LBR) 6:30 Evening Movie (AR)
Podiatrist Dr. Baba #212 2:00 Doctor Appointments (L) 2:30 Guess What? (AR) 10:30 Catholic Communion (LBR) 10:30 Garden Growers (L) 11:00 Arthritis Exercise (AR) 11:00 Doctor Appointments (L) 11:15 Town Hall Meeting (E) (L&Z) 12:00 Better Balance (AR) 13:00 Charades (AR) 13:00 Charades (AR) 13:00 Evening Movie (AR) 14:00 Doctor Appointments (AR) 15:30 Bridge (LBR) 15:30 Evening Movie (AR)	9:30 Good News Friday (LBR) 9:30 Shopping: DT Walnut Creek/Rossmoor/Palos Verdes (L) 10:30 All About Indonesia (AR) 1:15 Crossword Challenge (AR) 1:30 Shopping: Countrywood/Oak Grove (L) 2:30 Live 2B Healthy-Strength & Balance (AR) 3:30 Happy Hour with BStreet (L) 4:30 A Taste of Indonesia (DR) 6:30 Evening Movie (AR)	9:00 Trip: Alzheimer's Walk (L) 9:30 Garden Growers (L) 9:30 Life Size Scrabble (LBR) 11:00 Arthritis Exercise (AR) 1:30 Intellectual Infusion (AR) 2:30 Moving & Grooving w/ Vernadette (AR) 3:00 Kings in the Corner (LBR) 3:30 Joy of Painting (AR) 6:30 Bridge (LBR) 6:30 Evening Movie (AR)
Happy Halloween-Wear Costume! 31 9:00 Doctor Appointments (L)	We make every effort to	LOCATION KEY

community TV in the Lobby

for the most current updated

list of activities and locations.

Thank you!

Friday

3 9:30 Good News Friday (LBR)

9:30 Shopping: Pleasant Hill (L)

1:00 Walnut Creek Audiology

10:00 Watercolor Workshop (AR)

Saturday

4 9:30 Garden Growers (L)

9:30 Life Size Scrabble (LBR)

11:00 Arthritis Exercise (AR)

1:30 Intellectual Infusion (AR)

Activity Room = AR

Bistro = B

Courtyard = CY

Dining Room = DR

Fitness Center = FC

Game Room = GR

Library = LBR

 $Lobby = L \quad Zoom = Z$

The Kensingtonian



You may notice the new heading. I hope it meets with your approval. It seemed our old heading was too alliteratively cute for my taste. Now on to my rambling thoughts for this change of season month. Evening shadows are greeting us earlier. The morning light is weaker. Time to carry a sweater with you as you leave your apartment. More time to convert to coach potato-ism. Or become involved in the political scene. The latter may become too contentious or complicated for daily

consumption.

In my case, besides enjoying PBS and its latest offerings; I have a guilty pleasure. Yes, indeed. I watch the Hallmark channels. The predictability of the story lines, the attractiveness of story protagonists, the all's well that ends well of most of the plots allows me to escape the reality and sameness of everyday life. It isn't necessary to devote my full attention to the screen to be able to follow the plot. I can even predict what our heroine's responses to the challenges to her relationship with our hero will be. Ah, if only life were that simple. And, of course, the adult children of the more mature cast members are constantly available, despite their demanding careers. We all have guilty pleasures. I see them around me every day. Some of us read cartoons in the

newspapers, sit doing word or number puzzles, or play games on our phones. The most ubiquitous guilty pleasure at The Kensington (in my estimation) is dessert. What would a meal be without the delicious dilemma of choosing the desert de jour? Will it be the specialty of the day or assorted cookies or ice cream? Maybe one for here and one to go. A smashing dessert will make the least popular dinner a winner. One remembers the desert in glorious technicolor and stereophonic sound.

Until next month, identify and enjoy your guilty pleasure(s). Enjoy the changing season enhanced by the coziness the autumnal weather brings. On a more serious note, be sure you are registered to vote or have voted absentee. Carole J.













Fall Harvest Festival

Associate Anniversaries

Lanessa Duenas 1yr Natasha Montazeri 1yr Christian Figueroa 2 yrs Estephanie Madrigal 2 yrs

Associate Birthdays

Kayla Pierce 6th Robert Bertorello 15th
Maria Rocha 9th Natasha Montazeri 20th
Sorcina Sebastian 14th Jacqueline Kuhfal 21th
Tawana Blanks 14th Anne Rose Gloria 29th
Angel Castillo 15th

Employee Spotlight



This months "Employee Spotlight" is shinning on our amazing Dining Room Server, Nisha Alexander! Nisha celebrated seven years working here in the community this past august-congratulations!

Nisha has been selected as the Employee Spotlight because she kind, patient and caring with residents and associates. She is always willing to step in and help

out. She responds to needs quickly and in a timely manner, which is one of the core Principles Values and Beliefs of Kisco. She is a great representation of being committed to providing exemplary service to the community.

When Nisha is not working she enjoys shopping! She has two children, a son who's 19 and a daughter who's 21. She was born in India and has lived here in the US for over 35 years.

Congratulations on being this months' spotlight-you deserve it! Your efforts to go above and beyond have been seen are greatly appreciated by the community.

Pet of the Month



Meet Izzy, our pet of the month! Izzy is an eleven-year-old gray tuxedo cat. She moved to The Kensington seven months ago with her dad Zaki J. Zaki got Izzy about four years ago when sadly his neighbor, who had been her previous owner, passed away. After her passing, her daughter wanted to rehome Izzy because she didn't feel that she could keep her. Zaki volunteered, and the two have been together ever since! Izzy is a sweet and cuddly cat. She and Zaki love to take naps together, she'll sleep right on his chest! She also enjoys playing, and Zaki has several cat toys for her to play with. It's a joy having Izzy and Zaki here at The Kensington! Thank you for being our pet of the month!







A KISCO COMMUNITY

ACROSS

- 1. Commanded
- 5. Degrade
- 10. Pinnacle
- 14. Makes a mistake
- 15. Anklebone
- 16. Unfreeze
- 17. Provocations
- 19. Rubber wheel
- 20. Pool stick
- 21. Wed
- 22. Quizzes
- 23. Brave deeds
- 25. Express a thought
- 27. Fire residue
- 28. Diminishes
- 31. Beats
- 34. Certain coniferous trees
- 35. Greek letter
- 36. Consumes food
- 37. Flu symptom
- 38. Spoiled child
- 39. Chapter in history
- 40. Plays the bagpipes
- 41. Adhesive
- 42. Insectivorous plants
- 44. Uncooked
- 45. Hotel apartment
- 46. Beach footwear
- 50. Horde
- 52. Swift
- 54. Ignited
- 55. Whiskers or locks
- 56. A union of interests
- 58. Inactive
- 59. Trap
- 60. Cain's brother
- 61. Bird home
- 62. Weary
- 63. Bog

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

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20				21						22				
23			24					25	26					
			27				28						29	30
31	32	33				34						35		
38					37						38			
39				40						41				
42			43						44					
		45						48				47	48	49
50	51					52	53					54		
55					56						57			
58					59						60			
61					62						63			

DOWN

- 1. Vacation destination
- 2. Debate
- 3. Less damp
- 4. Estimated (abbrev.)
- 5. Affix
- 6. Entices
- Balm ingredient
- VagabondS
- 10. Wait on
- Grifters
- 12. Shopping place
- 13. Flock members

- 18. Awry
- 22. Cans
- 24. Horse feed
- 26. Jetty 28. Plunges into water
- 29. French for "State"
- 30. Fill to excess
- 31. Meat from cows
- 32. Noble
- 33. Fore-and-aft sails
- 34. Pizza meat topping
- Decree
- 38. Prostitute

- 40. Strait-laced
- 41. ___ bear
- 43. Gun enclosure
- 44. Forayed into
- 46. Steeple
- 47. Excuse
- 48. Metric unit of capacity
- 49. Flair
- 50. Tibia
- 51. Walk in water
- 53. Winglike
- Supersonic transport
- 57. Butt

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.