

The Kensington at Walnut Creek




A KISCO COMMUNITY

MEMORY CARE NEWSLETTER



OCTOBER 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	October Birthdays! <i>Gordon F. – 13th</i> <i>Ginny B. – 19th</i> <i>Lynn J. – 19th</i> <i>Ann U. – 20th</i> <i>Norma E. – 29th</i>	1 9:45 The Good News 10:00 Morning Chair Ball Workout 10:30 Sing along 11:00 Walking Club 11:30 Fun and Games-Cross Word 1:15 Short Stories 1:45 Fitness with Maggie 2:15 The Daily Chronicle 2:30 Tuesday Trivia 3:30 Ring Toss 4:00 Guess Who 6:00 Evening Showcase	2 9:45 The Good News 10:15 Balloon Volley Ball 11:00 Garden Growers 11:30 Fun and Games-Puzzle 1:15 Afternoon Stretch 1:30 Meditation 2:15 The Daily Chronicle 2:30 Painting Fun 3:30 Bean Bag Toss 4:00 I Remember that-Discussion 6:00 Evening Showcase	3 9:45 The Good News 10:15 Beach Ball Pass 10:55 Catholic Communion 11:15 Bingo 1:15 Walking Club 2:15 The Daily Chronicle 2:30 Musical Instruments 3:00 Happy Hour- Birthday Celebrations 4:30 Funny Animals 6:00 Evening Showcase	4 9:45 The Good News 10:15 Ribbon Dancing 11:00 Crafty Corner- Pumpkin Painting 1:15 Afternoon Stretch 1:30 Meditation 2:15 The Daily Chronicle 2:30 Bean Bag Toss 3:15 Documentary 4:30 Wheel of Fortune 6:00 Evening Showcase	5 9:45 The Good News 10:00 Morning Stroll 10:30 Sing along 11:30 Up for Grabs- Discussion 1:00 Afternoon Stretch 2:15 The Daily Chronicle 2:30 Fun and Games 3:30 Girl Talk 4:00 Garden Growers 6:00 Evening Showcase
6 9:45 The Good News 10:30 Bean bag toss 11:00 Arthritis Workout 11:30 The Daily Chronicle 1:15 Bingo 2:00 Picture This 2:30 Men's Club 3:00 Brain Teasers 4:00 Easy Listening Music 6:00 Evening Showcase	7 9:45 The Good News 10:00 Moving and Grooving with Vernadette 11:00 Fun and Games-Puzzle 11:30 The Daily Chronicle 1:00 Documentary 1:45 Arthritis Workout 2:00 Sing along 3:00 Bean Bag Toss 3:30 Karaoke 4:30 Americas Got Talent 6:00 Evening Showcase	8 9:45 The Good News 10:00 Morning Chair Ball Workout 10:30 Sing along 11:00 Walking Club 11:30 Fun and Games-Cross Word 1:15 Short Stories 1:45 Fitness with Maggie 2:15 The Daily Chronicle 2:30 Tuesday Trivia 3:30 Table Tennis 4:00 Guess Who 4:30 Dining with Terrie (DR) 6:00 Evening Showcase	9 9:45 The Good News 10:15 Balloon Volley Ball 11:00 Garden Growers 11:30 Fun and Games-Puzzle 1:15 Afternoon Stretch 1:30 Meditation 2:15 The Daily Chronicle 2:30 Painting Fun 3:30 Bean Bag Toss 4:00 I Remember that-Discussion 6:00 Evening Showcase	10 9:45 The Good News 10:15 Beach Ball Pass 10:55 Catholic Communion 11:15 Bingo 1:15 Walking Club 2:15 The Daily Chronicle 2:30 Poetry 3:00 Happy Hour 4:30 Funny Animals 6:00 Evening Showcase	11 9:45 The Good News 10:15 Ribbon Dancing 11:00 Crafty Corner- Cookie Decorating 1:15 Afternoon Stretch 1:30 Meditation 2:15 The Daily Chronicle 2:30 Bean Bag Toss 3:15 Documentary 4:30 Wheel of Fortune 6:00 Evening Showcase	12 9:45 The Good News 10:00 Morning Stroll 10:30 Sing along 11:30 Up for Grabs- Discussion 1:00 Afternoon Stretch 2:00 Saturday Matinee- Wizard of Oz 2:30 Fun and Games 3:30 Daily Chronicle 4:00 Garden Growers 6:00 Evening Showcase
13 9:45 The Good News 10:30 Bean bag toss 11:00 Arthritis Workout 11:30 The Daily Chronicle 1:15 Bingo 2:00 Picture This 2:30 Men's Club 4:00 Easy Listening Music 6:00 Evening Showcase	14 9:45 The Good News 10:00 Moving and Grooving with Vernadette 11:00 Fun and Games-Puzzle 11:30 The Daily Chronicle 1:00 Documentary 1:45 Arthritis Workout 2:00 Sing along 3:00 Furry Friends Visit 3:30 Karaoke 4:30 Americas Got Talent 6:00 Evening Showcase	15 9:45 The Good News 10:00 Morning Chair Ball Workout 10:30 Sing along 11:00 Walking Club 11:30 Fun and Games-Cross Word 1:15 Short Stories 1:45 Fitness with Maggie 2:15 The Daily Chronicle 2:30 Tuesday Trivia 3:30 Ring Toss 4:00 Guess Who 6:00 Evening Showcase	16 9:45 The Good News 10:15 Balloon Volley Ball 11:00 Garden Growers 11:00 Lunch Outing at La Pinata 11:30 Fun and Games-Puzzle 1:15 Afternoon Stretch 1:30 Meditation 2:15 The Daily Chronicle 2:30 Painting Fun 3:30 Bean Bag Toss 4:00 I Remember that-Discussion 6:00 Evening Showcase	17 9:45 The Good News 10:15 Beach Ball Pass 10:55 Catholic Communion 11:15 Bingo 1:15 Walking Club 2:15 The Daily Chronicle 2:30 Family Feud 3:00 Happy Hour 4:30 Funny Animals 6:00 Evening Showcase	18 9:45 The Good News 10:15 Ribbon Dancing 11:30 Crafty Corner 1:15 Afternoon Stretch 1:30 Meditation 2:15 The Daily Chronicle 2:30 Bean Bag Toss 3:15 Documentary 4:30 Wheel of Fortune 6:00 Evening Showcase	19 9:45 The Good News 10:00 Morning Stroll 10:30 Sing along 11:00 Pumpkin Carving 11:30 Up for Grabs- Discussion 1:00 Afternoon Stretch 2:15 The Daily Chronicle 2:30 Fun and Games 3:30 Girl Talk 4:00 Garden Growers 6:00 Evening Showcase
20 9:45 The Good News 10:30 Bean bag toss 11:00 Arthritis Workout 11:30 The Daily Chronicle 1:15 Bingo 2:00 Picture This 2:30 Men's Club 3:00 Brain Teasers 4:00 Easy Listening Music 6:00 Evening Showcase	21 9:45 The Good News 10:00 Moving and Grooving with Vernadette 11:00 Fun and Games-Puzzle 11:30 The Daily Chronicle 1:00 Documentary 1:45 Arthritis Workout 2:00 Sing along 3:00 Bean Bag Toss 3:30 Karaoke 4:30 Americas Got Talent 6:00 Evening Showcase	22 9:45 The Good News 10:00 Morning Chair Ball Workout 10:30 Sing along 11:00 Walking Club 11:30 Fun and Games-Cross Word 1:15 Short Stories 2:15 The Daily Chronicle 2:30 Tuesday Trivia 3:30 Bowling 4:00 Guess Who 6:00 Evening Showcase	23 9:45 The Good News 10:15 Balloon Volley Ball 11:00 Garden Growers 11:30 Fun and Games-Puzzle 1:15 Afternoon Stretch 1:30 Meditation 2:15 The Daily Chronicle 2:30 Painting Fun 3:30 Bean Bag Toss 4:00 I Remember that-Discussion 6:00 Evening Showcase	24 AD Podiatrist Dr. Baba #212 9:45 The Good News 10:15 Beach Ball Pass 10:55 Catholic Communion 11:15 Bingo 1:15 Walking Club 2:15 The Daily Chronicle 2:30 Family Feud 3:00 Happy Hour 4:30 Funny Animals 6:00 Evening Showcase	25 9:45 The Good News 10:15 Ribbon Dancing 11:30 Daily Chronicle 1:15 Afternoon Stretch 1:30 Meditation 2:15 Crafty Corner-Cupcake Decorating 2:15 The Daily Chronicle 3:15 Documentary 4:30 Wheel of Fortune 6:00 Evening Showcase	26 9:45 The Good News 10:00 Morning Stroll 10:30 Sing along 11:00 Pumpkin Carving 11:30 Up for Grabs- Discussion 1:00 Afternoon Stretch 2:15 Fun Halloween Crafts 2:15 The Daily Chronicle 2:30 Fun and Games 2:30 Halloween Movie and Popcorn 3:30 Girl Talk 4:00 Garden Growers 6:00 Evening Showcase
27 9:45 The Good News 10:30 Bean bag toss 11:00 Arthritis Workout 11:30 The Daily Chronicle 1:15 Bingo 2:00 Picture This 2:30 Men's Club 4:00 Easy Listening Music 6:00 Evening Showcase	28 Disney Costume Day 9:45 The Good News 10:00 Moving and Grooving with Vernadette 11:00 Fun and Games-Puzzle 11:30 The Daily Chronicle 1:00 Documentary 1:45 Arthritis Workout 2:00 Sing along 3:00 Pets Hug Pack 3:30 Karaoke 4:30 Americas Got Talent 6:00 Evening Showcase	29 Witch & Wizard Costume Day 9:45 The Good News 10:00 Morning Chair Ball Workout 10:30 Sing along 11:00 Walking Club 11:30 Fun and Games-Cross Word 1:15 Short Stories 1:45 Fitness with Maggie 2:15 The Daily Chronicle 2:30 Tuesday Trivia 3:30 Table Tennis 4:00 Guess Who 6:00 Evening Showcase	30 Animal Print Costume Day 9:45 The Good News 10:15 Balloon Volley Ball 11:00 Garden Growers 11:30 Fun and Games-Puzzle 1:00 Scenic Drive 1:15 Afternoon Stretch 1:30 Meditation 2:15 The Daily Chronicle 2:30 Painting Fun 3:30 Bean Bag Toss 4:00 I Remember that-Discussion 6:00 Evening Showcase	31 Happy Halloween-Wear Costume 9:45 The Good News 10:15 Beach Ball Pass 10:55 Catholic Communion 11:00 Halloween Party 1:15 Walking Club 2:15 The Daily Chronicle 2:30 Family Feud 3:00 Happy Hour- Performance by Angel 4:30 Funny Animals 6:00 Evening Showcase		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 weekly schedule for the most current updated list of activities. Thanks!

Upcoming Events and Announcements

Dear Family & Friends,

We have made it to October! As we sail into Fall we have a lot of fun events. Beginning with our Saturday Matinee 10/12 at 2:00pm featuring the classic "Wizard of Oz". There will be a back drop for amazing picture opportunities. Snacks and drinks will be provided.

This month 10/16 at 11am the residents will be enjoying La Pinata restaurant for our lunch outing. Our scenic drive 10/30 1:00pm we will be headed to Crockett & Rodeo. Our residents will be learning the History of this century old town in Contra Costa County.

We will have pumpkin carving, cookie & cupcake decorating and pumpkin painting in our program this month! All of these dates can be found on our calendar.

This month we also have our Alzheimer's walk. We will be walking October 26th starting at 10am. Please join us in this wonderful event to raise awareness. I know this cause is dear

to all of our hearts.

We have Halloween spirit week 10/28 – 10/31 where each day we encourage you, staff and residents to participate in the costume theme of the day. Wrapping up the end of the month, starting at 11am 10/31 we have trick or treaters coming and a Halloween party!

Just a reminder, all are welcome anytime to come join in our daily activities. The residents and myself included love the participation from friends and family. We hope to see you here at The Kensington!

Respectfully,

Terrie Valentine

Art of Living Well Assistant

terrie.valentine@kiscosl.com



Recent Happenings at The Kensington!