

# The Kensington at Walnut Creek



A KISCO COMMUNITY

## MEMORY CARE NEWSLETTER













**MARCH 2025**

1580 GEARY RD, WALNUT CREEK, CA 94597 | 925-943-1121 | [KISCOSENIORLIVING.COM](https://www.kiscoseniorliving.com)



MARCH 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<div><div>9:45 The Good News</div><div>10:00 Morning Movement</div><div>10:30 Puzzled</div><div>11:00 Up for Grabs Discussion &amp; Fresh Popcorn</div><div>1:15 Afternoon Stretch</div><div>1:30 <b>Scenic Drive - Orinda</b></div><div>2:00 Daily Chronicle</div><div>3:00 Snack</div><div>3:30 Trivia</div><div>4:00 Americas Got Talent</div><div>6:00 Evening Showcase</div></div> <div>1</div>
<div><div>9:45 The Good News</div><div>10:30 Ring toss</div><div>11:00 Arthritis Class</div><div>11:00 Serenity Session</div><div>11:30 Movie Club</div><div>1:15 Bingo</div><div>2:30 Men's Club</div><div>3:00 Snack</div><div>3:30 Daily Chronicle</div><div>4:00 Easy Listening Music</div><div>6:00 Evening Showcase</div></div> <div>2</div>	<div><div>9:45 The Good News</div><div>10:00 Morning Movement</div><div>10:30 Daily Chronicle</div><div>1:00 Documentary</div><div>2:00 Arthritis Class</div><div>2:30 Sing along</div><div>3:00 Snack</div><div>3:30 Bean Bag Toss</div><div>4:00 Dancing with the Stars</div><div>6:00 Evening Showcase</div></div> <div>3</div>	<div><div>Fat Tuesday</div><div>9:45 The Good News</div><div>10:00 Morning Chair Ball Workout</div><div>10:45 Daily Chronicle</div><div>11:00 Walking Club</div><div>1:15 Short Stories</div><div>1:45 <b>Fitness with Maggie</b></div><div>2:30 Tuesday Trivia</div><div>3:00 Snack and chat</div><div>3:30 Ring Toss</div><div>4:00 Guess Who</div><div>5:00 Mardi Gras Dinner</div><div>6:00 Evening Showcase</div></div> <div>4</div>	<div><div>Ash Wednesday</div><div>9:45 The Good News</div><div>10:15 Balloon Volley Ball</div><div>11:00 Arts and Crafts</div><div>11:30 Fun and Games-Puzzle</div><div>1:15 Meditation</div><div>1:45 Afternoon Stretch</div><div>2:30 Daily Chronicle</div><div>3:00 Snack and chat</div><div>3:30 Bean Bag Toss</div><div>4:00 I Remember that-Discussion</div><div>6:00 Evening Showcase</div></div> <div>5</div>	<div><div>9:45 The Good News</div><div>10:15 Beach Ball Pass</div><div>10:45 Daily Chronicle</div><div>10:55 Catholic Communion</div><div>11:15 Bingo</div><div>1:15 Afternoon Stretch</div><div>1:30 Walking Club</div><div>2:30 Music appreciation</div><div>3:00 <b>Happy Hour - Performance by Richard Chon</b></div><div>4:30 Funny Animals</div><div>6:00 Evening Showcase</div></div> <div>6</div>	<div><div>9:45 The Good News</div><div>10:15 Ribbon Dancing</div><div>10:45 Daily Chronicle</div><div>11:00 Reminiscing</div><div>1:15 Meditation</div><div>1:45 Afternoon Stretch</div><div>2:30 Bean Bag Toss</div><div>3:00 Snack and chat</div><div>3:30 Documentary</div><div>4:30 Wheel of Fortune</div><div>6:00 Evening Showcase</div></div> <div>7</div>	<div><div>9:45 The Good News</div><div>10:00 Singfit Prime</div><div>10:45 Daily Chronicle</div><div>11:00 Up for Grabs Discussion &amp; Fresh Popcorn</div><div>1:15 Afternoon Stretch</div><div>1:30 <b>Scenic Drive - Oakland Skyline</b></div><div>3:00 Snack</div><div>3:30 Fun and Games</div><div>4:00 Americas Got Talent</div><div>6:00 Evening Showcase</div></div> <div>8</div>
<div><div>AD Daylight savings</div><div>9:45 The Good News</div><div>10:30 Ring toss</div><div>11:00 Arthritis Class</div><div>11:00 Serenity Session</div><div>11:30 Movie Club</div><div>1:15 Bingo</div><div>2:00 UNO Card Game</div><div>2:30 Men's Club</div><div>3:00 <b>Furry Friends Visit</b></div><div>4:00 Easy Listening Music</div><div>6:00 Evening Showcase</div></div> <div>9</div>	<div><div>9:45 The Good News</div><div>10:00 <b>Moving and Grooving with Vernadette</b></div><div>10:30 Daily Chronicle</div><div>1:00 Documentary</div><div>1:45 Arthritis Class</div><div>2:30 Sing along</div><div>3:00 Snack</div><div>3:30 Bean Bag Toss</div><div>4:00 Dancing with the Stars</div><div>6:00 Evening Showcase</div></div> <div>10</div>	<div><div>9:45 The Good News</div><div>10:00 Morning Chair Ball Workout</div><div>10:30 SingFit Prime</div><div>11:00 Walking Club</div><div>11:30 Fun and Games-Cross Word</div><div>1:15 Short Stories</div><div>1:45 <b>Fitness with Maggie</b></div><div>2:30 Tuesday Trivia</div><div>3:00 Snack and chat</div><div>3:30 Ring Toss</div><div>4:00 Guess Who</div><div>4:30 <b>Dining with Terrie (DR)</b></div><div>6:00 Evening Showcase</div></div> <div>11</div>	<div><div>9:45 The Good News</div><div>10:15 Balloon Volley Ball</div><div>10:45 Daily Chronicle</div><div>11:00 Card Making</div><div>11:30 Fun and Games-Puzzle</div><div>1:15 Meditation</div><div>1:45 Afternoon Stretch</div><div>2:30 Painting Fun</div><div>3:00 Snack and chat</div><div>3:30 Bean Bag Toss</div><div>4:00 I Remember that-Discussion</div><div>6:00 Evening Showcase</div></div> <div>12</div>	<div><div>9:45 The Good News</div><div>10:15 Beach Ball Pass</div><div>10:45 Daily Chronicle</div><div>10:55 Catholic Communion</div><div>11:00 Eye Spy Adventure</div><div>1:15 Afternoon Stretch</div><div>1:30 Bingo</div><div>2:30 Fun and Games- Word Search</div><div>3:00 Happy Hour - Birthday Celebration</div><div>4:30 Funny Animals</div><div>6:00 Evening Showcase</div></div> <div>13</div>	<div><div>9:45 The Good News</div><div>10:00 Chair Yoga and Dance</div><div>10:45 Daily Chronicle</div><div>11:00 Reminiscing</div><div>1:15 Meditation</div><div>1:45 Afternoon Stretch</div><div>2:30 Bean Bag Toss</div><div>3:00 Snack and chat</div><div>3:30 Documentary</div><div>4:30 Wheel of Fortune</div><div>6:00 Evening Showcase</div></div> <div>14</div>	<div><div>9:45 The Good News</div><div>10:00 Morning Movement</div><div>10:30 Puzzled</div><div>10:45 Daily Chronicle</div><div>11:00 Up for Grabs Discussion &amp; Fresh Popcorn</div><div>1:15 Afternoon Stretch</div><div>1:30 <b>Scenic Drive - Discovery Bay</b></div><div>3:00 Snack</div><div>3:30 Fun and Games</div><div>4:00 Americas Got Talent</div><div>6:00 Evening Showcase</div></div> <div>15</div>
<div><div>9:45 The Good News</div><div>10:30 Ring toss</div><div>11:00 Arthritis Class</div><div>11:00 Serenity Session</div><div>11:30 Movie Club</div><div>1:15 Bingo</div><div>2:30 Men's Club</div><div>3:00 Daily Chronicle</div><div>3:00 Snack</div><div>4:00 Easy Listening Music</div><div>6:00 Evening Showcase</div></div> <div>16</div>	<div><div>St Patrick's Day</div><div>5:00 St Patrick's Day Dinner</div><div>9:45 The Good News</div><div>10:00 <b>Moving and Grooving with Vernadette</b></div><div>10:30 Daily Chronicle</div><div>1:00 Documentary</div><div>1:45 Arthritis Class</div><div>2:30 Sing along</div><div>3:00 Snack</div><div>3:30 Bean Bag Toss</div><div>4:00 Dancing with the Stars</div><div>6:00 Evening Showcase</div></div> <div>17</div>	<div><div>9:45 The Good News</div><div>10:00 Morning Chair Ball Workout</div><div>10:45 Daily Chronicle</div><div>11:00 Walking Club</div><div>1:15 Short Stories</div><div>1:45 <b>Fitness with Maggie</b></div><div>2:30 Tuesday Trivia</div><div>3:00 Snack and chat</div><div>3:30 Ring Toss</div><div>4:00 Guess Who</div><div>6:00 Evening Showcase</div></div> <div>18</div>	<div><div>9:45 The Good News</div><div>10:15 Balloon Volley Ball</div><div>11:00 Arts and Crafts</div><div>11:15 <b>Lunch Outing - Pizza!!</b></div><div>11:30 Fun and Games-Puzzle</div><div>1:15 Meditation</div><div>1:45 Afternoon Stretch</div><div>2:30 Daily Chronicle</div><div>3:00 Snack and chat</div><div>3:30 Bean Bag Toss</div><div>4:00 I Remember that-Discussion</div><div>6:00 Evening Showcase</div></div> <div>19</div>	<div><div>AD First Day of Spring</div><div>9:45 The Good News</div><div>10:15 Beach Ball Pass</div><div>10:45 Daily Chronicle</div><div>10:55 Catholic Communion</div><div>11:15 Bingo</div><div>1:15 Afternoon Stretch</div><div>1:30 Walking Club</div><div>2:30 Music appreciation</div><div>3:00 Happy Hour - Ice Cream Social</div><div>4:30 Funny Animals</div><div>6:00 Evening Showcase</div></div> <div>20</div>	<div><div>9:45 The Good News</div><div>10:15 Ribbon Dancing</div><div>10:45 Daily Chronicle</div><div>11:00 Reminiscing</div><div>1:15 Meditation</div><div>1:45 Afternoon Stretch</div><div>2:30 Bean Bag Toss</div><div>3:00 Snack and chat</div><div>3:30 Documentary</div><div>4:30 Wheel of Fortune</div><div>6:00 Evening Showcase</div></div> <div>21</div>	<div><div>1:30 Scenic Drive - Danville Blackhawk</div><div>9:45 The Good News</div><div>10:00 Singfit Prime</div><div>10:45 Daily Chronicle</div><div>11:00 Up for Grabs Discussion &amp; Fresh Popcorn</div><div>1:15 Afternoon Stretch</div><div>1:30 <b>Scenic Drive - Danville Blackhawk</b></div><div>3:00 Snack</div><div>3:30 Fun and Games</div><div>4:00 Americas Got Talent</div><div>6:00 Evening Showcase</div></div> <div>22</div>
<div><div>9:45 The Good News</div><div>10:30 Ring toss</div><div>11:00 Arthritis Class</div><div>11:00 Serenity Session</div><div>11:30 Movie Club</div><div>1:15 Bingo</div><div>2:00 UNO Card Game</div><div>2:30 Men's Club</div><div>3:00 Snack</div><div>4:00 Easy Listening Music</div><div>6:00 Evening Showcase</div></div> <div>23</div>	<div><div>9:45 The Good News</div><div>10:00 <b>Moving and Grooving with Vernadette</b></div><div>10:30 Daily Chronicle</div><div>1:00 Documentary</div><div>1:45 Arthritis Class</div><div>2:30 Sing along</div><div>3:00 Snack</div><div>3:30 Bean Bag Toss</div><div>4:00 Dancing with the Stars</div><div>6:00 Evening Showcase</div></div> <div>24</div>	<div><div>9:45 The Good News</div><div>10:00 Morning Chair Ball Workout</div><div>10:30 SingFit Prime</div><div>11:00 Walking Club</div><div>11:30 Fun and Games-Cross Word</div><div>1:15 Short Stories</div><div>1:45 <b>Fitness with Maggie</b></div><div>2:30 Tuesday Trivia</div><div>3:00 Snack and chat</div><div>3:30 Ring Toss</div><div>4:00 Guess Who</div><div>6:00 Evening Showcase</div></div> <div>25</div>	<div><div>9:45 The Good News</div><div>10:15 Balloon Volley Ball</div><div>11:00 Arts and Crafts</div><div>11:30 Fun and Games-Puzzle</div><div>1:15 Meditation</div><div>1:45 Afternoon Stretch</div><div>2:30 Daily Chronicle</div><div>3:00 Snack and chat</div><div>3:30 Bean Bag Toss</div><div>4:00 I Remember that-Discussion</div><div>6:00 Evening Showcase</div></div> <div>26</div>	<div><div>Podiatrist Dr. Baba</div><div>9:45 The Good News</div><div>10:15 Beach Ball Pass</div><div>10:45 Daily Chronicle</div><div>10:55 Catholic Communion</div><div>11:15 Bingo</div><div>12:00 Lunch with Terrie</div><div>1:15 Afternoon Stretch</div><div>1:30 Walking Club</div><div>2:00 Fun and Games- Word Search</div><div>3:00 <b>Happy Hour Performance by Angel Harpist</b></div><div>4:30 Funny Animals</div><div>6:00 Evening Showcase</div></div> <div>27</div>	<div><div>9:45 The Good News</div><div>10:00 Chair Yoga and Dance</div><div>10:15 Ribbon Dancing</div><div>11:00 Reminiscing</div><div>1:15 Meditation</div><div>1:45 Afternoon Stretch</div><div>2:30 Bean Bag Toss</div><div>3:00 Snack and chat</div><div>3:30 Documentary</div><div>4:30 Wheel of Fortune</div><div>6:00 Evening Showcase</div></div> <div>28</div>	<div><div>9:45 The Good News</div><div>10:00 Morning Movement</div><div>10:30 Puzzled</div><div>10:45 Daily Chronicle</div><div>11:00 Up for Grabs Discussion &amp; Fresh Popcorn</div><div>1:00 Afternoon Stretch</div><div>1:30 <b>Saturday Matinee</b></div><div>3:00 Snack</div><div>3:30 Fun and Games</div><div>4:00 Americas Got Talent</div><div>6:00 Evening Showcase</div></div> <div>29</div>
<div><div>9:45 The Good News</div><div>10:30 Ring toss</div><div>11:00 Arthritis Class</div><div>11:00 Serenity Session</div><div>11:30 Movie Club</div><div>1:15 Bingo</div><div>2:00 <b>Pets Hug Pack</b></div><div>2:30 Men's Club</div><div>3:00 Snack</div><div>4:00 Easy Listening Music</div><div>6:00 Evening Showcase</div></div> <div>30</div>	<div><div>9:45 The Good News</div><div>10:00 <b>Moving and Grooving with Vernadette</b></div><div>10:30 Daily Chronicle</div><div>1:00 Documentary</div><div>1:45 Arthritis Class</div><div>2:30 Sing along</div><div>3:00 Snack</div><div>3:30 Bean Bag Toss</div><div>4:00 Dancing with the Stars</div><div>6:00 Evening Showcase</div></div> <div>31</div>					<div><div>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!</div></div>



# Upcoming Events and Announcements

Dear Family & Friends,

As we step into March, we are excited to share a lineup of events that promise to bring joy and connection to our community. Each Saturday, we invite you to join us for scenic drives that will take you through the picturesque landscapes of Orinda, offer stunning views of the Oakland skyline, and explore the charming areas of Discovery Bay and Danville Blackhawk. These drives are a wonderful way to unwind and appreciate the beauty around us.

Mark your calendars for March 4th, as we celebrate Mardi Gras and Fat Tuesday with a delightful dinner. Join us for an evening filled with festive food and lively company as we embrace the spirit of this vibrant celebration.

As we continue through the month, we look forward to St. Patrick's Day on March 17th. Whether you're wearing green or simply enjoying the festivities, it's a wonderful opportunity to celebrate with friends and family.

This month, we also have a special lunch outing planned at Skipolini's Pizza. It's a perfect chance to gather, enjoy delicious food, and share some laughter together.

We are thrilled to welcome back Vernadette for her Moving and Grooving exercise class. Her energy and enthusiasm are sure to inspire us all to get moving and have fun while doing it!

Lastly, don't miss our happy hours this month, featuring performances by the talented Richard Chon and the enchanting Angel the Harpist. Their music will surely elevate our spirits and create a warm atmosphere for all.

We hope you can join us for these exciting events throughout March. Let's make wonderful memories together!

Warm regards,  
Joseph Negrido  
Memory Care Director



**Sally is ready for spring!!**



**Out and about searching for new blossoms**



**Residents enjoyed our Buttercup lunch!**



**FUN AND GAMES**



**Valentine's Day visits**



*Recent Happenings at The Kensington!*