

# The Kensington at Walnut Creek



February 2025

A KISCO COMMUNITY



## The Kensington Directory

Joseph Villanueva, LVN  
**Executive Director**

Debbie Bradley  
**Assistant Executive Director**

Lindsey Andrews, LVN  
**Assisted Living Director**

Joseph Negrido  
**Memory Care Director**

Luke Brassinga  
**Sales Director**

Michelle Stashyn  
**Sales Director**

Fabio Dias  
**Dining Services Director**

Dean Elmore  
**Environmental Services  
Director**

Jane Hurst  
**Housekeeping Director**

Kayla Pierce  
**Life Enrichment Director**



## A Letter from the Executive Director

Dear Residents, Families, and  
Associates of The Kensington,

As we step into the month of February, we would like to share important reminders that will contribute to the thriving environment of our community. Your safety and well-being are our top priorities, and we want to ensure you are well-informed and engaged in the happenings at The Kensington. We invite every resident to attend our monthly Resident Town Hall meeting and bi-weekly Resident Satisfaction meeting. These are valuable opportunities for us to connect, communicate key updates, and address any questions or concerns you have. It's a time to come together as a community, learn about upcoming events, and participate in open discussions to improve the care and services we provide to you daily.

We understand the importance of your feedback and we encourage you to share your thoughts, ideas, and concerns with us. There are various channels through which you can provide feedback, including: the monthly Resident Town Hall, the



bi-weekly Food & Dining Committee meetings, and the monthly Resident Council meetings. These meeting dates are found in our Life Enrichment monthly calendar and posted in LifeLoop. Your feedback is valuable to us, as it helps us enhance the quality of life within The Kensington. We hope to see you at one of our meetings and working with you towards our goal of continuous improvement 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 Lois E! Lois has lived at The Kensington for about a year and a half, and we are so happy to have her here!

Lois was born and raised on Long Island, New York. After graduating high school, she started working at Family Circle Magazine. It was there that she met her husband.

They had two daughters together and moved to California in 1958 when he was transferred for work. Lois was a stay-at-home mom for a bit in California while raising her daughters but went back to school for nursing in 1961. Upon finishing her degree, she worked as a nurse in Walnut Creek until she moved to Glendale in 1968 to be closer to her mother and brother.

In Southern California, Lois worked for Kaiser Pasadena. She continued as a nurse until 1975 when she took a turn in her career and went to real estate school. She fluctuated between real estate and nursing throughout her career. Lois was a realtor for almost fifty years, and even when she moved to a retirement community, she still worked in

real estate because of how much she loves it. Her last sale went through just before moving to The Kensington! In the late '80s she moved back to Walnut Creek and has been here ever since.

Lois moved to The Kensington mid-2023. Since moving here, she has really taken advantage of all The Kensington had to offer. Her favorite things to do here are bridge, Wii bowling, Bookworm's club, and going on dinner and casino trips. In her spare time, Lois's main hobby is her family. She has two grandchildren and three great-grandchildren, with another one on the way! Lois will be celebrating her 92nd birthday this year. Make sure to wish her a happy birthday on February 3rd! Congratulations on being this month's Spotlight!

## Community Happenings

FEB  
9th



### Superbowl LIX Party

Join us as we cheer on our favorite team in this year's Super Bowl LIX taking place at the Caesars Superdome in New Orleans, Louisiana! There will be refreshments and lots of comradery. Kickoff is at 3:30pm and the halftime performer this year will feature American rapper Kendrick Lamar as the headline performer! Who are you rooting for?!

FEB  
14th



### Valentines Day Festivities

Join us on Valentines Day for a lovely evening filled with your favorite romantic tunes performed by the Tonic Trio at 3:30pm in the Lobby. Following the Valentines Happy Hour, there will be a deliciously decadent dinner prepared by our talented culinary team! We hope you enjoy this special day of love and know how much we LOVE having you in the community!

FEB  
23rd  
-28th



### Around the World Destination: Brazil

For our next travel adventure we are heading to Brazil 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 Brazil including trivia, All About Brazil, Portuguese-101, Food Demo with Fabio, A Taste of Brazil dinner & more!

# February 2025

## RESIDENT COUNCIL COMMITTEE

President- Bruce A.  
 Vice President-Chick C.  
 Secretary- Carole J.  
 Gift Fund Committee- Dick E. & Bill P.  
 "We solve small problems before they become big ones"

### Resident Ambassadors

Bruce A., Beverly M., Chick C., Vera R., Eloise E.

Are you interested in being a Resident Ambassador? Reach out to Kayla Pierce, Life Enrichment 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><b>LOCATION KEY</b>                      Activity Room = AR                      Bistro = B                      Courtyard = CY                      Dining Room = DR                      Fitness Center = FC                      Game Room = GR                      Library = LBR                      Lobby = L Zoom = Z</p>	<p>Happy 66th wedding anniversary Bill &amp; Sally B. Please Congratulate them on the 1st! We wish you a wonderful year of love and happiness!</p>		<p>Happy Valentine's Day</p>		<p>FEBRUARY IS HEART HEALTH MONTH</p>		<p>9:30 Garden Growers (L) <b>1</b>                      9:30 Life Size Scrabble (LI)                      9:30 Shopping: Pleasant Hill &amp; Palos Verdes (L)                      11:00 Arthritis Exercise (AR)                      1:00 Intellectual Infusion (AR)                      2:00 Hooks &amp; Needles (GR)                      3:00 Kings in the Corner (LI)  <b>3:30 Cornhole Competition (AR)</b>                      6:30 Bridge (LI)                      6:30 Evening Movie (AR)</p>
<p><b>Groundhog Day 2</b>                      8:15 Rides to Church (L)                      9:10 Kensington Chapel Service (LI)                      10:00 St. Mary's Virtual Mass (AR)                      11:00 Arthritis Exercise (AR)                      1:00 Monthly Trivia (AR)  <b>1:30 Movie Club (LI)</b>                      1:30 Scenic Drive to Vacaville (L)                      2:00 Gentle Chair Yoga (AR)  <b>2:00 Performance with Contra Costa Performing Arts Society (L)</b>                      3:30 Bingo Bonanza (AR)                      6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) <b>3</b>                      9:30 Walk'n Shop to Sprouts (L)  <b>10:00 Stock Club (LI)</b>                      10:30 Information Hour (AR)  <b>1:00 Resident Council Meeting (AR)</b>                      2:30 Live 2B Healthy-Strength &amp; Balance (AR)                      3:00 Community Store (B)                      3:30 Wii Jeopardy (AR)                      6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) <b>4</b>                      9:30 Random Trivia (AR)                      10:00 Food &amp; Dining Meeting (LI)                      11:00 Arthritis Exercise (AR)                      1:00 Doctor Appointments (L)  <b>1:00 Heart Health Presentation with EmpowerMe (AR)</b>                      2:00 Better Balance (AR)                      2:45 Wii Bowling (AR)                      3:00 Bible Class (LI)  <b>4:00 Monthly Activity Meeting (B)</b>                      6:30 Bridge (LI)                      6:30 Evening Movie (AR)</p>	<p>9:15 Club Walk'n Roll (L) <b>5</b>  <b>9:30 Trip Outing: Golden Gate Bay Cruise &amp; Lunch (L)</b>  <b>10:00 Prime Time Putting (C)</b>                      11:00 Fitness w/ Empower Me Wellness (AR)                      1:15 Crossword Challenge (AR)  <b>2:00 Matinee Movie (B)</b>                      3:00 Bridge (GR)                      3:30 Science Hour (AR)                      6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) <b>6</b>                      9:30 Guess Who? (AR)                      10:30 Catholic Communion (LI)                      11:00 Arthritis Exercise (AR)  <b>Monthly Birthday Celebration (DR)</b>                      1:00 Doctor Appointments (L)  <b>1:00 Showing: A Man on the Inside: Ep. 7 &amp; 8 (B)</b>                      2:00 Better Balance (AR)                      3:00 Charades (AR)  <b>3:30 Chess Lesson with Dane (LI)</b>                      6:30 Bridge (LI)                      6:30 Evening Movie (AR)</p>	<p><b>Go Red for Women-Wear Red! 7</b>                      9:30 Good News Friday (LI)                      9:30 Shopping: DT Walnut Creek &amp; Rossmoor (L)  <b>10:00 Watercolor Workshop (AR)</b>                      10:30 Mexican Train &amp; Dominoes (LI)  <b>1:00 Walnut Creek Audiology Visit #273</b>                      1:15 Crossword Challenge (AR)                      1:30 Shopping: Countrywood &amp; Oak Grove (L)                      2:30 Kitchen Tour with Fabio (DR)                      2:30 Live 2B Healthy-Strength &amp; Balance (AR)                      3:30 Happy Hour with Ciro Vargas (L)                      6:30 Evening Movie (AR)</p>	<p>9:30 Garden Growers (L) <b>8</b>                      9:30 Life Size Scrabble (LI)                      9:30 Shopping: Pleasant Hill &amp; Palos Verdes (L)                      11:00 Arthritis Exercise (AR)                      1:00 Intellectual Infusion (AR)  <b>1:00 Trip Outing: Diablo Ballet's "Cinderella's Wedding" (L)</b>                      2:00 Hooks &amp; Needles (GR)                      3:00 Kings in the Corner (LI)  <b>3:30 Balloon Volleyball (AR)</b>                      6:30 Bridge (LI)                      6:30 Evening Movie (AR)</p>	
<p>8:15 Rides to Church (L) <b>9</b>                      9:10 Kensington Chapel Service (LI)                      10:00 St. Mary's Virtual Mass (AR)                      11:00 Arthritis Exercise (AR)                      1:00 Monthly Trivia (AR)                      1:30 Scenic Drive to Tilden Park &amp; Berkeley Hills (L)                      2:00 Gentle Chair Yoga (B)  <b>2:30 Furry Friends Visit (L)</b>  <b>3:30 Superbowl LIX Party (AR)</b>                      6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) <b>10</b>  <b>9:30 Travel2You Dental Apt #273</b>                      9:30 Walk'n Shop to Sprouts (L)                      10:30 Information Hour (AR)                      1:00 Rummikub (B)  <b>1:30 The Bookworms Club (LI)</b>                      2:30 Live 2B Healthy-Strength &amp; Balance (AR)                      3:00 Community Store (B)                      3:30 Wii Jeopardy (AR)                      6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) <b>11</b>                      9:30 Historic Happenings (AR)                      10:00 Resident Satisfaction Meeting (LI)                      11:00 Arthritis Exercise (AR)                      1:00 Doctor Appointments (L)  <b>1:00 Resident Ambassador Meeting (LI)</b>  <b>1:00 Tranquility Health Mobile Dentist #273</b>  <b>1:15 Birthday Card Making (LI)</b>                      2:00 Better Balance (AR)                      2:45 Wii Bowling (AR)                      3:00 Bible Class (LI)  <b>4:00 Tech-101 (AR)</b>                      6:30 Bridge (LI)                      6:30 Evening Movie (AR)</p>	<p>9:15 Club Walk'n Roll (L) <b>12</b>  <b>9:30 Trip Outing: Danville Chocolates &amp; Lunch (L)</b>                      11:00 Fitness w/ Empower Me Wellness (AR)                      1:15 Crossword Challenge (AR)  <b>2:15 Ceramics with Martha (AR)</b>                      3:00 Bridge (GR)                      3:30 Science Hour (AR)  <b>5:30 Piano Music with Mark Higuera (L)</b>                      6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) <b>13</b>                      9:30 Guess What? (AR)                      10:30 Catholic Communion (LI)                      11:00 Arthritis Exercise (AR)                      1:00 Doctor Appointments (L)  <b>1:00 Men's Club: Harlan County USA (Part 1) (GR)</b>                      2:00 Better Balance (AR)                      3:00 Charades (LI)  <b>4:00 New Resident Orientation (AR)</b>                      6:30 Bridge (LI)                      6:30 Evening Movie (AR)</p>	<p><b>Valentines Day 14</b>                      9:30 Good News Friday (LI)                      9:30 Shopping: DT Walnut Creek &amp; Rossmoor (L)  <b>10:30 Financial Friday: Echo45 Advisors' Recap of the markets in 2024 and Outlook for 2025 (AR)</b>                      10:30 Mexican Train &amp; Dominoes (LI)  <b>11:00 Never Enough Jewelry Sale (B)</b>                      1:15 Crossword Challenge (AR)                      1:30 Shopping: Countrywood &amp; Oak Grove (L)                      2:30 Kitchen Tour with Fabio (DR)                      2:30 Live 2B Healthy-Strength &amp; Balance (AR)  <b>3:30 Valentine Happy Hour w/ Tonic Trio (L)</b>  <b>4:30 Valentine's Day Dinner (DR)</b>                      6:30 Evening Movie (AR)</p>	<p>9:30 Garden Growers (L) <b>15</b>                      9:30 Life Size Scrabble (LI)                      9:30 Shopping: Pleasant Hill &amp; Palos Verdes (L)                      11:00 Arthritis Exercise (AR)                      1:00 Intellectual Infusion (AR)                      2:00 Hooks &amp; Needles (GR)                      3:00 Kings in the Corner (LI)  <b>3:30 Kickball (AR)</b>                      6:30 Bridge (LI)                      6:30 Evening Movie (AR)</p>	
<p>8:15 Rides to Church (L) <b>16</b>                      9:10 Kensington Chapel Service (LI)                      10:00 St. Mary's Virtual Mass (AR)                      11:00 Arthritis Exercise (AR)                      1:00 Monthly Trivia (B)  <b>1:30 Balloon Volleyball &amp; Mardi Gras Craft with Assisteens (AR)</b>                      1:30 Scenic Drive to Treasure Island (L)                      2:00 Gentle Chair Yoga (AR)                      3:30 Bingo Bonanza (AR)                      6:30 Evening Movie (AR)</p>	<p><b>Presidents Day 17</b>                      9:00 Doctor Appointments (L)  <b>9:30 Travel2You Dental Apt. #273</b>                      9:30 Walk'n Shop to Sprouts (L)  <b>10:00 Stock Club (LI)</b>                      10:30 Information Hour (AR)                      1:00 Rummikub (B)  <b>1:30 Movie Club (LI)</b>                      2:30 Live 2B Healthy-Strength &amp; Balance (AR)                      3:00 Community Store (B)                      3:30 Wii Jeopardy (AR)                      6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) <b>18</b>                      9:30 Music &amp; Lyrics (AR)                      10:00 Food &amp; Dining Meeting (LI)                      11:00 Arthritis Exercise (AR)  <b>1:00 Community Counseling with Jonathan (GR)</b>                      1:00 Doctor Appointments (L)                      2:00 Better Balance (AR)                      2:45 Wii Bowling (AR)                      3:00 Bible Class (LI)  <b>4:00 LifeLoop-101 (AR)</b>                      6:30 Bridge (LI)                      6:30 Evening Movie (AR)</p>	<p>9:15 Club Walk'n Roll (L) <b>19</b>  <b>10:00 Prime Time Putting (C)</b>  <b>10:30 Trip Outing: Bedford Gallery "Stitched: Contemporary Embroidery" (L)</b>                      11:00 Fitness w/ Empower Me Wellness (AR)                      1:15 Crossword Challenge (AR)  <b>2:00 Matinee Movie (B)</b>                      3:00 Bridge (GR)                      3:30 Science Hour (AR)                      6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) <b>20</b>                      9:30 Guess Who? (AR&amp;Z)                      10:30 Catholic Communion (LI)                      11:00 Arthritis Exercise (AR)                      1:00 Doctor Appointments (L)  <b>1:00 Men's Club: Harlan County USA (Part 2) (GR)</b>                      2:00 Better Balance (AR)                      3:00 Charades (AR)  <b>4:00 New Resident Mixer (B)</b>                      6:30 Bridge (LI)                      6:30 Evening Movie (AR)</p>	<p>9:30 Good News Friday (LI) <b>21</b>                      9:30 Shopping: DT Walnut Creek &amp; Rossmoor (L)  <b>10:00 Designing Jewelry (AR)</b>                      10:30 Mexican Train &amp; Dominoes (LI)                      1:15 Crossword Challenge (AR)                      1:30 Shopping: Countrywood &amp; Oak Grove (L)                      2:30 Kitchen Tour with Fabio (DR)                      2:30 Live 2B Healthy-Strength &amp; Balance (AR)                      3:30 Happy Hour Eddie Tagonon (L)                      6:30 Evening Movie (AR)</p>	<p>9:30 Garden Growers (L) <b>22</b>                      9:30 Life Size Scrabble (LI)                      9:30 Shopping: Pleasant Hill &amp; Palos Verdes (L)                      11:00 Arthritis Exercise (AR)                      1:00 Intellectual Infusion (AR)                      2:00 Hooks &amp; Needles (GR)  <b>3:00 Joy of Painting (AR)</b>                      3:00 Kings in the Corner (LI)                      6:30 Bridge (LI)                      6:30 Evening Movie (AR)</p>	
<p>8:15 Rides to Church (L) <b>23</b>                      9:10 Kensington Chapel Service (LI)                      10:00 St. Mary's Virtual Mass (AR)                      11:00 Arthritis Exercise (AR)                      1:00 Monthly Trivia (AR)  <b>1:30 Pet Hug Pack Visit (L)</b>                      1:30 Scenic Drive to Discovery Bay (L)                      2:00 Gentle Chair Yoga (B)  <b>2:30 Portuguese-101 (AR)</b>                      3:30 Bingo Bonanza (AR)                      6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) <b>24</b>                      9:30 Walk'n Shop to Sprouts (L)                      10:30 Information Hour (AR)                      1:00 Rummikub (B)  <b>1:30 The Bookworms Club (LI)</b>                      2:30 Live 2B Healthy-Strength &amp; Balance (AR)                      3:00 Community Store (B)                      3:30 Wii Jeopardy (AR)                      6:30 Evening Movie (AR)</p>	<p>9:00 Doctor Appointments (L) <b>25</b>                      9:30 <b>Brazil Trivia (AR)</b>                      10:00 Resident Satisfaction Meeting (LI)                      11:00 Arthritis Exercise (AR)  <b>1:00 Brazilian Food Demo with Fabio (AR)</b>                      1:00 Doctor Appointments (L)                      2:00 Better Balance (AR)                      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) <b>26</b>  <b>9:30 Blood Pressure &amp; Weight Clinic w/ Continuum (LI)</b>                      11:00 Fitness w/ Empower Me Wellness (AR)                      1:15 Crossword Challenge (AR)  <b>2:15 Ceramics with Martha (AR)</b>                      3:00 Bridge (GR)  <b>3:00 Dementia Support Group (LI)</b>                      3:30 Science Hour (AR)  <b>4:30 Trip Outing: Galpao Gaucho Brazilian Steakhouse (L)</b>                      6:30 Evening Movie (AR)</p>	<p><b>Podiatrist Dr. Baba #273 27</b>                      9:00 Doctor Appointments (L)                      9:30 Guess What? (AR)                      10:30 Catholic Communion (LI)                      11:00 Arthritis Exercise (AR)                      1:00 Doctor Appointments (L)  <b>1:15 Town Hall Meeting (E) (L&amp;Z)</b>                      2:00 Better Balance (AR)                      3:00 Charades (AR)  <b>4:00 Presentation: Hope &amp; Healing Hospice Care (LI)</b>                      6:30 Bridge (LI)                      6:30 Evening Movie (AR)</p>	<p>9:30 Good News Friday (LI) <b>28</b>                      9:30 Shopping: DT Walnut Creek &amp; Rossmoor (L)  <b>10:30 All About Brazil (AR)</b>                      10:30 Mexican Train &amp; Dominoes (LI)                      1:15 Crossword Challenge (AR)                      1:30 Shopping: Countrywood &amp; Oak Grove (L)                      2:30 Kitchen Tour with Fabio (DR)                      2:30 Live 2B Healthy-Strength &amp; Balance (AR)                      3:30 Happy Hour with Jeff Wessman (L)  <b>4:30 A Taste of Brazil (DR)</b>                      6:30 Evening Movie (AR)</p>	<p><b>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!</b></p>	

# The Kensingtonian



Hello fellow Kensingtonians. Happy February to all. A month with national and fun holidays. When I, and I'm sure, you were in school we celebrated Lincoln and Washington on their birthdays. Now there is the generic Presidents Day. I found that as a teacher, it took away from the celebration of Presidential greatness and became another long weekend celebration. There is our celebration of Valentines'

Day, too. A big deal then; an excuse for a visit to See's Candies now. And, of course, there is Ground Hog's Day, which impacts nothing other than factoids about the weather and information about Punxsutawney Phil. It means we get to see the movie Ground Hog Day, which I enjoy.

I am writing this on January 20. Here are two more significant occasions prior to our February days: Martin Luther King, Jr. Day and the Presidential Inauguration. However, my day was important because I did battle with technology again and for the moment, I have won. I had planned to turn on the television and see what was going on in Washington, D. C. I did that. No sound. For the next

two hours, I worked my tv remote, my sound bar remote and every imaginable combination of entries. Still no sound. I must say, the pre-Inauguration activities were interesting as I read them. It was fun trying to guess who was on the screen. By the time lunch rolled around, I was totally frustrated. After lunch I decided to reread my directions. What do you know?? I pushed a few more buttons in the proper sequence and had the magic of sound. So, Inauguration Day was my Epiphany. Next time, read the directions first.

Looking forward to the arrival of Spring, an end to our very cool weather, and another chat with you.  
-Carole J.



## Resident Art Show

## Associate Anniversaries

Rolando Caragay	1 yr
Alcides Cabrera	1 yr
Adriana Mendez	1 yr
Ana Catalan	2 yrs
Patricia Zendejas	3 yrs
Fabio Dias	3 yrs
Benny Lopez	22 yrs

## Associate Birthdays

Rob Gumia	3rd
Devonany Clement	4th
Jose Ramirez Lopez	10th
Joanne Goroza	16th
Felipe Fuerte	21st
Michelle Stashyn	26th
Lizbeth Molina	26th
Terrie Valentine	28th

## Employee Spotlight



This month's "Employee Spotlight" is shining on our amazing Housekeeper, Cheryl Cerezo. Cheryl has worked in Housekeeping for over 17 years!!! She is the one behind the scenes doing all of the laundry and what an amazing job she does! We are so fortunate to have such a dedicated individual in our community. Recently, Cheryl was put on a big project and did a great job ensuring it was taken care of!

Outside of work Cheryl

enjoys walking her adorable dog Lola who is a lab mix. She also enjoys reading the bible or books relating to the bible. Cheryl has five kids, five grandkids and two great-grandkids that she enjoys spending a lot of her time with as well. She has lived all of her life here in the Bay Area in the quaint town of Martinez. You can find Cheryl in the Laundry room busy as a bee and listening to her favorite Christian radio station-you might even hear her singing along!

Congratulations Cheryl for being this month's Associate Spotlight-you deserve it! Please keep being a wonderful associate who is truly dedicated to the residents!

## Pet of the Month



You might have seen 'The Big Black Dog' walking around the community but let me formally introduce you to "G", our pet of the month! G moved to The Kensington with his dad Mike C. four months ago, and we are so happy to have them here!

Mike got G from a police dog breeder in Byron about six years ago. G was in a litter of only two puppies and a litter of that size is not typically used for police work. This worked out perfectly for Mike however! He adopted G and named him "Ganesh" after the Hindu deity associated with strength, new beginnings, and uplifting mankind.

G is Mike's Support Animal which means he is often in work mode at The Kensington. He wears a vest to indicate whether he's working or training. Outside of work, G is a very active dog. He loves to play fetch and go for walks. Some of Mike's fondest memories with G are from their time up in the Sierras. Mike would rent a cabin, and they'd go swimming and hiking together. G is a very loyal and smart dog, and he is a great protector to Mike. Thank you for being our pet of the month!

## Happy Birthday!

Lois E. - 3rd  
Mike C. - 16th  
Jan L. - 20th  
Chick C. - 25th  
Karin G. - 27th  
Ann M. - 28th

Welcome to our  
community!

Pat L.  
Mike S.  
John & Rose F.

# The Kensington at Walnut Creek



A KISCO COMMUNITY

*We'd love to hear from you!*

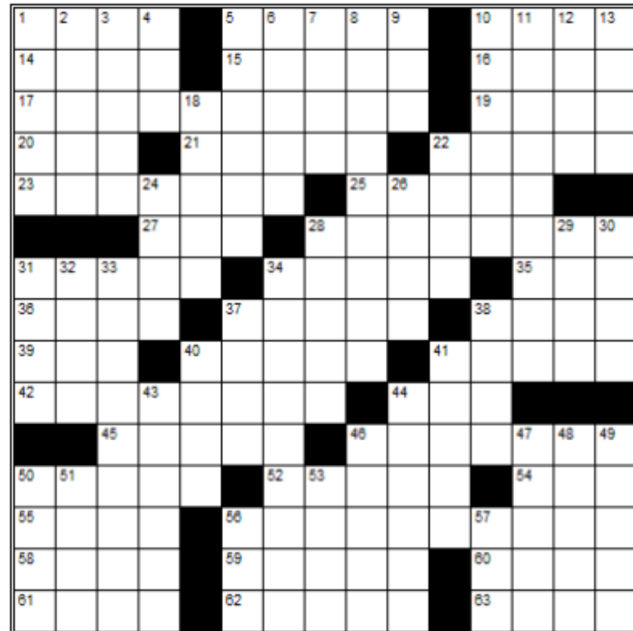
Contact your Wellness Director with ideas and submissions for your upcoming Kensington Newsletter!

**Kayla Pierce, Art of Living Well Director**

**(925) 482-1206 | [kayla.pierce@kiscosl.com](mailto:kayla.pierce@kiscosl.com)**

## ACROSS

1. One and only
5. Breezy
10. Self-satisfied
14. Arab ruler
15. Love intensely
16. Tropical root
17. Resisting authority
19. Freshwater mussel
20. How old you are
21. Beside
22. Long stories
23. Ceremonial peace pipe
25. Pertaining to cod
27. Physically sound
28. Sporting dogs
31. Chocolate
34. Savory
35. Faucet
36. "Oh dear!"
37. Twice twenty
38. Arouse
39. Mister
40. Forests
41. Divinity
42. Hurries
44. Band performance
45. Value
46. Mammals like camels
50. Earth tone
52. Monastery head
54. Paintings
55. Verse
56. Fear of heights
58. Fertilizer component
59. Ending in a piercing point
60. Frolic
61. Peddle
62. Trifling
63. Anagram of "Sent"



## DOWN

- |                          |                                 |                        |
|--------------------------|---------------------------------|------------------------|
| 1. Glacial ice formation | 18. Female demon                | 40. Had on             |
| 2. Alpha's opposite      | 22. Countercurrent              | 41. Profundity         |
| 3. Besmirch              | 24. Unidentified flying objects | 43. Ball               |
| 4. Before, in poetry     | 26. Pretentious                 | 44. Unkempt            |
| 5. Billfold              | 28. Poets                       | 46. Cut short          |
| 6. Blockhead             | 29. Person's manner of walking  | 47. Line               |
| 7. Midday                | 30. Agile                       | 48. Anagram of "Naira" |
| 8. Pharmacists           | 31. Money                       | 49. Doesn't go         |
| 9. "I agree"             | 32. Mishmash                    | 50. Creative work      |
| 10. Foolish              | 33. Gymnastic feat              | 51. The central part   |
| 11. Arge pasta tubes     | 34. Odontalgia                  | 53. Spoiled child      |
| 12. Acid related to gout | 37. 12 inches                   | 56. Viper              |
| 13. Sticky substances    | 38. Bristle                     | 57. Choose             |

## 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.

1580 Geary Rd. Walnut Creek, CA 94597 | (925) 943-1121 | [kiscoseniorliving.com](http://kiscoseniorliving.com)