

The Kensington at Walnut Creek



A KISCO COMMUNITY

MEMORY CARE NEWSLETTER



FEBRUARY 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>9:45 The Good News 1</p> <p>10:00 Morning Movement</p> <p>10:30 Puzzled</p> <p>10:45 Daily Chronicle</p> <p>11:30 Up for Grabs- Discussion</p> <p>1:15 Afternoon Stretch</p> <p>1:30 Scenic Drive</p> <p>3:30 Fun and Games</p> <p>4:00 Americas Got Talent</p> <p>6:00 Evening Showcase</p>
<p>9:45 The Good News 2</p> <p>10:30 Ring toss</p> <p>11:00 Serenity Session</p> <p>11:30 Movie Club</p> <p>1:15 Bingo</p> <p>2:30 Men's Club</p> <p>3:00 Daily Chronicle</p> <p>4:00 Easy Listening Music</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 3</p> <p>10:00 Morning Movement</p> <p>11:00 Fun and Games-Puzzle</p> <p>12:45 Fitness with Maggie</p> <p>1:00 Documentary</p> <p>2:00 Sing along</p> <p>3:00 Bean Bag Toss</p> <p>4:00 Dancing with the Stars</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 4</p> <p>10:00 Morning Chair Ball Workout</p> <p>10:30 Sing along</p> <p>10:45 Daily Chronicle</p> <p>11:00 Walking Club</p> <p>1:15 Short Stories</p> <p>1:45 Fitness with Maggie</p> <p>2:30 Tuesday Trivia</p> <p>3:30 Ring Toss</p> <p>4:00 Guess Who</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 5</p> <p>10:15 Balloon Volley Ball</p> <p>10:45 Daily Chronicle</p> <p>11:30 Fun and Games-Puzzle</p> <p>1:15 Meditation</p> <p>1:45 Afternoon Stretch</p> <p>2:30 Painting Fun</p> <p>3:30 Bean Bag Toss</p> <p>4:00 I Remember that-Discussion</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 6</p> <p>10:15 Beach Ball Pass</p> <p>10:45 Daily Chronicle</p> <p>10:55 Catholic Communion</p> <p>11:15 Bingo</p> <p>1:15 Afternoon Stretch</p> <p>1:30 Walking Club</p> <p>2:30 Musical Instruments</p> <p>3:00 Happy Hour - Performance by Eddie</p> <p>4:30 Funny Animals</p> <p>6:00 Evening Showcase</p>	<p>National Wear Red Day 7</p> <p>9:45 The Good News</p> <p>10:15 Ribbon Dancing</p> <p>10:45 Daily Chronicle</p> <p>11:00 A pictures is worth a thousand words</p> <p>1:15 Meditation</p> <p>1:45 Afternoon Stretch</p> <p>2:30 Bean Bag Toss</p> <p>3:00 Documentary</p> <p>4:30 Wheel of Fortune</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 8</p> <p>10:00 Singfit Prime</p> <p>10:45 Daily Chronicle</p> <p>11:30 Up for Grabs- Discussion</p> <p>1:15 Afternoon Stretch</p> <p>1:30 Valentine's Day Craft</p> <p>3:00 Saturday Matinee</p> <p>4:30 Americas Got Talent</p> <p>6:00 Evening Showcase</p>
<p>9:45 The Good News 9</p> <p>10:30 Ring toss</p> <p>11:00 Serenity Session</p> <p>11:30 Movie Club</p> <p>1:15 Bingo</p> <p>2:30 Men's Club</p> <p>3:00 Daily Chronicle</p> <p>3:00 Furry Friends Visit</p> <p>3:30 Super Bowl LIX Party</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 10</p> <p>10:00 Morning Movement</p> <p>11:00 Fun and Games-Puzzle</p> <p>12:45 Fitness with Maggie</p> <p>1:00 Documentary</p> <p>2:00 Sing along</p> <p>4:00 Dancing with the Stars</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 11</p> <p>10:00 Morning Chair Ball Workout</p> <p>10:30 Sing along</p> <p>10:45 Daily Chronicle</p> <p>11:00 Walking Club</p> <p>11:30 Fun and Games-Cross Word</p> <p>1:15 Short Stories</p> <p>1:45 Fitness with Maggie</p> <p>2:30 Tuesday Trivia</p> <p>3:30 Ring Toss</p> <p>4:00 Guess Who</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 12</p> <p>10:15 Balloon Volley Ball</p> <p>10:45 Daily Chronicle</p> <p>11:00 Card Making</p> <p>1:15 Meditation</p> <p>1:45 Afternoon Stretch</p> <p>2:30 Painting Fun</p> <p>3:30 Bean Bag Toss</p> <p>4:00 I Remember that-Discussion</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 13</p> <p>10:15 Beach Ball Pass</p> <p>10:45 Daily Chronicle</p> <p>10:55 Catholic Communion</p> <p>11:15 Bingo</p> <p>1:15 Afternoon Stretch</p> <p>1:30 Walking Club</p> <p>2:00 Fun and Games- Word Search</p> <p>3:00 Happy Hour - Cookie Decorating</p> <p>4:30 Funny Animals</p> <p>6:00 Evening Showcase</p>	<p>Valentines Day 14</p> <p>9:45 The Good News</p> <p>10:15 Ribbon Dancing</p> <p>10:45 Daily Chronicle</p> <p>1:15 Meditation</p> <p>1:45 Afternoon Stretch</p> <p>2:30 Bean Bag Toss</p> <p>3:00 Special Performance by World Café</p> <p>4:30 Wheel of Fortune</p> <p>5:00 Valentine's Day Dinner</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 15</p> <p>10:00 Morning Movement</p> <p>10:30 Puzzled</p> <p>10:45 Daily Chronicle</p> <p>11:30 Up for Grabs- Discussion</p> <p>1:15 Afternoon Stretch</p> <p>1:30 Scenic Drive - Carquinez Straight</p> <p>3:30 Fun and Games</p> <p>4:00 Americas Got Talent</p> <p>6:00 Evening Showcase</p>
<p>9:45 The Good News 16</p> <p>10:30 Ring toss</p> <p>11:00 Serenity Session</p> <p>11:30 Movie Club</p> <p>1:15 Bingo</p> <p>2:30 Men's Club</p> <p>3:00 Daily Chronicle</p> <p>4:00 Easy Listening Music</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 17</p> <p>10:00 Morning Movement</p> <p>11:00 Fun and Games-Puzzle</p> <p>12:45 Fitness with Maggie</p> <p>1:00 Documentary</p> <p>2:00 Sing along</p> <p>3:00 Bean Bag Toss</p> <p>4:00 Dancing with the Stars</p> <p>6:00 Evening Showcase</p>	<p>Podiatrist Dr. Baba #212 18</p> <p>9:45 The Good News</p> <p>10:00 Morning Chair Ball Workout</p> <p>10:30 Sing along</p> <p>10:45 Daily Chronicle</p> <p>11:00 Walking Club</p> <p>1:15 Short Stories</p> <p>1:45 Fitness with Maggie</p> <p>2:30 Tuesday Trivia</p> <p>3:30 Ring Toss</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 19</p> <p>10:15 Balloon Volley Ball</p> <p>10:45 Daily Chronicle</p> <p>11:30 Fun and Games-Puzzle</p> <p>1:15 Meditation</p> <p>1:45 Afternoon Stretch</p> <p>2:30 Painting Fun</p> <p>3:30 Bean Bag Toss</p> <p>4:00 I Remember that-Discussion</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 20</p> <p>10:15 Beach Ball Pass</p> <p>10:45 Daily Chronicle</p> <p>10:55 Catholic Communion</p> <p>11:15 Bingo</p> <p>1:15 Afternoon Stretch</p> <p>1:30 Walking Club</p> <p>2:30 Musical Instruments</p> <p>3:00 Happy Hour - Performance by Cielo</p> <p>4:30 Funny Animals</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 21</p> <p>10:15 Ribbon Dancing</p> <p>10:45 Daily Chronicle</p> <p>1:15 Meditation</p> <p>1:45 Afternoon Stretch</p> <p>2:30 Bean Bag Toss</p> <p>3:00 Documentary</p> <p>4:30 Wheel of Fortune</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 22</p> <p>10:00 Singfit Prime</p> <p>10:45 Daily Chronicle</p> <p>11:30 Up for Grabs- Discussion</p> <p>1:15 Afternoon Stretch</p> <p>1:30 Scenic Drive - Lake Chabot</p> <p>3:30 Fun and Games</p> <p>4:00 Americas Got Talent</p> <p>6:00 Evening Showcase</p>
<p>9:45 The Good News 23</p> <p>10:30 Ring toss</p> <p>11:00 Serenity Session</p> <p>11:30 Movie Club</p> <p>1:15 Bingo</p> <p>2:00 Pets Hug Pack</p> <p>2:00 UNO Card Game</p> <p>2:30 Men's Club</p> <p>3:00 Daily Chronicle</p> <p>4:00 Easy Listening Music</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 24</p> <p>10:00 Morning Movement</p> <p>11:00 Fun and Games-Puzzle</p> <p>12:45 Fitness with Maggie</p> <p>1:00 Documentary</p> <p>2:00 Sing along</p> <p>3:00 Bean Bag Toss</p> <p>4:00 Dancing with the Stars</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 25</p> <p>10:00 Morning Chair Ball Workout</p> <p>10:30 Sing along</p> <p>10:45 Daily Chronicle</p> <p>11:00 Walking Club</p> <p>11:30 Fun and Games-Cross Word</p> <p>1:15 Short Stories</p> <p>1:45 Fitness with Maggie</p> <p>2:30 Tuesday Trivia</p> <p>3:30 Ring Toss</p> <p>4:00 Guess Who</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 26</p> <p>10:15 Balloon Volley Ball</p> <p>10:45 Daily Chronicle</p> <p>11:00 Lunch Outing at Jack's</p> <p>11:30 Fun and Games-Puzzle</p> <p>1:15 Meditation</p> <p>1:45 Afternoon Stretch</p> <p>2:30 Painting Fun</p> <p>3:30 Bean Bag Toss</p> <p>4:00 I Remember that-Discussion</p> <p>6:00 Evening Showcase</p>	<p>8:00 Weight Clinic 27</p> <p>9:45 The Good News</p> <p>10:15 Beach Ball Pass</p> <p>10:45 Daily Chronicle</p> <p>10:55 Catholic Communion</p> <p>11:15 Bingo</p> <p>1:15 Afternoon Stretch</p> <p>1:30 Walking Club</p> <p>2:00 Fun and Games- Word Search</p> <p>3:00 Happy Hour</p> <p>4:30 Funny Animals</p> <p>6:00 Evening Showcase</p>	<p>9:45 The Good News 28</p> <p>10:15 Ribbon Dancing</p> <p>10:45 Daily Chronicle</p> <p>1:15 Meditation</p> <p>1:45 Afternoon Stretch</p> <p>2:30 Bean Bag Toss</p> <p>3:00 Documentary</p> <p>4:30 Wheel of Fortune</p> <p>6:00 Evening Showcase</p>	<p>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!</p>

Upcoming Events and Announcements

Dear Family & Friends,

We are excited to share a lineup of engaging activities and events happening this February at our Memory Care community! Join us for fun, connection, and creativity as we celebrate the month together.

Kick off the month on February 6th with a delightful performance by Eddie during our Happy Hour! Enjoy live music, refreshments, and the company of friends as we unwind and have a great time together.

Super Bowl Sunday is back with a super party! Get ready for some football fun! Join us for our Super Bowl Party, where we'll cheer on our favorite teams and enjoy delicious snacks.

Unleash your creativity with us during our cookie decorating event as part of our Happy Hour celebration on February 13th. We'll provide all the supplies you need to create your own delicious masterpieces. Bring your sweet tooth and let's have some fun!

Join us for a romantic and enchanting performance by World Cafe on Valentine's Day! Enjoy an afternoon filled with beautiful music that will warm your heart and lift your spirits.

Take in the breathtaking views on our scenic drive to Carquinez Strait! This outing promises to be a refreshing escape into nature, where we can enjoy the beauty of our surroundings and share wonderful moments together.

Join us again for another fantastic Happy Hour performance, this time featuring Cielo! Relax with friends, enjoy great music, and savor delightful refreshments as we celebrate together.

Save the date for February 26th! We're thrilled to announce our long-awaited lunch outing at Jack's! Enjoy a delicious meal with friends as we explore the local dining scene.

We look forward to seeing everyone at these exciting events! Your participation makes our community vibrant and joyful.

Warm regards,
Joseph Negrido
Memory Care Director



Birthday Celebration



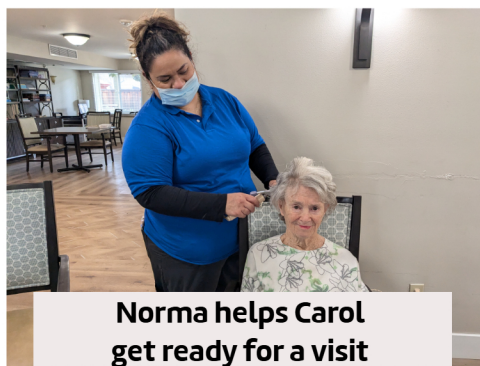
Lynn enjoys a refreshing drink



Having fun with Karaoke



Afternoon of Painting



Norma helps Carol get ready for a visit



Great Artwork



We love dancing at Happy Hour!



Recent Happenings at The Kensington!