

Kingston Bay Senior Living

December 2019

6161 West Spruce Avenue
Fresno, CA 93722

DO IT YOURSELF: Holiday Gifts Ideas

When its time to exchange gifts, something homemade and from the heart is always appreciated. You don't need special talents, either. Try one or all of the following ideas.

Miniature Succulent Garden. Cover the bottom of a shallow bowl or flowerpot with a thin layer of pebbles and cactus potting soil. Plant several small cactus and succulent plants in the bowl, filling more soil as needed. Add another layer of pebbles as a finishing touch.

Lotion Bars. In a double boiler, heat 1/2 cup each beeswax, almond oil and shea butter, stirring until completely melted. Pour the mixture into molds- craft molds, muffin tins or even ice cube trays- and add 15 drops of an essential oil for fragrance. Once firm, pop the lotion bars out of the molds.

Homemade Taco Seasoning. Combine the following ingredients in a bowl and mix well: 2 tbsp. Chilli Powder; 1/2 tsp each garlic powder, onion powder, red pepper flakes and oregano; 1 tsp Paprika; 1 tbsp. Cumin; 2 1/2 tsp Salt; and 2 tsp Pepper. Transfer to a pretty jar with secure lid.

Personalized mugs. Use permanent markers or porcelain paint pens to create a design or message on a plain ceramic coffee mug. Bake at 350° F for 30 minutes, then let cool. Complete the gift by filling the mug with a dry cocoa or tea mix.

Happy Birthday to our December residents:

12/13 George P
12/14 Luanne G
12/29 Gloria S

Christmas Events in the Community:

- *12/10 Bethel Christian Church Choir
6:00 P.M.
- *12/14 Sacred Saturday Caroling
9:45 A.M.
- *12/15 Northpointe Church Cookies & Carols
3:00 P.M.
- *12/17 Nathan & Alpha
5:30 P.M.
- *12/19 Gilly Girls Country Performers
5:30 P.M.
- *12/24 Christmas Eve with Nick Jones
5:30 P.M.



Today's Trend Stress-Free Holiday Tips

With the cooking, the parties and the gift-giving, the holiday season can sometimes feel frenzied instead of festive. Fortunately, there are ways to minimize stress and keep your holidays happy.

Think ahead. Avoid last-minute grocery runs by stocking up on baking ingredients such as flour, sugar and butter. Shop for presents early, and wrap them as you buy them.

Take care of yourself. Get plenty of rest, eat well and carve out time for yourself. Before your schedule fills up, pencil in a few personal hours.

Focus on fun. As you spend time with friends and family, focus on the fellowship and don't worry about what's still on your to-do list.

Saturday December 07, 2019

Join the Kingston Bay Senior Living Community during the 90th annual 9 decades of Christmas Celebration in downtown Fresno.

We will take a decade journey back to the 50's with Dancing, Diners & Sock Hops! Parade begins at 2:00 P.M. On H street near Chukchansi Park. Come and do the Twist with the Kingston Bay Community

Pictured below is Mr. Bill P & his out of space friend-He celebrated his 95th birthday. Happy Birthday to you!



Resident Engagement Photo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Morning Moves</div> <div>10:45 Music Therapy & Appreciation</div> <div>1:00  Sunday Yoga</div> <div>2:00  Art Class</div> <div>3:00  Card Games</div> <div>5:30 After Dinner Show: Comedy Movies</div> <div>1</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Coffee in the Bistro</div> <div>10:45 Art Attack</div> <div>1:00  Movie Matinee</div> <div>3:30 Bingo Bonanza</div> <div>5:30 After Dinner Show: Family Movies</div> <div>2</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00 Arm Lifts</div> <div>1:00 Courtyard Exercises</div> <div>1:30  Riddle Me This</div> <div>2:30  Artist Time</div> <div>5:30 After Dinner Show: Action Movies</div> <div>3</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Noodle Arm Time</div> <div>1:00  Mid week Cardio</div> <div>1:30 Holiday Cards</div> <div>3:30 Wine Down Social</div> <div>5:30 After Dinner Show: Romance</div> <div>4</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  The Fresno News/St. Mary's Catholic Communion</div> <div>10:45 Music Therapy & Appreciation</div> <div>1:00 Get to Know Me</div> <div>2:00 Bean Bag Toss</div> <div>5:30 After Dinner Show: Western Movies</div> <div>5</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00 Zumba Time</div> <div>11:00 Lunch Outing: Pieology</div> <div>1:00  Table Trivia</div> <div>2:30 Happy Hour with Ed Bell on the Guitar</div> <div>5:30 After Dinner Show: Funny Movies</div> <div>6</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Saturday Struts</div> <div>1:00 Senior Memory Games</div> <div>2:00  Letters To The Troops</div> <div>3:00  Artist Time to Shine</div> <div>5:30 After Dinner Show: Western Movies</div> <div>7</div>
<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Morning Moves</div> <div>10:45 Music Therapy & Appreciation</div> <div>1:00  Sunday Yoga</div> <div>2:00  Art Class</div> <div>3:00  Card Games</div> <div>5:30 After Dinner Show: Comedy Movies</div> <div>8</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Coffee in the Bistro</div> <div>10:45 Art Attack</div> <div>1:00  Movie Matinee</div> <div>3:30 Bingo Bonanza</div> <div>5:30 After Dinner Show: Family Movies</div> <div>9</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00 Arm Lifts</div> <div>1:00 Courtyard Exercises</div> <div>1:30  Riddle Me This</div> <div>2:30  Artist Time</div> <div>5:30 After Dinner Show: Action Movies</div> <div>10</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Noodle Arm Time</div> <div>1:00  Mid week Cardio</div> <div>1:30 Holiday Cards</div> <div>3:30 Wine Down Social</div> <div>5:30 After Dinner Show: Romance</div> <div>11</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  The Fresno News/St. Mary's Catholic Communion</div> <div>10:45 Music Therapy & Appreciation</div> <div>1:00 Get to Know Me</div> <div>2:00 Bean Bag Toss</div> <div>5:30 After Dinner Show: Western Movies</div> <div>12</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00 Zumba Time</div> <div>11:00 Lunch Outing: Rocket Dog</div> <div>1:00  Table Trivia</div> <div>2:00 Tai Chi with Teri</div> <div>2:30 Happy Hour</div> <div>5:30 After Dinner Show: Funny Movies</div> <div>13</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Saturday Struts</div> <div>1:00 Senior Memory Games</div> <div>2:00  Letters To The Troops</div> <div>3:00  Artist Time to Shine</div> <div>5:30 After Dinner Show: Western Movies</div> <div>14</div>
<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Morning Moves</div> <div>10:45 Music Therapy & Appreciation</div> <div>1:00  Sunday Yoga</div> <div>2:00  Art Class</div> <div>3:00  Christmas Songs & Cookies with North Pointe Church</div> <div>5:30 After Dinner Show: Comedy Movies</div> <div>15</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Coffee in the Bistro</div> <div>10:45 Art Attack</div> <div>1:00  Movie Matinee</div> <div>3:30 Bingo Bonanza</div> <div>5:30 After Dinner Show: Family Movies</div> <div>16</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00 Arm Lifts</div> <div>1:00 Courtyard Exercises</div> <div>1:30  Riddle Me This</div> <div>2:30  Artist Time</div> <div>5:30 After Dinner Show: Action Movies</div> <div>17</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Noodle Arm Time</div> <div>1:00  Mid week Cardio</div> <div>2:00 Taste & Tell with Chef Juan</div> <div>3:30 Wine Down Social</div> <div>5:30 After Dinner Show: Romance</div> <div>18</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  The Fresno News/St. Mary's Catholic Communion</div> <div>10:45 Music Therapy & Appreciation</div> <div>1:00 Get to Know Me</div> <div>2:00 Bean Bag Toss</div> <div>5:30 After Dinner Show: Western Movies</div> <div>19</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00 Zumba Time</div> <div>11:00 Lunch Outing: Taco Bell</div> <div>1:00  Table Trivia</div> <div>2:30 Happy Hour with Vic Weatherly</div> <div>5:30 After Dinner Show: Funny Movies</div> <div>20</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Saturday Struts</div> <div>1:00 Senior Memory Games</div> <div>2:00  Letters To The Troops</div> <div>3:00  Artist Time to Shine</div> <div>5:30 After Dinner Show: Western Movies</div> <div>21</div>
<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Morning Moves</div> <div>10:45 Music Therapy & Appreciation</div> <div>1:00  Sunday Yoga</div> <div>2:00  Art Class</div> <div>4:30 Christmas Dinner</div> <div>4:30 Linda Dunn Harpist</div> <div>5:30 After Dinner Show: Comedy Movies</div> <div>22</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Coffee in the Bistro</div> <div>10:45 Art Attack</div> <div>1:00  Movie Matinee</div> <div>3:30 Bingo Bonanza</div> <div>5:30 After Dinner Show: Family Movies</div> <div>23</div>	<div>Christmas Eve</div> <div>9:00  Morning Devotions/The Daily News</div> <div>10:00 Arm Lifts</div> <div>1:00 Courtyard Exercises</div> <div>1:30  Twas The Night before Christmas</div> <div>2:30  Artist Time</div> <div>5:30 After Dinner Show: Action Movies</div> <div>24</div>	<div>Christmas Day</div> <div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Noodle Arm Time</div> <div>1:00  Mid week Cardio</div> <div>1:30 Holiday Social</div> <div>3:30 Wine Down Social</div> <div>5:30 After Dinner Show: Romance</div> <div>25</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  The Fresno News/St. Mary's Catholic Communion</div> <div>10:45 Music Therapy & Appreciation</div> <div>1:00 Get to Know Me</div> <div>2:00 Bean Bag Toss</div> <div>5:30 After Dinner Show: Western Movies</div> <div>26</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00 Zumba Time</div> <div>11:00 Lunch Outing: Sweet Tomatoes</div> <div>1:00  Table Trivia</div> <div>2:00 Tai Chi with Teri</div> <div>5:30 After Dinner Show: Funny Movies</div> <div>27</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Saturday Struts</div> <div>1:00 Senior Memory Games</div> <div>2:00  Letters To The Troops</div> <div>2:00 Support Group</div> <div>3:00  Artist Time to Shine</div> <div>5:30 After Dinner Show: Western Movies</div> <div>28</div>
<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Morning Moves</div> <div>10:45 Music Therapy & Appreciation</div> <div>1:00  Sunday Yoga</div> <div>2:00  Art Class</div> <div>5:30 After Dinner Show: Comedy Movies</div> <div>29</div>	<div>9:00  Morning Devotions/The Daily News</div> <div>10:00  Coffee in the Bistro</div> <div>10:45 Art Attack</div> <div>1:00  Movie Matinee</div> <div>3:30 Bingo Bonanza</div> <div>5:30 After Dinner Show: Family Movies</div> <div>30</div>	<div>New Year's Eve</div> <div>9:00  Morning Devotions/The Daily News</div> <div>10:00 Arm Lifts</div> <div>1:00 Courtyard Exercises</div> <div>1:30  New Year's Resolutions</div> <div>2:30  Artist Time</div> <div>5:30 After Dinner Show: Action Movies</div> <div>31</div>	<div></div> <div>6161 West Spruce Avenue Fresno, CA 93722 559-479-4700</div>			<div> Artistic Expression</div> <div> Community Connections</div> <div> Continuing Education</div> <div> Lifestyle &Leisure</div> <div> Physical Engagement</div> <div> Spiritual Support</div> <div>Healthy Snacks & Hydration offered throughout each day!</div>