

BridgePoint at Los Altos



A KISCO SENIOR LIVING COMMUNITY

1174 Los Altos Avenue • Los Altos, CA 94022 • (650) 948-7337

December 2011

Executive Director

Gerry Vadnais

Sales Director

Susanne Meier Iverson

Sales Director

Kristen Rhymer

Assisted Living Director

Mei Chuang, RN

Dining Services Director

Kevin Taliaferro

Environmental Services Director

Victor Ceron

Human Resources Director

Karen Komatsu-Sampson

Wellness Director

Alex Gerasimov

Editor-in-Chief

Jason Murray

The Boutique

Hours: Sunday–Friday, 3:30–4:30 p.m.

Doctors' Appointments

Monday through Friday. Please see

Transportation Request Form.

Salon—Hours of Operation:

Wed-Sat: 9 a.m.–3:30 p.m.

Call For Appt. (408) 307-1029

A Poem To "Beni"

a.k.a. the Christmas Bee

by Mary Nell Venable

Here's to Miriam's little "Beni,"

Who is no bigger than a penney!

He's so fluffy and so round,

But with his vigor he covers ground!

BridgePoint needs a second mascot,

And "Beni" would give us all he's got.

Don't think the bunnies would shake a tail,

And they would accept this little male.

He loves to be petted and is free with his kisses,

Making sure that there's no one he misses!

"Beni" might growl but would never bite,

Because he loves all and does not fight.

So, I'll conclude with a "woof" and a "whine,"

And "Beni" will know that all is fine!!!



Fantasy of Lights
 Outing to Los
 Gatos!
 In December,
 Vasona Lake
 County Park in
 Los Gatos is
 transformed into
 magical
 wonderland of
 thousands of
 twinkling lights
 and exciting
 animated
 displays, all set to
 your favorite
 holiday music
 that you can hear
 from the car
 radio! It is a
 drive-through
 display of
 animated lights
 that you can drive
 by or even
 drive-through. If
 you are interested
 in going, please,
 sign up by the
 info desk near the
 Wellness Room
 When: December
 4th at 5:00pm
 Place: Meet in the
 Lobby



A Christmas Remembered

by Loretta Hodson

A blanket of snow
 Covered the landscape
 At the Griffith farm.
 A perfect day for Christmas.
 The open fire warmed
 The small anxious hearts
 Of four young children
 Waiting for Santa.
 But Santa did not stop.
 Had he forgotten them?
 Dreams now left behind,
 Tasks sealed, tears unshed.
 Hungry farm animals shivered,
 Waiting for their breakfast.
 The shimmering fire
 Battled with old Jack Frost.
 A sudden knock at the door
 Revealed a loving neighbor,
 Carrying a pink Christmas cake.
 Santa comes in different guises.



Annual Holiday Bazaar

Bring your family, friends,
 and associates along to view
 our residents' creative arts,
 crafts, and knit items many
 months in the making
 (available for purchase).

Mark the calendars for
 Friday, December 2nd from
 10am to 4pm. Beverages and
 light sweet snacks will be
 served throughout the day!

Gingerbread House Decorations!

Would you like to help us to
 create a great holiday
 atmosphere in the
 community? On December
 15th, at 10:00am, join us in
 the Piano Room to put
 together gingerbread houses,
 trees, and even a big train! All
 Aboard!

Christmas Bingo With Santa Alex!

Do you like to play Bingo?
 How about winning great
 prizes worth millions of
 Russian rubles? Join your
 cool Bingo host, Santa Alex,
 on December 12t at 4:30pm
 in the Piano Room!
 Admission is free for the first
 300 BridgePoint residents!





Welcome to Our Community

Welcome, new residents! We're thrilled you've decided to make our community your home. As soon as you've settled in, we'd like to invite you to get acquainted with your neighbors. We'll be hosting plenty of activities in the this month, so keep your eyes open. We're glad to have you with us!

Our New Residents

- Mary Haines
- Arlene Chausse
- Evelyn Sullivan
- Erna Fichter
- Al Negrin
- Marjorie Negrin
- Doris Tussman



The Butterfly Queen & The Lion King



Ken I.C. More & The Flapper Girl



Felix the Cat & Barbara the Witch



Cowboy Jack & Alma the Bee

Christmas Creche Exhibit

On Monday, December 5th, join us for an outing trip to Palo Alto to attend the 24th Annual Christmas Creche Exhibit.

Come celebrate the wonder of the birth of the Christ Child in a world of 500 nativities from 80 countries in a festive holiday setting with live music! Please, sign up at the info desk by the Wellness Office. Admission is Free!



Sunday	Monday	Tuesday
<p>Programs Location (D)--Dining Room (C)--Chapel (F)--Fireside Lounge (L)--Lobby (P)--Piano Room (PD)--Private Dining Room (U)--Upstairs Common Area (T)--Tea Room (TV)--TV Room (W)--Wellness Room</p>		<p>Season's Greetings</p>
<p>4</p> <p>9:00--Church Shuttle #1(L) 10:00--Church Shuttle #2(L) 1:00--4:00--Errands(L) 1:15--Tailgate Party: 49'ers vs Rams (TV) 3:00--Book on Tape(F) 5:00--Fantasy of Lights:Outing to Los Gatos(L) 6:45--Movie Night(TV)</p>	<p>5</p> <p>9:30--Current Events Discussion W/ Ben (P) 10:30--Sit and Be Fit(W) 11:00--12:45--Christmas Creche Exhibit in Palo Alto(L) 2:00--Penny Poker(P) 3:00--Apple Cider & Cookies Social(T) 4:30--\$1 Charity Bingo & The Decision Meeting(P) 6:45--Movie Night(TV)</p>	<p>6</p> <p>10:00--Bookmobile(L) 10:30--Ceramics(P) 10:30--Blood Pressure & Weights Check (W) 11:00--Wellness Walk(L) 1:30--Exercise W/Rita (W) 2:00--Trivia W/Carolyn(F) 2:00--Bridge Club(P) 6:30--Bingo!(P) 6:45--Movie Night(TV)</p>
<p>11</p> <p>9:00--Church Shuttle #1(L) 10:00--Church Shuttle #2(L) 11:00-1:00--Children Holiday Party!(P) 1:05--Tailgate Party: 49'ers vs. Cardinals (TV) 1:45--California Pops Orchestra Outing: <i>Christmas Fantasy</i>(L) 3:00--Book on Tape(F) 4:00--Kate's Relaxation(P) 6:45--Movie Night(TV)</p>	<p>12</p> <p>9:30--Analysis of Current Events W/Ben (TV) 10:30--Sit and Be Fit (W) 2:00--Penny Poker(P) 3:00--Apple Cider & Cookies Social(T) 4:30--Holiday Bingo With Santa Alex(P) 6:45--Movie Night(TV)</p>	<p>13</p> <p>10:30--PingPong (W) 11:00--Wellness Walk(L) 1:30--Exercise W/Rita (W) 2:00--Trivia W/Carolyn(F) 3:00--Men's Social(TV) 4:00--Dinner Outing: <i>Olive Garden</i>(L) 6:30--Bingo!(P) 6:45--Movie Night(TV)</p>
<p>18</p> <p>9:00--Church Shuttle #1(L) 10:00--Church Shuttle #2(L) 10:30--Singing and Praising With Soon and Kim(P) 1:00--4:00--Errands(L) 3:00--Book on Tape(F) 6:45--Movie Night(TV)</p>	<p>19</p> <p>10:30--Sit and Be Fit (W) 2:00--Penny Poker(P) 3:00--New Resident Tea Social(T) 5:30--Monday Night Football: 49'ers vs. Steelers (TV)</p>	<p>20</p> <p>10:00--Poetry Group(P) 10:00--Bookmobile(L) 11:00--Wellness Walk(L) 1:30--Exercise W/Alex (W) 2:00--Trivia W/Carolyn(F) 2:00--Bridge Club(P) 2:30--New Resident Orientation(D) 3:30--Crossowrds W/Gerry(TV) 6:15--Happy Hanukkah!(TV) 6:30--Bingo!(P) 6:45--Movie Night(TV)</p>
<p>25</p> <p>9:00--Church Shuttle #1(L) 10:00--Church Shuttle #2(L) 1:00--4:00--Errands(L) 3:00--Book on Tape(F) 6:45--Movie Night: "Home Alone"(TV)</p>	<p>26</p> <p>Christmas (Federal Holiday) TBA-Sit'Be'Fit (W) 2:00--Penny Poker(P) 3:00--Apple Cider&Cookies (T) 6:45--Movie Night(TV)</p>	<p>27</p> <p>10:30--Ping Pong (W) 11:00--Wellness Walk(L) 1:30--Exercise W/Alex (W) 2:00--Bridge Club(P) 2:00--Trivia W/Carolyn(F) 6:30--Bingo!(P) 6:45--Movie Night(TV)</p>

Wednesday	Thursday	Friday	Saturday
 <p><i>Happy Holidays</i></p>	<p>1 10:30--Yoga(W) 10:30--Blackjack With Mike!(P) 1:30--Exercise Class(W) 2:00--Art Appreciation(TV) 2:00--Bridge Club(P) 3:00--Wellness Walk(L) 3:30--Musical Performance by Fred McCarty(P) 6:30--Bingo(P) 6:45--Movie Night(TV)</p>	<p>2 10:00--Catholic Mass(C) 10:00--Annual Holiday Bazaar (TV,P,F) 2:00--James Boot Camp(W) 3:00--Wine&Cheese Social(T) 6:30--Bingo(P) 6:45--Movie Night(TV)</p>	<p>3 10:00--Garden Club(W) 11:00--Morning Stretch With Jason(W) 1:30--Watercolor Painting(P) 2:00--Wii Bowling(TV) 3:00--Pet Pals(T) 4:00--Learn the Internet(F) 6:30--Resident Volunteer Bingo!(P) 6:45--Movie Night(TV)</p>
<p>7 8:30-12:00--Errands (L) 9:30--Brain Gymnastics (TV) 11:00--Chair Chi W/Jason(W) 1:30--Shopping: Walgreens(L) 2:00--IMAX Presentation(TV) 2:45--Creative Writing(W) 3:00--Root Beer Float Social (T) 6:30--Bingo (P) 6:45--Movie Night (TV)</p>	<p>8 10:30--Yoga(W) 10:30--Blackjack With Mike!(P) 1:30--Exercise Class(W) 2:00--Art Appreciation(TV) 2:00--Bridge Club(2nd) 3:00--Wellness Walk(L) 5:30--Annual Holiday Jazz Party!</p>	<p>9 10:00--Catholic Mass(C) 10:45--Travel Class(TV) 2:00--James Boot Camp(W) 3:00--Shabbat Service(F) 3:00--Wine&Cheese Social(T) 6:30--Bingo(P) 6:45--Movie Night(TV)</p>	<p>10 10:00--Garden Club(W) 11:00--Morning Stretch With Jason(W) 1:30--Watercolor Painting(P) 2:00--Golf Practice(TV) 4:00--Learn the Internet(F) 6:30--Resident Volunteer Bingo!(P) 6:45--Movie Night(TV)</p>
<p>14 8:30-12:00--Errands (L) 9:30--Brain Gymnastics (TV) 10:30--Mountain View Senior Chorus!!!(P) 1:30--Chair Chi W/Jason(W) 2:00--Shopping: Target(L) 2:00--IMAX Presentation(TV) 2:45--Creative Writing(W) 3:00--Root Beer Float Social (T) 6:30--Bingo (P) 6:45--Movie Night (TV)</p>	<p>15 10:00--Gingerbread House Decorations!(P) 10:30--Yoga(W) 10:30--Blackjack With Mike!(P) 1:30--Exercise Class(W) 2:00--Art Appreciation(TV) 2:00--Bridge Club(P) 3:00--Wellness Walk(L) 6:30--Bingo(P) 6:45--Movie Night(TV)</p>	<p>16 10:00--Catholic Mass(C) 10:45--Travel Class(TV) 1:30--James Boot Camp(W) 2:00--Residents' Association Meeting(D) 3:00--Wine&Cheese Social(T) 6:30--Bingo(P) 6:45--Movie Night(TV)</p>	<p>17 10:00--Garden Club(W) 11:00--Morning Stretch With Jason(W) 1:30--Watercolor Painting(P) 2:00--Masters Golf Tournament!(TV) 4:00--Learn the Internet(F) 7:00--Christmas Sing Along With Kate & BridgePoint Singers!</p>
<p>21 8:30-12:00--Errands (L) 9:30--Hanukkah Games!(TV) 11:00--Chair Chi W/Jason(W) 1:30--Shopping: Safaway(L) 2:00--IMAX Presentation(TV) 3:00--Birthday Celebration!(T) 6:30--Bingo (P) 6:45--Movie Night (TV)</p>	<p>22 10:30--Yoga(W) 10:30--Blackjack With Mike!(P) 2:00--Bridge Club(P) 3:00--Wellness Walk(L) 6:30--Bingo(P) 6:45--Movie Night(TV)</p>	<p>23 10:00--Catholic Mass(C) 10:45--Travel Class(TV) 2:00--James Boot Camp(W) 3:00--Wine&Cheese Social(T) 3:00--Shabbat Service(F) 6:30--Bingo(P) 6:45--Movie Night(TV)</p>	<p>24 10:00--Garden Club(W) 11:00--Morning Stretch With Jason(W) 1:30--Watercolor Painting(P) 2:00--Wii Bowling!(TV) 4:00--Learn the Internet(F) 6:30--Resident Volunteer Bingo(P) 6:45--Movie Night(TV)</p>
<p>28 8:30-12:00--Errands (L) 9:30--Brain Gymnastics (TV) 11:00--Chair Chi W/Jason(W) 1:30--Shopping:Trader Joe's 2:00--IMAX Presentation(TV) 2:30-Maintenance Check: Scooters & Walkers(W) 3:00--Root Beer Float Social (T) 6:30--Bingo (P) 6:45--Movie Night (TV)</p>	<p>29 10:30--Yoga(W) 10:30--Blackjack With Mike!(P) 1:30--Exercise Class(W) 2:00--Bridge Club(P) 3:00--Wellness Walk(L) 6:30--Bingo(P) 6:45--Movie Night(TV)</p>	<p>30 10:00--Catholic Mass(C) 10:45--Travel Class(TV) 2:00--James Boot Camp(W) 3:00--Wine&Cheese Social(T) 6:30--Bingo(P) 6:45--Movie Night(TV)</p>	<p>31 10:00--Garden Club(W) 11:00--Morning Stretch With Jason(W) 1:30--Watercolor Painting 2:00--Wii Bowling(TV) 4:45-6:30--New Year's Eve Dinner (D) With Musical Performance by Adele Stinson (Harp)</p>

Joke Time

Laugh Lines: Chilly Chucklers

Q. What do you call a reindeer with no eyes?

A. I have no eye deer.

Q. Where do snowmen go to dance?

A. Snowballs.

Q. What happened when the snowgirl fell out of love with the snowboy?

A. She gave him the cold shoulder.

Q. Do you take your bike out year-round?

A. No, in the winter I ride my icicle.

Q. What do snowmen wear on their heads?

A. Ice caps.

Share these silly seasonal funnies with a friend!



December Birthdays

God gave a gift to the world when you were born: a person who loves and cares, who sees a person's need and fills it, who encourages and lifts people up, who spends energy on others rather than yourself, who touches each life you enter and makes a difference in the world. May the love you have shown to others return to you multiplied. And may you have the happiest birthday ever!

Everyone is welcome to join our big bash December birthday celebration on December 21st at 3:00pm in the Tea Room. We'll serve a variety of delicious cakes baked by your favorite chef, Felix the Cat!



- Dec 2 Helen Barr
- Dec 6 Violet Rivlin
- Dec 7 Jimmy Colson
- Dec 10 Richard Pollak
- Dec 11 Mary Ellen McCormack
- Dec 14 Betty Rudolph
- Dec 15 Annabel Post
- Dec 18 Marion Cheng
- Dec 27 Lorraine Snyder
- Dec 29 Bill Frye





Holiday Happenings

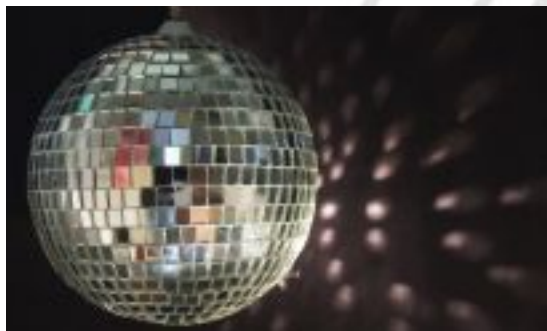
The month of December will be filled with wonderful programs and activities in our community.

So get ready for a month long party marathon! In addition to the events scheduled in our calendar on pages four and five, please pay close attention to our daily announcements since we expect performances from our community friends - carolers, brownie troops, cub scouts, and choruses.

For all the outings, please, sign your name at the sign up desk by the Wellness Room. Thank you!

Annual Friends and Family Holiday Jazz Party

Join us on Thursday, December 8th, from 5:30pm - 7:30pm for live music with "Jazz Trio", good company, and delicious hors d'oeuvres! You are welcome to invite your friends and family members and come ready to dance! It will be held in the Living room, with seating also available in the Tea Room and Piano Room.



Dance crazes Through the Decades

Throughout the years, dance moves have evolved to match the music of the time, but some dances tend to stick around.

1940s—Jitterbug: Also known as swing, the Jitterbug took over this decade. This style originated in the United States but became an international boogie when U.S. armed forces spread it overseas during World War II.

1950s—Hand Jive: This dance move was born in the time of rock 'n' roll. It uses the whole body to imitate percussion instruments in a series of claps, slaps, thwacks and whacks.

1960s—Twist: The turning of hips became a worldwide craze during this decade. The Twist even inspired other dance moves, like the Monkey!

1970s—Hustle: Although it has some features in common with swing, the Hustle is known for its disco fever.

Feel the rhythm, find the beat, and dance along to the music from your favorite decade.

Talk About It

Recalling the Decades

Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone's experiences were similar or different.

Of the decades you have lived through, which did you enjoy the most?

Which decade do you believe produced the most change? Do you think the technological advances in the '90s were the biggest change, or maybe the civil rights issues of the '50s and '60s?

Which decade produced your favorite fashion trends? What about music?

December 2011



"This Month In History" December

1791: The first 10 amendments to the United States Constitution are ratified as the Bill of Rights.

1891: Using peach baskets and soccer balls, physical education teacher James Naismith creates an indoor sport called basketball.

1901: King Camp Gillette designs the first shaving razor with disposable blades.

1911: Roald Amundsen and his team of four men and 52 sled dogs locate and visit the then-elusive South Pole.

1927: The Grand Ole Opry makes its inaugural radio broadcast live from Nashville, Tenn.

1933: Prohibition ends upon the ratification of the U.S. Constitution's 21st Amendment.

1939: "Gone With the Wind" premieres in Atlanta as more than 300,000 spectators line the city's streets for a glimpse of the film's stars.

1941: America enters World War II after the Japanese attack on Pearl Harbor, Hawaii.

1946: The United Nations International Children's Emergency Fund (UNICEF) is founded.

1947: Tennessee Williams' "A Streetcar Named Desire" opens on Broadway.

1955: Alabama resident Rosa Parks is arrested for refusing to give up her seat on a city bus.

1962: Arizona's Petrified Forest is established as a national park.

1973: Following the resignation of Spiro Agnew, Gerald Ford is sworn in as vice president of the United States.

1982: Barney Clark becomes the first recipient of a permanent artificial heart.

1991: The Soviet Union is dissolved.

2003: Former president of Iraq Saddam Hussein is captured.