



Carefield  
Castro Valley

Assisted Living & Memory Care

## Carefield Living Castro

19960 Santa Maria Ave, Castro Valley, CA 94546  
(510) 925-2681 • @CarefieldCastroValley

### Residents Birthday

Anneliese S. 7/14

### Employee Birthdays

Rali A. 7/8

Brianna B. 7/8

Suzanne C. 7/22

Parveen S. 7/23

July 2022

## A note from our.... Sr. Executive Director

### SUMMER AIR IS BURSTING!

It is common on July summer nights to hear the far-off crackle and boom of fireworks, but no holiday boasts a more majestic display of fireworks than America's Independence Day Celebration.

As you may already know, we have been cleared by Alameda County Public Health Department to return to communal dining, group activities and visitors.

We are truly happy to have you back!

Thank you for your patience and support.

Have a wonderful 4th of July!

Thank you,

Pharveen Singh



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Move to Groove 10:00 Daily Chronicle 11:00 Bean bag Toss 1:30 sing -along 2:30 Memory Lane 4:00 Walking Club	2 9:00 Sit & Be Fit 10:00 Current Events 11:00 Balloon Volleyball 1:30 Music Therapy 2:30 Now & Then 4:00 Saturday Matinee
3 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Coloring/Puzzle 2:30 Bingo Royal 4:00 Who Am I	4 Independence Day 9:00 Flex & Bend 10:00 Bean bag toss 10:30 Music w/ Jaime 1:30 Tour San Francisco 2:00 Music w/ J & W 4:00 Walking Club	5 9:00 Bend & Stretch 10:00 Coffee Social 10:30 Mind Benders 1:30 Pretty Nails 2:30 Cracker Jack Social 4:00 Seated Yoga	6 9:00 Let's Get Fit 10:00 Guessing Games 11:00 Sing-along w/ Susie Q 1:30 Coloring/Painting 2:30 Bingo Fun 4:00 Walking Club	7 9:00 Tap & Sway 10:00 Memory Games 11:00 Bounce & Catch 1:30 Creature Feature 2:30 Art Appreciation 4:00 Kickball	8 9:00 Move to Groove 9:30 Daily Chronicle 11:00 Bean bag Toss 1:30 sing -along 2:30 Memory Lane 4:00 Walking Club	9 9:00 Sit & Be Fit 10:00 Current Events 11:00 Balloon Volleyball 1:30 Music Therapy 2:30 Now & Then 4:00 Saturday Matinee
10 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Coloring/Puzzle 2:30 Bingo Royal 4:00 Who Am I	11 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Travel Napa 2:00 Music w/ J & W 4:00 Walking Club	12 9:00 Bend & Stretch 10:00 Coffee Social 10:30 Mind Benders 1:30 Pretty Nails 2:30 Root beer float social 4:00 Seated Yoga	13 9:00 Let's Get Fit 10:00 Guessing Games 11:00 Sing-along w/ Susie Q 1:30 Coloring/Painting 2:30 Bingo Fun 4:00 Walking Club	14 9:00 Tap & Sway 10:00 Memory Games 11:00 Bounce & Catch 1:30 Creature Feature 2:30 Art Appreciation 4:00 Kickball	15 9:00 Move to Groove 9:30 Daily Chronicle 11:00 Bean bag Toss 1:30 sing -along 2:30 Happy Hour w/ J&J 4:00 Walking Club	16 9:00 Sit & Be Fit 10:00 Current Events 11:00 Balloon Volleyball 1:30 Music Therapy 2:30 Now & Then 4:00 Saturday Matinee
17 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Coloring/Puzzle 2:30 Bingo Royal 4:00 Who Am I	18 9:00 Flex & Bend 10:00 Music w/ Angelito 11:00 Bean bag toss 1:30 Travel Portugal 2:00 Music w/ J & W 4:00 Walking Club	19 9:00 Bend & Stretch 10:00 Coffee Social 10:30 Mind Benders 1:30 Pretty Nails 2:30 Birthday Bash 4:00 Seated Yoga	20 9:00 Let's Get Fit 10:00 Guessing Games 11:00 Sing-along w/ Susie Q 1:30 Coloring/Painting 2:30 Bingo Fun 4:00 Walking Club	21 9:00 Tap & Sway 10:00 Memory Games 11:00 Bounce & Catch 1:30 Creature Feature 2:30 Art Appreciation 4:00 Kickball	22 9:00 Move to Groove 9:30 Daily Chronicle 11:00 Bean bag Toss 1:30 sing -along 2:30 Memory Lane 4:00 Walking Club	23 9:00 Sit & Be Fit 10:00 Current Events 11:00 Balloon Volleyball 1:30 Music Therapy 2:30 Now & Then 4:00 Saturday Matinee
24 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Coloring/Puzzle 2:30 Bingo Royal 4:00 Who Am I	25 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Touring Museum 2:00 Music w/ J & W 4:00 Walking Club	26 9:00 Bend & Stretch 10:00 Coffee Social 10:30 Mind Benders 1:30 Pretty Nails 2:30 Residents meeting 4:00 Seated Yoga	27 9:00 Let's Get Fit 10:00 Guessing Games 11:00 Sing-along w/ Susie Q 1:30 Coloring/Painting 2:30 Bingo Fun 4:00 Walking Club	28 9:00 Tap & Sway 10:00 Memory Games 11:00 Bounce & Catch 1:30 Creature Feature 2:30 Art Appreciation 4:00 Kickball	29 9:00 Move to Groove 9:30 Daily Chronicle 11:00 Bean bag Toss 1:30 sing -along 2:30 Memory Lane 4:00 Walking Club	30 9:00 Sit & Be Fit 10:00 Current Events 11:00 Balloon Volleyball 1:30 Music Therapy 2:30 Now & Then 4:00 Saturday Matinee
31 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Coloring/Puzzle 2:30 Bingo Royal 4:00 Who Am I						

## Upcoming Events at Carefield.

DRINK AND ENJOY IT  
**HAPPY HOUR**  
*Every Friday*



*Chef's*  
**CORNER**

# Community News

## What's Happening Now

July marks the halfway point on our calendar and has us midway to the holidays.

The nations independence has been celebrated since 1776 on the fourth of July. This favorite holiday is the annual start of picnics, parades and fireworks.

Our red, white and blue decorations will brighten our place as we celebrate 4th of July with music and dances from our vendors. We will be having a barbecue outside the garden patio waving our flag, enjoying the warm weather and watching the birds fly by. At the end of the month we will be celebrating our Laundry staff day.

Our next full moon will be known as buck moon, because the native Americans could see the silhouette of the deer full grown antlers in the light of the moon.



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