



Carefield
Castro Valley

Assisted Living & Memory Care

Carefield Living Castro

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

Residents Birthday

Dora Mae S. 7/3
Virginia P. 7/13
Patricia M. 7/14
Anna P. 7/26

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 BURSTING!

It is common on July summer nights to hear the far-off crackle and boom of fireworks, but no holiday boasts a more grandiose 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 visitations.

We are truly happy to have you back!

Thank you for your patience and support .

Have a wonderful 4th of July!

Thank you,

Parveen Singh

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|--|
| Birthdays 7/3 - Dora Mae S. 7/13 - Virginia P. 7/14 - Patricia M. 7/26 - Anna P. | | | | | 1 9:00 Bend & Flex 10:00 Linked Senior 11:00 Dance Therapy 1:30 Topics of Interest 2:30 Happy Hour - Pianist Cole 3:30 Exercise with Will 6:00 Nature Films | 2 9:00 Sit & Be Fit 10:00 Week in review 11:00 Group Singing 1:30 Card Games 2:30 Literature Hour 3:30 Saturday Matinee 6:00 Evening News |
| 3 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie | 4 Independence Day 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Self Expression 2:30 Music w/ Angelito 4:00 Afternoon Stretch 6:00 Evening News | 5 9:00 Bend & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Table Games 2:30 Cracker Jack Social 3:30 Seated Yoga 6:00 Evening Movie | 6 9:00 Let's get fit 10:00 Senior Topics 11:00 Sing Fit-Spring 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening news | 7 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Flower Power 2:30 Self-Expression 3:30 Wheeling/Walking club 6:00 Animal Planet | 8 9:00 Bend & Flex 10:00 Linked Senior 11:00 Dance Therapy 1:30 Topics of Interest 2:30 Happy Hour w/ M&K 3:30 Exercise with Will 6:00 Nature Films | 9 9:00 Sit & Be Fit 10:00 Week in review 10:30 Violin w/ Yakov 1:30 Card Games 2:30 Group Singing 3:30 Saturday Matinee 6:00 Evening News |
| 10 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie | 11 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Self Expression 3:00 Music w/ J & W 4:00 Afternoon Stretch 6:00 Evening News | 12 9:00 Bend & Stretch 10:15 Music w/ Alligator 11:00 Health Facts 1:30 Table Games 2:30 Root beer float social 3:30 Seated Yoga 6:00 Evening Movie | 13 9:00 Let's get fit 10:00 Senior Topics 11:00 Sing Fit - Chart Buster 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening news | 14 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Green Thumb 2:30 Chef's Corner 3:30 Wheeling/Walking club 6:00 Animal Planet | 15 9:00 Bend & Flex 10:00 Linked Senior 11:00 Dance Therapy 1:30 Topics of Interest 2:30 Happy Hour w/ Jaime 3:30 Exercise with Will 6:00 Nature Films | 16 9:00 Sit & Be Fit 10:00 Week in review 11:00 Group Singing 1:30 Card Games 2:30 Literature Hour 3:30 Saturday Matinee 6:00 Evening News |
| 17 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie | 18 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Self Expression 3:00 Music w/ J & W 4:00 Afternoon Stretch 6:00 Evening News | 19 9:00 Bend & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Table Games 2:30 Birthday Bash 3:30 Seated Yoga 6:00 Evening Movie | 20 9:00 Let's get fit 10:00 Senior Topics 11:00 Sing Fit-Country 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening news | 21 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Garden Club 2:30 Tech Corner 3:30 Wheeling/Walking club 6:00 Animal Planet | 22 9:00 Bend & Flex 10:00 Linked Senior 11:00 Musical Memories 1:30 Topics of Interest 2:30 Happy Hour w/ M&K 3:30 Exercise with Will 6:00 Nature Films | 23 9:00 Sit & Be Fit 10:00 Week in review 11:00 Group Singing 1:30 Card Games 2:30 Literature Hour 3:30 Saturday Matinee 6:00 Evening News |
| 24 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie | 25 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Self Expression 3:00 Music w/ J & W 4:00 Afternoon Stretch 6:00 Evening News | 26 9:00 Bend & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Table Games 2:30 Residents meeting & Culinary Meeting 6:00 Evening Movie | 27 9:00 Let's get fit 10:00 Senior Topics 11:00 Sing Fit - 60's 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening news | 28 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Plant Care 2:30 Tech Corner 3:30 Wheeling/Walking Club 6:00 Animal Planet | 29 9:00 Bend & Flex 10:00 Linked Senior 11:00 Musical Memories 1:30 Topics of Interest 2:30 Happy Hour 3:30 Exercise with Will 6:00 Nature Films | 30 9:00 Sit & Be Fit 10:00 Week in review 11:00 Group Singing 1:30 Card Games 2:30 Literature Hour 3:30 Saturday Matinee 6:00 Evening News |
| 31 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie | | | | | | |

Upcoming Events at Carefield.



Community News

What's Happening Now

July marks the halfway point on our calendars 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 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.

Happy 4th of July!



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