



Carefield
Castro Valley

Assisted Living & Memory Care

Carefield Living Castro

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



Resident Birthday

Elsa I. 8/4

Staff Birthdays

Anita D. 8/2
Domingo C. 8/4
Anjila P. 8/12
Louizz A. 8/26
Paul H. 8/30

New Hires

Melissa B.
Anaitah D.
Carla T.
Jaspreet S.

August 2022

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

August is often a wonderful month for star gazing!

It's the month of the Perseid meteor shower, which is one of the most prolific showers and reaches its maximum between August 11th and 13th.

I'm happy to announce that we are now having scenic rides weekly for both Assisted Living and Memory Care residents.

To kick off the summer here at Carefield Castro, we will be having a Luau Luncheon at 12:00 pm followed by a Luau Party at 2:00 pm on August 23rd.

Have a great summer!

Thank you,

Parveen Singh
Sr. Executive Director

AUGUST 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays 8/4 - Elsa L	1 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Self Expression 2:30 Card games 3:00 Zeke Band 6:00 Evening News	2 9:00 Bend & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Table Games 2:30 Ice Cream Sandwich Day 3:30 Seated Yoga 6:00 Evening Movie	3 9:00 Let's get Fit 10:00 Senior Topics 10:30 Violinist-Yakov 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	4 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Garden Visit 2:00 Hayward-Scenic Drive 3:30 Wheeling/Walking 6:00 Animal Planet	5 9:00 Bend & Flex 10:00 Linked Senior 11:00 Poetry Appreciation 1:30 Topics of Interest 2:30 Happy Hour- Cole 3:30 Exercise with Will 6:00 Nature Films	6 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
7 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	8 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Table Talk 2:30 Card games 3:00 Zeke Band 6:00 Evening News	9 9:00 Bend & Stretch 10:00 News and Views 10:30 Music by Alligator 1:30 Table Games 2:30 Chocolate Lovers Party 3:30 Seated Yoga 6:00 Evening Movie	10 9:00 Let's get Fit 10:00 Senior Topics 11:00 Sing Fit Country 1:30 Glamour time 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	11 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Flower Power 2:30 Chef's Corner 3:30 Wheeling/Walking 6:00 Animal Planet	12 9:00 Bend & Flex 10:00 Linked Senior 11:00 Musical Memories 1:30 Topics of Interest 2:30 Happy Hour- M&K 3:30 Exercise with Will 6:00 Nature Films	13 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
14 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	15 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Art Expression 2:30 Card games 3:00 Zeke Band 6:00 Evening News	16 9:00 Bend & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Table Games 2:30 Ice Cream Sundae Party 3:30 Seated Yoga 6:00 Evening Movie	17 9:00 Let's get Fit 10:00 Senior Topics 11:00 Sing Fit 60's 1:30 Pretty Nails 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	18 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Garden Club 2:30 Fairmont Scenic Drive 3:30 Wheeling/Walking 6:00 Animal Planet	19 9:00 Bend & Flex 10:00 Linked Senior 11:00 News Makers 1:30 Topics of Interest 2:30 Happy Hour- Jaime 3:30 Exercise with Will 6:00 Nature Films	20 9:00 Sit & Be Fit 10:00 Week in Review 11:00 Group Singing 1:30 Card Games 2:30 Puzzlers 3:30 Saturday Matinee 6:00 Evening News
21 Senior Citizen's Day 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	22 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Express Yourself 2:30 Card games 3:00 Zeke Band 6:00 Evening News	23 9:00 Bend & Stretch 10:00 News and Views 11:30 Luau - Luncheon 1:30 Table Games 2:00 Luau Party 3:30 Seated Yoga 6:00 Evening Movie	24 9:00 Let's get Fit 10:00 Senior Topics 11:00 Sing Fit Memories 1:30 Residents & culinary Meeting 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	25 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Green Thumb 2:30 Build a Banana Split 3:30 Wheeling/Walking 6:00 Animal Planet	26 9:00 Bend & Flex 10:00 Linked Senior 11:00 Good News 1:30 Topics of Interest 2:30 Happy Hour- M&K 3:30 Exercise with Will 6:00 Nature Films	27 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
28 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	29 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Creative Corner 2:30 Card games 2:30 Music by Angelito 3:00 Zeke Band 6:00 Evening News	30 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	31 9:00 Let's get Fit 10:00 Senior Topics 11:00 Sing Fit Summer 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News			

Community News

What's Happening Now

August is upon us!

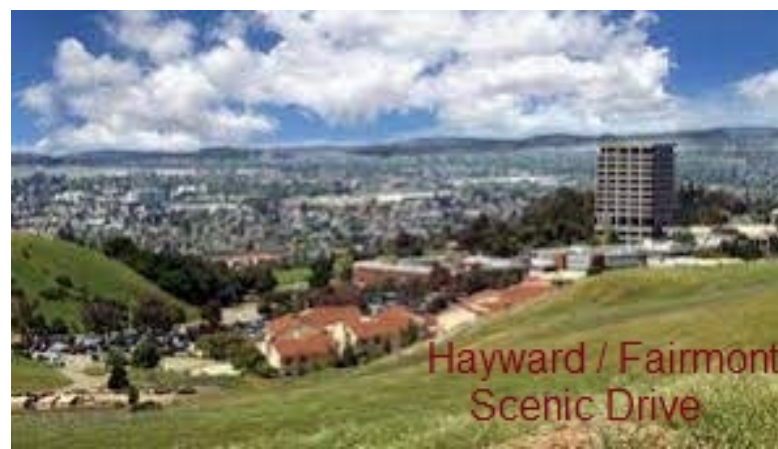
August brings the best bounty of the season - ripened tomatoes, ripe melon, sweet corn on the cob, zucchini and a few more of our favorites. Canning season is here too.

August's full moon, the full sturgeon moon, reaches peak illumination on the night of Thursday, August 11. For the best view of the full moon, look skyward that night.

We welcome our new residents and staff to join us in our daily activities, such as group singing, dance therapy, card games, news and views, creative corner, happy hour and Chef's corner. We have entertainers / performers every week and we just added scenic rides to Hayward hills and Fairmont hills for the month of August.

Have a great summer!

Upcoming Events at Carefield.





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