



Carefield
Castro Valley

Assisted Living & Memory Care

Carefield Living Castro

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



Resident Birthday

Marian P. 8/23

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
	1 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Zeke Band 3:00 Self - Expression 4:00 Walking Club 6:00 Video Music 60's	2 9:00 Bend & Stretch 10:00 Coffee Social 10:30 Mind Benders 1:30 Pretty Nails 2:30 Ice Cream Sandwich Day 4:00 Seated Yoga 6:00 Comedy Movie	3 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 6:00 Medley Music	4 9:00 Tap & Sway 10:00 Memory Games 11:00 Bounce & Catch 1:30 Creature Feature 2:30 Art Appreciation 4:00 Kickball 6:00 Country Music	5 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 6:00 Jazz Music	6 9:00 Sit & Be Fit 10:00 Current Events 11:00 Balloon Volleyball 1:30 Music T therapy 2:30 Now & Then 4:00 Saturday Matinee 6:00 Western Movie
7 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 6:00 Musical movie	8 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Remember When 3:00 Self - Expression 4:00 Walking Club 6:00 Video Music 60's	9 9:00 Bend & Stretch 10:00 Coffee Social 10:30 Mind Benders 1:30 Pretty Nails 2:30 Chocolate Lovers Day 4:00 Seated Yoga 6:00 Comedy Movie	10 9:00 Let's get Fit 10:00 Guessing Games 11:00 Sing-along w/ Susie Q 1:30 Coloring/Painting 2:30 Music by J&J 4:00 Walking Club 6:00 Medley Music	11 9:00 Tap & Sway 10:00 Memory Games 11:00 Bounce & Catch 1:30 Creature Feature 2:00 Hayward- Scenic Drive 4:00 Kickball 6:00 Country Music	12 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 6:00 Jazz Music	13 9:00 Sit & Be Fit 10:00 Current Events 11:00 Balloon Volleyball 1:30 Music T therapy 2:30 Now & Then 4:00 Saturday Matinee 6:00 Western Movie
14 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Coloring/Puzzle 2:30 Bingo Fun 4:00 Who Am I 6:00 Musical movie	15 9:00 Flex & Bend 10:30 Entertainer- Angelito 11:00 Bean bag toss 1:30 Remember When 3:00 Self - Expression 4:00 Walking Club 6:00 Video Music 60's	16 9:00 Bend & Stretch 10:00 Coffee Social 10:30 Mind Benders 1:30 Pretty Nails 2:30 Ice Cream Sundae Day 4:00 Seated Yoga 6:00 Comedy Movie	17 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 6:00 Medley Music	18 9:00 Tap & Sway 10:00 Memory Games 11:00 Bounce & Catch 1:30 Creature Feature 2:30 Chef's Corner 4:00 Kickball 6:00 Country Music	19 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 6:00 Jazz Music	20 9:00 Sit & Be Fit 10:00 Current Events 11:00 Balloon Volleyball 1:30 Music T therapy 2:30 Now & Then 4:00 Saturday Matinee 6:00 Western Movie
21 Senior Citizen's Day 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Coloring/Puzzle 2:30 Bingo Time 4:00 Who Am I 6:00 Musical movie	22 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Remember When 3:00 Self - Expression 4:00 Walking Club 6:00 Video Music 60's	23 9:00 Bend & Stretch 10:00 Coffee Social 11:30 Luau Luncheon 1:30 Pretty Nails 2:30 Luau Party 4:00 Seated Yoga 6:00 Comedy Movie	24 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 6:00 Medley Music	25 9:00 Tap & Sway 10:00 Memory Games 11:00 Bounce & Catch 1:30 Creature Feature 2:00 Fairmont- Scenic Drive 4:00 Kickball 6:00 Country Music	26 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 6:00 Jazz Music	27 9:00 Sit & Be Fit 10:00 Current Events 11:00 Balloon Volleyball 1:30 Music T therapy 2:30 Now & Then 4:00 Saturday Matinee 6:00 Western Movie
28 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 6:00 Musical movie	29 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Remember When 3:00 Self - Expression 4:00 Walking Club 6:00 Video Music 60's	30 9:00 Bend & Stretch 10:00 Coffee Social 10:30 Mind Benders 1:30 Pretty Nails 2:30 Birthday Bash 4:00 Seated Yoga 6:00 Comedy Movie	31 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 6:00 Medley Music			

Community News

What's Happening Now

August is upon us!

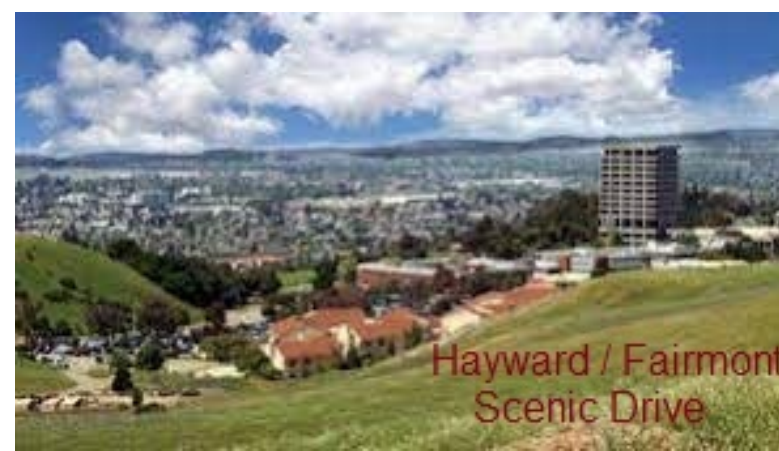
August brings the best bounty of the season - ripened tomatoes, ripe melon, sweet corn on the cob, zucchini and a few more of our favorites. Canning season is here too.

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 drive to Hayward hills and Fairmont hills for the month of August.

Have a great summer!

Upcoming Events at Carefield.





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