

Carefield Living Castro

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

January 2023

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

Welcome 2023!

As the end of the year draws near, I would like to take this opportunity to thank all of you for an amazing year. The success of Carefield Living is based on the relationships we have built over the years, and we really wouldn't be where we are without you.

Over this past year we have added staff, vendors, and new residents. We are grateful for the opportunity to work with, and for you. As the end of year approaches, we know there will be many challenges ahead, but we are so excited for all that 2023 has in store for us – enthusiasm and anticipation are building around new opportunities in our community. Stay tuned for more details in the new year.

Working together this past year has been a pleasure and we're proud to have you all with us. Best wishes and happiness to you and your family over the festive season. We look forward to a successful 2023!

Thank you
Parveen Singh

Resident Birthda



Employee Birthdays

Estella F. 1/5
Elaine B. 1/9
Noelyn G. 1/9
Naomi S. 1/16
Janiah S. 1/21
Kathy M. 1/21
Genet D. 1/22

New Hire

Augustina H.
Janiah S.
Pamela V.
Donise L.

JANUARY 2023



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|--|
| 1 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Bingo Fun 2:00 New Year's Eve Party 4:00 Sing along | 2 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Dominoes 2:30 Self - Expression 4:00 Walking Club | 3 9:00 Stretch & Bend 10:00 Juice Bar Social 10:30 Sing along-Susie Q 1:30 Pretty Nails 2:00 Puzzles/Coloring 2:30 Apple Cider Social 4:00 Seated Yoga | 4 9:00 Fun & Fitness 10:00 Guessing Games 11:00 Ring Toss 1:30 Checkers 2:30 Bingo Fun 4:00 Walking Club | 5 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Dance Therapy 1:30 Creature Feature 2:30 Art Appreciation 4:00 Kickball | 6 9:30 Morning Exercise ONR 10:00 Daily Chronicle 11:00 Food Channel 1:30 Board Games 2:30 Memory Lane 4:00 Walking Club | 7 9:30 Tap & Sway 10:00 sing along 11:00 Balloon Volleyball 1:30 Table Games 2:30 Now & Then 4:00 Saturday Matinee |
| 8 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Bingo Fun 2:30 Afternoon Stretch 4:00 Sing along | 9 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Dominoes 2:30 Self - Expression 4:00 Walking Club | 10 9:00 Stretch & Bend 10:00 Juice Bar Social 10:30 Sing along-Susie Q 1:30 Pretty Nails 2:00 Puzzles/Coloring 2:45 Music - Alligator 4:00 Seated Yoga | 11 9:00 Fun & Fitness 10:00 Guessing Games 11:00 Ring Toss 1:30 Checkers 2:30 Bingo Fun 4:00 Walking Club | 12 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Dance Therapy 1:30 Creature Feature 2:30 Art Appreciation 4:00 Kickball | 13 9:30 Morning Exercise 10:00 Daily Chronicle 11:00 Food Channel 1:30 Board Games 2:30 Memory Lane 4:00 Walking Club | 14 9:30 Tap & Sway 10:00 sing along 11:00 Balloon Volleyball 1:30 Table Games 2:30 Now & Then 4:00 Saturday Matinee |
| 15 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Bingo Fun 2:30 Afternoon Stretch 4:00 Sing along | 16 9:00 Flex & Bend 10:00 Music - Jaime 11:00 Bean bag toss 1:30 Dominoes 2:30 Self - Expression 4:00 Walking Club | 17 9:00 Stretch & Bend 10:00 Juice Bar Social 10:30 Sing along-Susie Q 1:30 Pretty Nails 2:00 Puzzles/Coloring 2:30 Apple Cider Social 4:00 Seated Yoga | 18 9:00 Fun & Fitness 10:00 Guessing Games 11:00 Ring Toss 1:30 Checkers 2:30 Bingo Fun 4:00 Walking Club | 19 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Dance Therapy 1:30 Creature Feature 2:00 Chef's Corner- Paul 2:30 Art Appreciation 4:00 Kickball | 20 9:30 Morning Exercise 10:00 Daily Chronicle 11:00 Food Channel 1:30 Board Games 2:30 Memory Lane 4:00 Walking Club | 21 9:30 Tap & Sway 10:00 sing along 11:00 Balloon Volleyball 1:30 Table Games 2:30 Now & Then 4:00 Saturday Matinee |
| 22 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Bingo Fun 2:30 Afternoon Stretch 4:00 Sing along | 23 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Dominoes 2:30 Self - Expression 4:00 Walking Club | 24 9:00 Stretch & Bend 10:00 Juice Bar Social 10:30 Sing along-Susie Q 1:30 Pretty Nails 2:00 Puzzles/Coloring 2:30 Apple Cider Social 4:00 Seated Yoga | 25 9:00 Fun & Fitness 10:00 Guessing Games 11:00 Ring Toss 1:30 Checkers 2:30 Bingo Fun 4:00 Walking Club | 26 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Dance Therapy 1:30 Creature Feature 2:00 Chef's Corner- ONR 2:30 Art Appreciation 4:00 Kickball | 27 9:30 Morning Exercise 10:00 Daily Chronicle 11:00 Food Channel 1:30 Board Games 2:30 Music with M&K 4:00 Walking Club | 28 9:30 Tap & Sway 10:00 sing along 11:00 Balloon Volleyball 1:30 Table Games 2:30 Now & Then 4:00 Saturday Matinee |
| 29 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Bingo Fun 2:30 Afternoon Stretch 4:00 Sing along | 30 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Dominoes 2:30 Self - Expression 4:00 Walking Club | 31 9:00 Stretch & Bend 10:00 Juice Bar Social 10:30 Sing along-Susie Q 1:30 Pretty Nails 2:00 Puzzles/Coloring 2:30 Apple Cider Social 4:00 Seated Yoga | | | | |

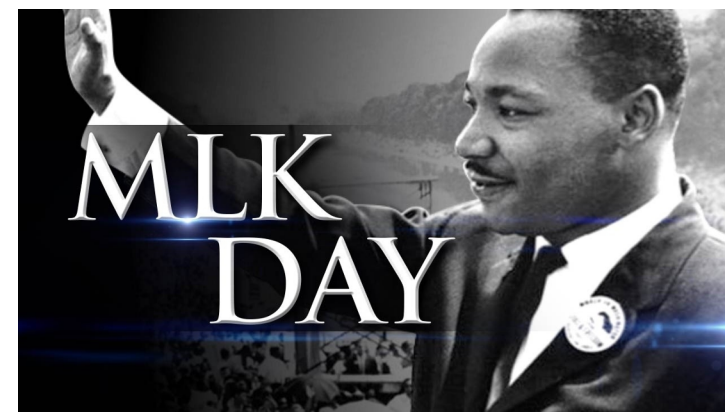
Community News

Cheers to the New Year! May this new year be an extraordinary one for you and your loved ones. We at Carefield Living are hoping your holidays are filled with love, family and happiness. A new year often prompts us to look forward and imagine what the coming months might hold.

The month of January is named for the Roman god Janus, protector of gates, doorways, and transitions. He was depicted with two faces, one looking to the future and the other looking to the past, January seems an opportune month for reflection, to contemplate where we have been as we chart where we are going.

We are welcoming a few entertainers to perform for our residents. Local entertainers such as Margaret and Kristopher, Alligator, Jun and Josephine, Cole and Bamboo Peru. We also have volunteers who will do a concert along with bible video showing and card games. As we gear up for our new year journey, we at Carefield Living would like to wish you and your family a very happy and prosperous new year..

Upcoming Events at Carefield





Carefield
Castro Valley
Assisted Living & Memory Care



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