

## 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 Birthdays

Violeta E. 1/3  
Lois S. 1/11  
Delma T. 1/16  
Birgitta W. 1/16  
Joyce D. 1/23  
Shirley S. 1/26

#### 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
<b>1</b> 9:30 Lady of Grace 10:00 New Year's Resolution 10:30 Flex & Bend 11:00 Daily Chronicle 2:00 Bingo Royal 3:30 Let's Talk 6:00 Evening Movie	<b>2</b> 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Card Games 3:00 Sing along 6:00 Evening News	<b>3</b> 9:00 Move to Groove 10:00 News and Views 11:00 Health Facts 1:30 Word Search / Puzzles 2:30 Hot Cocoa Social 3:30 Seated Yoga 6:00 Evening Movie	<b>4</b> 9:00 Morning Exercise 10:00 Senior Topics 10:30 poetry Corner 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	<b>5</b> 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Who am I- Video 1:30 Before and After 2:30 Sharing Recipes 3:30 Wheeling/Walking 6:00 Evening Movies	<b>6</b> 9:00 Morning Exercise 10:00 Linked Senior 11:00 AC-Video 1:30 Topics of Interest 2:30 Happy Hour -Karaoke 3:30 Exercise with Will 6:00 Nature Films	<b>7</b> 9:00 Wiggle those Toes 10:00 Week in Review 11:00 Group Singing 1:30 Bible Story - Richard 2:30 BAM! Concert 3:30 Saturday Matinee 6:00 Evening News
<b>8</b> 9:30 Lady of Grace 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Daily Chronicle 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	<b>9</b> 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Card Games 3:00 Sing along 6:00 Evening News	<b>10</b> 9:00 Move to Groove 10:00 News and Views 10:30 Music - Alligator 1:30 Word Search / Puzzles 2:30 Apple Cider Social 3:30 Seated Yoga 6:00 Evening Movie	<b>11</b> 9:00 Morning Exercise 10:00 Senior Topics 11:00 Humor Time 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	<b>12</b> 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Who am I- Video 1:30 Before and After 2:30 Chef's Corner-Paul 3:30 Wheeling/Walking 6:00 Evening Movies	<b>13</b> 9:00 Morning Exercise 10:00 Linked Senior 11:00 Floor Games 1:30 Topics of Interest 2:30 Music with M&K 3:30 Exercise with Will 6:00 Nature Films	<b>14</b> 9:00 Wiggle those Toes 10:00 Week in Review 11:00 Group Singing 1:30 Bible Story - Richard 2:30 Seasonal Sensory 3:30 Saturday Matinee 6:00 Evening News
<b>15</b> 9:30 Lady of Grace 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Daily Chronicle 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	<b>16</b> 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Card Games 3:00 Sing along 6:00 Evening News	<b>17</b> 9:00 Move to Groove 10:00 News and Views 11:00 Health Facts 1:30 Word Search / Puzzles 2:30 Popcorn Social 3:30 Seated Yoga 6:00 Evening Movie	<b>18</b> 9:00 Morning Exercise 10:00 Senior Topics 10:30 Mittens & Mufflers 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	<b>19</b> 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Who am I- Video 1:30 Before and After 2:30 Chef's Corner ONR 3:30 Wheeling/Walking 6:00 Evening Movies	<b>20</b> 9:00 Morning Exercise 10:00 Linked Senior 11:00 Floor Games 1:30 Topics of Interest 2:30 Happy Hour - Jaime 3:30 Exercise with Will 6:00 Nature Films	<b>21</b> 9:00 Wiggle those Toes 10:00 Week in Review 11:00 Group Singing 1:30 Bible Story - Richard 2:30 Seasonal Sensory 3:30 Saturday Matinee 6:00 Evening News
<b>22</b> 9:30 Lady of Grace 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Daily Chronicle 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	<b>23</b> 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Card Games 3:00 Sing along 6:00 Evening News	<b>24</b> 9:00 Move to Groove 10:00 News and Views 11:00 Health Facts 1:30 Residents and Culinary Meeting 2:30 Apple Cider Social 3:30 Seated Yoga 6:00 Evening Movie	<b>25</b> 9:00 Morning Exercise 10:00 ETHAT HA - Music 11:00 Floor Games 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	<b>26</b> 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Who am I- Video 1:30 Before and After 2:30 Food Dialect 3:30 Wheeling/Walking 6:00 Evening Movies	<b>27</b> 9:00 Morning Exercise 10:00 Linked Senior 11:00 Floor Games 1:30 Topics of Interest 2:30 Birthday Bash 3:30 Exercise with Will 6:00 Nature Films	<b>28</b> 9:00 Wiggle those Toes 10:00 Week in Review 11:00 Group Singing 1:30 Bible Story - Richard 2:30 Seasonal Sensory 3:30 Saturday Matinee 6:00 Evening News
<b>29</b> 9:30 Lady of Grace 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Daily Chronicle 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	<b>30</b> 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Card Games 3:00 Sing along 6:00 Evening News	<b>31</b> 9:00 Move to Groove 10:00 News and Views 11:00 Health Facts 1:30 Word Search / Puzzles 2:30 Apple Cider Social 3:30 Seated Yoga 6:00 Evening Movie	<b>Birthdays</b> 1/3 - Violeta E. 1/11 - Lois S. 1/16 - Birgitta W. 1/16 - Delma T. 1/23 - Joyce D. 1/26 - Shirley S.			

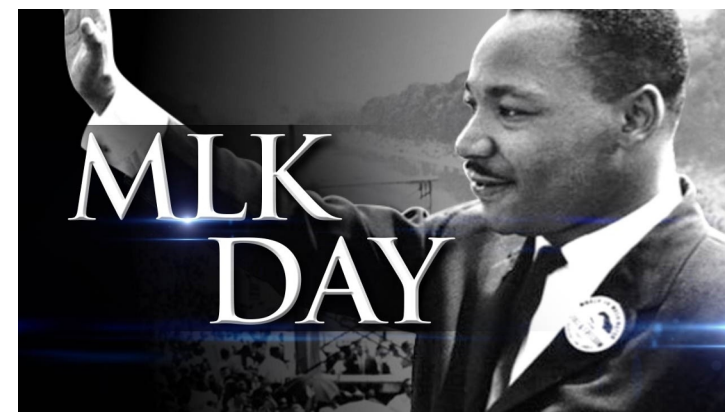
## Community News

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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