



Carefield
Castro Valley

Assisted Living & Memory Care

Carefield Living Castro

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

May 2023

A note from our... Sr. Executive Director

May Day - May Day! Be on the look out of some of our fun activities here at Carefield Castro Valley. May 1st or May Day is a European festival of ancient origins marking the beginning of summer, halfway in between the spring equinox and summer solstice. People celebrated by dancing around a maypole and gathering green limbs and leaves and budding flowers.

In May we also celebrate Asian American and Pacific Islander Heritage Month to pay tribute to the generations who have enriched and strengthen our nation.

Cinco de Mayo is a yearly celebration held on May 5th. It commemorates the anniversary of Mexico's victory over French in 1862.

We will celebrate Mother's Day by honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society. We will be having a Mother's Day Buffet Luncheon on Mother's Day. We invite you all to join the luncheon! If you would like to join, please RSVP by May 9th by calling the community.

Memorial Day honors America's military women and men who lost their lives in service of our country. The holiday is observed on the last Monday of May, a time of year when the weather is turning warmer, and schools and universities are adjourning for summer break.

Thank you,

Parveen Singh



Resident Birthday

Louise P.	5/2
Arthur "Art" B.	5/13
Diana M.	5/25
Darling D.	5/28

Employee Birthdays

Maria Jose H.	5/1
Preet M.	5/5
Susan K.	5/9
Glo Ann A.	5/26

New Hire

Rosa Concha - A.

What's Happening Now

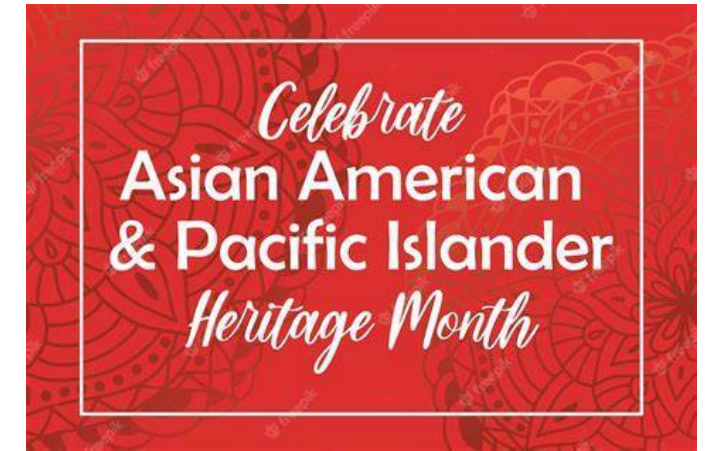
As we enter the month of May let us add more colors of joy and happiness for Cinco de Mayo celebrations. Let us sing out loud and parade with great pride to make this day a glorious one. A very Happy Cinco de Mayo to you. You will see us celebrate with dances, fancy hats, food, drinks, and entertainment.

Mother's Day is one of the best Sundays of the year. We honor those who gave us the gift of life and took care of us.

We will come together to celebrate the spirit of our great country USA and the glory of men and women who fought for us like brave souls. Happy Memorial Day to you. Remembering all those who are important to us is a cause to celebrate by having a Memorial Day barbeque luncheon for our residents.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 May Day 9:30 Flex & Bend 10:00 Word Games 11:00 Bean bag toss 1:30 Creature Feature 2:30 Self - Expression 4:00 Walking Club	2 9:30 Stretch & Bend 10:00 It's all numbers 10:30 Sing along-Susie Q 1:30 Drawing/Coloring 2:30 Simon Says 4:00 Seated Yoga	3 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Games 2:30 Bingo Fun 4:00 Afternoon Stretch	4 9:30 Move to the Beat 10:00 Mind Stretcher 11:00 Top Chefs 1:30 Dominoes 2:30 Art Appreciation 4:00 Kickball	5 Cinco de Mayo 9:00 Morning Stretch 10:00 Daily Chronicle 11:00 Food Channel 1:30 Glamour Time 2:30 Cinco de Mayo Party 4:00 Afternoon Stretch	6 9:00 Wiggle those Toes 10:00 Floor Games 11:00 Food Dialect 1:30 Puzzle/Checkers 2:30 Flower Arrangement 4:00 Balloon Volleyball
7 9:00 Catholic Mass 10:00 Coffee Social 11:00 Guessing Game 1:30 Fancy Nails 2:30 Bingo Fun 4:00 Sing along	8 9:30 Flex & Bend 10:00 Word Games 11:00 Bean bag toss 1:30 Creature Feature 2:30 Self - Expression 4:00 Walking Club	9 9:30 Stretch & Bend 10:00 It's all numbers 10:30 Sing along-Susie Q 1:30 Drawing/Coloring 2:30 Music - Alligator 4:00 Seated Yoga	10 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Games 2:30 Bingo Fun 4:00 Afternoon Stretch	11 9:30 Move to the Beat 10:00 Mind Stretcher 11:00 Top Chefs 1:30 Dominoes 2:30 Art Appreciation 4:00 Kickball	12 9:00 Move to the Beat 10:00 Daily Chronicle 11:00 Food Channel 1:30 Glamour Time 2:30 Memory Lane 4:00 Afternoon Stretch	13 9:00 Wiggle those Toes 10:00 Floor Games 11:00 Food Dialect 1:30 Puzzle/Checkers 2:30 Flower Arrangement 4:00 Balloon Volleyball
14 Mother's Day 9:00 Catholic Mass 10:00 Coffee Social 12:00 Mother's Day Buffet Luncheon 1:30 Fancy Nails 2:30 Bingo Fun 4:00 Sing along	15 9:30 Flex & Bend 10:00 Word Games 11:00 Bean bag toss 1:30 Creature Feature 2:30 Self - Expression 4:00 Walking Club	16 9:30 Stretch & Bend 10:00 It's all numbers 10:30 Sing along-Susie Q 1:30 Drawing/Coloring 2:30 Simon Says 4:00 Seated Yoga	17 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Games 2:30 Bingo Fun 4:00 Afternoon Stretch	18 9:30 Move to the Beat 10:00 Mind Stretcher 11:00 Top Chefs 1:30 Dominoes 2:30 Art Appreciation 4:00 Kickball	19 9:00 Move to the Beat 10:00 Daily Chronicle 11:00 Food Channel 1:30 Glamour Time 2:00 Tea Party 4:00 Afternoon Stretch	20 Armed Forces Day 9:00 Wiggle those Toes 10:00 Floor Games 11:00 Food Dialect 1:30 Puzzle/Checkers 2:30 Flower Arrangement 4:00 Balloon Volleyball
21 9:00 Catholic Mass 10:00 Coffee Social 11:00 Guessing Game 1:30 Fancy Nails 2:30 Bingo Fun 4:00 Sing along	22 9:30 Flex & Bend 10:00 Word Games 11:00 Bean bag toss 1:30 Creature Feature 2:30 Self - Expression 4:00 Walking Club	23 9:30 Stretch & Bend 10:00 It's all numbers 10:30 Sing along-Susie Q 1:30 Drawing/Coloring 2:30 Asian American & Pacific Islander Heritage Month 4:00 Seated Yoga	24 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Games 2:30 Bingo Fun 4:00 Afternoon Stretch	25 9:30 Move to the Beat 10:00 Mind Stretcher 11:00 Top Chefs 1:30 Dominoes 2:30 Art Appreciation 4:00 Kickball	26 9:00 Move to the Beat 10:00 Daily Chronicle 11:00 Food Channel 2:00 Birthday Bash 2:30 Happy Hour - M&K 4:00 Afternoon Stretch	27 9:00 Wiggle those Toes 10:00 Floor Games 11:00 Food Dialect 1:30 Puzzle/Checkers 2:30 Flower Arrangement 4:00 Balloon Volleyball
28 9:00 Catholic Mass 10:00 Coffee Social 11:00 Guessing Game 1:30 Fancy Nails 2:30 Bingo Fun 4:00 Sing along	29 Memorial Day 9:30 Flex & Bend 10:00 Word Games 11:00 Bean bag toss 12:00 Memorial Day Barbeque Luncheon 2:30 Self - Expression 4:00 Walking Club	30 9:30 Stretch & Bend 10:00 It's all numbers 10:30 Sing along-Susie Q 1:30 Drawing/Coloring 2:30 Simon Says 4:00 Seated Yoga	31 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Games 2:30 Bingo Fun 4:00 Afternoon Stretch			

Upcoming Events at Carefield.





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