



Carefield  
Castro Valley

Assisted Living & Memory Care

## Carefield Living Castro

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

May, 2023



### **Resident Birthdays**

Wendell P 5/1.  
Jules"Vic" M. 5/10  
Wayne S. 5/23

### **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.

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

Spring is in the air! May flowers are blooming!

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 celebrate Mother's Day by honoring the mothers of the family or individual, as well as motherhood, maternal bonds, and the influence of mother in the society. We will be having a Mother's Day Buffet Luncheon. Don't forget to thank your mom for all she does and wish her a very Happy Mother's Day to show her how special she is

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 May Day</b> 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Bird Watching 3:30 Sing along 6:00 Travel the world	<b>2</b> 9:00 Move to Groove 10:00 News and Views 11:00 Health Facts 1:30 Word Search / Puzzles 2:30 Lady's Talk 3:30 Seated Yoga 6:00 Nature Film	<b>3</b> 9:00 Fun & Fitness 10:00 Senior Topics 11:00 Simon Says 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	<b>4</b> 9:00 Morning Stretch 10:00 Brain Teaser 11:00 Who am I- Video 1:30 Storytelling 2:30 Taste and See 3:30 Wheeling/Walking 6:00 Evening Movies	<b>5 Cinco de Mayo</b> 9:00 Creative Movement 10:00 Linked Senior 11:00 Target Toss 1:30 Crafts of Interest 2:30 Cinco de Mayo Party 3:30 Exercise with Will 6:00 Our Planet Earth	<b>6</b> 9:00 Happy and healthy 10:00 Week in Review 11:00 Poetry Appreciation 1:30 Bible Story 2:30 Ping Pong/Dominoes 3:30 Sing along 6:00 Evening News
<b>7</b> 9:30 Our Lady of Grace 10:00 Sunday Stretch 11:00 Daily Chronicle 1:30 Plant Care 2:30 Bingo Royal 3:30 Life Enrichment 6:00 Evening Movie	<b>8</b> 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Bird Watching 3:30 Sing along 6:00 Travel the world	<b>9</b> 9:00 Move to Groove 10:00 News and Views 10:30 Music - Alligator 1:30 Word Search / Puzzles 2:30 Lady's Talk 3:30 Seated Yoga 6:00 Nature Film	<b>10</b> 9:00 Fun & Fitness 10:00 Senior Topics 11:00 Sing Fit 1:30 Pretty Nails 2:30 Bingo Royal 3:30 Music & Movement 6:00 Evening News	<b>11</b> 9:00 Morning Stretch 10:00 Brain Teaser 11:00 Who am I- Video 1:30 Storytelling 2:00 Chef's Corner - Paul 3:30 Wheeling/Walking 6:00 Evening Movies	<b>12</b> 9:00 Creative Movement 10:00 Linked Senior 11:00 Music Talk 1:30 Crafts of Interest 2:30 Happy Hour - M&K 3:30 Exercise with Will 6:00 Our Planet Earth	<b>13</b> 9:00 Happy and healthy 10:00 Week in Review 11:00 Proverbs 1:30 Bible Story 2:30 Ping Pong/Dominoes 3:30 Sing along 6:00 Evening News
<b>14 Mother's Day</b> 9:30 Our Lady of Grace 10:00 Sunday Stretch 11:00 Daily Chronicle 12:00 Mother's Day Luncheon Buffet 2:30 Bingo Royal 3:30 Life Enrichment 6:00 Evening Movie	<b>15</b> 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Bird Watching 3:30 Sing along 6:00 Travel the world	<b>16</b> 9:00 Move to Groove 10:00 News and Views 11:00 Health Facts 1:30 Word Search / Puzzles 2:30 Lady's Talk 3:30 Seated Yoga 6:00 Nature Film	<b>17</b> 9:00 Fun & Fitness 10:00 Senior Topics 11:00 Sing Fit 1:30 Glamour Hour 2:30 Bingo Time 3:30 Music & Movement 6:00 Evening News	<b>18</b> 9:00 Morning Stretch 10:00 Brain Teaser 11:00 Who am I- Video 1:30 Storytelling 2:30 Taste and See 3:30 Wheeling/Walking 6:00 Evening Movies	<b>19</b> 9:00 Creative Movement 10:00 Linked Senior 11:00 Music Talk 1:30 Crafts of Interest 2:30 Music - Jaime 3:30 Exercise with Will 6:00 Our Planet Earth	<b>20 Armed Forces Day</b> 9:00 Happy and healthy 10:00 Week in Review 11:00 Music Talk 1:30 poetry Appreciation 1:30 Bible Story 2:30 Ping Pong/Dominoes 3:30 Sing along 6:00 Evening News
<b>21</b> 9:30 Our Lady of Grace 10:00 Sunday Stretch 11:00 Daily Chronicle 1:30 Plant Care 2:30 Bingo Royal 3:30 Life Enrichment 6:00 Evening Movie	<b>22</b> 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Bird Watching 3:30 Sing along 6:00 Travel the world	<b>23</b> 9:00 Move to Groove 10:00 News and Views 11:00 Health Facts 1:30 Word Search / Puzzles 2:30 Asian American and Pacific Islander Party 3:30 Seated Yoga 6:00 Nature Film	<b>24</b> 9:00 Fun & Fitness 10:00 Senior Topics 11:00 Sing Fit 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	<b>25</b> 9:00 Morning Stretch 10:00 Brain Teaser 11:00 Who am I- Video 1:30 Storytelling 2:30 Taste and See 3:30 Wheeling/Walking 6:00 Evening Movies	<b>26</b> 9:00 Creative Movement 10:00 Linked Senior 11:00 Music Talk 1:30 Crafts of Interest 2:30 Birthday Bash 3:30 Exercise with Will 6:00 Our Planet Earth	<b>27</b> 9:00 Happy and healthy 10:00 Week in Review 11:00 Proverbs 1:30 Bible Story 2:30 Ping Pong/Dominoes 3:30 Sing along 6:00 Evening News
<b>28</b> 9:30 Our Lady of Grace 10:00 Sunday Stretch 11:00 Daily Chronicle 1:30 Plant Care 2:30 Bingo Royal 3:30 Life Enrichment 6:00 Evening Movie	<b>29 Memorial Day</b> 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 12:00 Memorial Day Barbeque Luncheon 2:30 Bird Watching 3:30 Sing along 6:00 Travel the world	<b>30</b> 9:00 Move to Groove 10:00 News and Views 11:00 Health Facts 1:30 Culinary and Resident Meeting 2:30 Lady's Talk 3:30 Seated Yoga 6:00 Nature Film	<b>31</b> 9:00 Fun & Fitness 10:00 Senior Topics 11:00 Sing Fit 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News			

## What's Happening Now

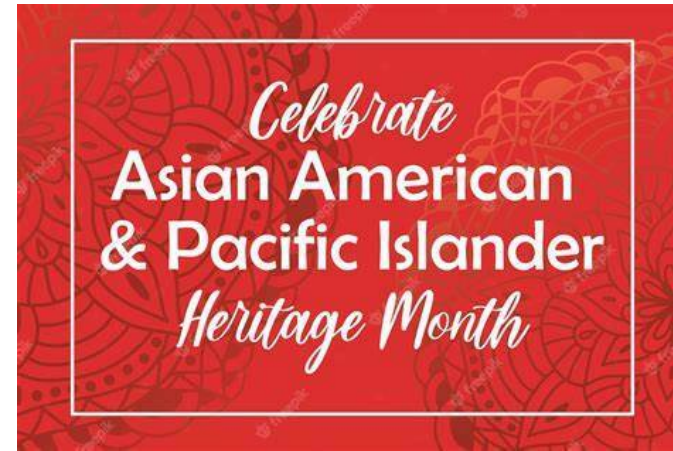
May Day - May Day! Be on the look out of some of our fun activities here in Carefield Castro Valley.

As we enter the month of May, let us add more colors of joy and happiness to Cinco de Mayo celebrations. Let us sing out loud and parade with great pride to make this day a glorious one. We also celebrate Asian American and Pacific Islander, and You will see us celebrate with dances, drums, 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.

## Upcoming Events at Carefield.







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