



Carefield Pleasanton

4115 Mohr Avenue, Pleasanton, CA 94566  
(925) 400-9018 • @CarefieldPleasanton

January 2024

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

Welcome 2024!

I would like to take this opportunity to thank all of you for an amazing year. To all the staff, thank you for your hard work and dedication. To our Carefield families, thank you for giving us the opportunity to care for your loved ones. Over the past year, we have added new staff, vendors, and new residents. Thank you for being a part of us! Here at Carefield Living, we value the relationships we have built over the years. We wouldn't be where we are today without you all.

As the end of year approaches, we know there will be many challenges ahead, but we are excited for all that 2024 has in store for us. 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 2024!

Eunice O'Farrell  
Executive Director

HAPPY  
BIRTHDAY

### Resident Birthdays

Sharon B. 01/02

Barbara P. 01/16

### Employee Birthdays

Maria Rosas O. 01/13

HAPPY  
2024

Happy  
Holidays

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 New Year's Day</b> 9:30 Wiggle those Toes 11:00 Sensory Tray 2:00 Bird Watching 2:30 Snacks Happy Hour 3:30 Sing-Along with me 6:00 Travel the World	<b>2</b> 9:30 Stretch & Bend 10:30 Loren on Guitar 1:30 Puzzles & Games 2:30 Snacks Happy Hour 3:30 Music & Movement	<b>3</b> 9:30 Fun & Fitness 10:30 Current Events 12:00 Amy on Instrument 1:00 J & J Music 2:30 Snacks Happy Hour 3:30 Music & Movement	<b>4</b> 9:30 Tap & Sway 10:30 Word Trivia 1:30 Reading Stories 2:30 Snacks Happy Hour 3:30 Record of all time 6:00 Evening Movies	<b>5</b> 9:30 Exercise with me 10:30 Current Events 1:00 Bamboo Peru Music 2:30 Snacks Happy Hour 3:30 Music & Movement 6:30 Movie Night	<b>6</b> 9:30 Fun & Fitness 10:30 Activities of Interest 1:30 New Year Fun Facts 2:30 Snacks Happy Hour 3:30 Shoot that ball
<b>7</b> 9:30 Sunday Stretch 10:30 Current Events 1:30 Coloring/Puzzles 2:30 Bingo Royal 3:30 Seated Yoga	<b>8</b> 9:30 Wiggle those Toes 11:00 Sensory Tray 2:00 Bird Watching 2:30 Snacks Happy Hour 3:30 Sing-Along with me 6:00 Travel the World	<b>9</b> 9:30 Stretch & Bend 10:30 Floor Games 1:30 Puzzles & Games 2:30 Snacks Happy Hour 3:30 Music & Movement	<b>10</b> 9:30 Fun & Fitness 10:30 Floor Games 12:00 Amy on Instrument 1:00 M & K Music 2:30 Snacks Happy Hour 3:30 Music & Movement	<b>11</b> 9:30 Tap & Sway 10:30 Word Trivia 1:00 Music by Zachary 2:30 Snacks Happy Hour 3:30 Record of all time 6:00 Evening Movies	<b>12</b> 9:30 Exercise with me 10:30 Current Events 1:30 Coloring/Puzzles 2:30 Snacks Happy Hour 3:30 Music & Movement 6:30 Movie Night	<b>13</b> 9:30 Fun & Fitness 10:30 Activities of Interest 1:30 Table Games 2:30 Snacks Happy Hour 3:30 Shoot that ball
<b>14</b> 9:30 Sunday Stretch 10:30 Current Events 1:30 Coloring/Puzzles 2:30 Bingo Royal 3:30 Seated Yoga	<b>15 Martin Luther King Day</b> 9:30 Wiggle those Toes 10:30 MLK-Civil Rights Day 2:00 Bird Watching 2:30 Snacks Happy Hour 3:30 Sing Along with me 6:00 Travel the World	<b>16</b> 9:30 Stretch & Bend 10:30 Floor Games 1:30 Puzzles & Games 2:30 Snacks Happy Hour 3:30 Music & Movement	<b>17</b> 9:30 Fun & Fitness 10:30 Floor Games 12:00 Amy on Instrument 2:30 Snacks Happy Hour 3:30 Music & Movement	<b>18</b> 9:30 Tap & Sway 10:00 Music by Alligator 1:30 Winter Ball Event 2:30 Snacks Happy Hour 3:30 Record of all time 6:00 Evening Movies	<b>19</b> 9:30 Exercise with me 10:30 Current Events 1:30 Coloring/Puzzles 2:30 Snacks Happy Hour 3:30 Music & Movement 6:30 Movie Night	<b>20</b> 9:30 Fun & Fitness 10:30 Activities of Interest 1:30 Table Games 2:30 Snacks Happy Hour 3:30 Shoot that ball
<b>21</b> 9:30 Sunday Stretch 10:30 Current Events 1:30 Coloring/Puzzles 2:30 Bingo Royal 3:30 Seated Yoga	<b>22</b> 9:30 Wiggle those Toes 11:00 Sensory Tray 2:00 Bird Watching 2:30 Snacks Happy Hour 3:30 Sing-Along with me 6:00 Travel the World	<b>23</b> 9:30 Stretch & Bend 10:30 Floor Games 1:30 Puzzles & Games 2:30 Snacks Happy Hour 3:30 Music & Movement	<b>24</b> 9:30 Fun & Fitness 10:30 Floor Games 12:00 Amy on Instrument 2:30 Snacks Happy Hour 3:30 Music & Movement	<b>25</b> 9:30 Tap & Sway 10:30 Word Trivia 1:30 Reading Stories 2:30 Snacks Happy Hour 3:30 Record of all time 6:00 Evening Movies	<b>26</b> 9:30 Exercise with me 10:30 Current Events 1:30 Coloring/Puzzles 2:30 Snacks Happy Hour 3:30 Music & Movement 6:30 Movie Night	<b>27 Holocaust Remembrance Day</b> 9:30 Fun & Fitness 10:30 Activities of Interest 1:30 Table Games 2:30 Snacks Happy Hour 3:30 Shoot that ball
<b>28</b> 9:30 Sunday Stretch 10:30 Current Events 1:30 Coloring/Puzzles 2:30 Bingo Royal 3:30 Seated Yoga	<b>29</b> 9:30 Wiggle those Toes 11:00 Sensory Tray 1:30 Birthday Bash with Rey 2:30 Snacks Happy Hour 3:30 Sing-Along with me 6:00 Travel the World	<b>30</b> 9:30 Stretch & Bend 10:30 Floor Games 1:30 Puzzles & Games 2:30 Snacks Happy Hour 3:30 Music & Movement	<b>31</b> 9:30 Fun & Fitness 10:30 Floor Games 12:00 Amy on Instrument 2:30 Snacks Happy Hour 3:30 Music & Movement			

\*Activities are subject to change\*

# Community News

## What's Happening Now

As another New Year begins all around the World, people will be celebrating in different ways, depending on where they live. How do people ring in the New Year? In Brazil, people wear white during New Year festivities to bring luck, prosperity and ward off evil spirits. Columbians carry suitcases around the block at midnight in hopes of having a travel-filled year. In Denmark, they eat cakes made of marzipan rings stacked on top of each other, decorated with ornaments and flags. Ecuadorians create effigies of politicians, pop culture figures and other icons to set on fire to burn the old year. Spaniards eat one grape for each toll of the clock at midnight to wish for good luck for each coming month of the year. In Switzerland, residents drop a dollop of ice cream on the floor at midnight for good luck, wealth and abundance. And so on, and so forth...

No New Year's party is complete without a kiss at the stroke of midnight. At New Year's Eve, masquerade balls, scary masks were torn off at midnight and a kiss shared as an act of purification to chase away malign spirits. For centuries, New Year has been a time of celebration, nostalgia and hope.

Whatever your traditions for the New Year, wishing you and yours a very joyous, happy and healthy 2024!

## Upcoming Events at Pleasanton.

