



## Carefield Living Castro

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



### Resident Birthdays

Ruth K. 3/17  
Helen B. 3/21

### Employee Birthdays

Guadalupe M. 3/10  
Fenet D. 3/14  
Oluchi O. 3/17  
Melissa B. 3/18  
Lori P. 3/18  
Blanca J. 2/26  
Fredrick H. 3/27

### Employee Anniversaries

Maria Jose H. 3/13  
Kathrine S. 3/16  
Maria A. 3/18  
Genet D. 3/27

### Employee of the Month

**Suzanne C.**

March, 2024

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

The month of March gives us many reasons to celebrate. Let's start this month with the splashing of colors of Holi, may it fall on you like colors of life and brings happiness and prosperity.

We are wishing you luck of the Irish this month as well. Be sure to wear something green on March 17th or you might get pinched! Persian New Year will be on the 19th, celebrating intangible cultural heritage of humanity as a cultural tradition marking the first day of spring and the renewal of nature.

We will be celebrating Easter Sunday with a Luncheon @ 12:00 pm and Easter Basket O'Fun @ 2:30 pm. Daylight saving time goes into effect this month so don't forget to set your clocks ahead one hour on Sunday, March 10th. Happy St. Patrick's Day and Glorious Easter Sunday to all!

Thank you,  
Parveen Singh



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Creative Movement 10:00 Daily Delight 11:00 Name the States 1:30 Fancy Nails 2:30 Memory Lane 3:30 Afternoon Stretch 6:00 Classical Music	2 9:30 Reach & Stretch 10:00 Week in review 11:00 Feel & Describe 1:30 Puzzle/Checkers 2:30 Flower Arrangement 3:30 Balloon Volleyball 6:00 Our World Video
3 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Show of shows 2:30 Bingo Fun 3:30 Sing along-Susie Q 6:00 Evening Cinema	4 9:30 Flex & Bend 10:00 Word Games 11:00 Bean bag toss 1:30 Creature Feature 2:30 Self - Expression 3:30 Walking Club 6:00 Our Planet Earth	5 9:30 Morning Exercise 10:00 Guessing Game 10:30 Mind Stretcher 1:30 Music Therapy 2:30 Short bread Social 3:30 Seated Yoga 6:00 Jazz Music-Video	6 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Talk 2:30 Bingo Fun 3:30 Dance Therapy 6:00 Country Music-Video	7 9:30 Move to the Beat 10:00 Active Minds 11:00 Top Chefs 1:30 Dominoes 2:30 Art Appreciation 3:30 Kickball 6:00 National Geographic	8 9:30 Creative Movement 10:00 Daily Delight 11:00 Name the States 1:30 Fancy Nails 2:30 Memory Lane 3:30 Afternoon Stretch 6:00 Classical Music	9 9:30 Reach & Stretch 10:00 Week in review 11:00 Feel & Describe 1:30 Puzzle/Checkers 2:30 Flower Arrangement 3:30 Balloon Volleyball 6:00 Our World Video
10 Ramadan Begins 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Show of shows 2:30 Bingo Fun 3:30 Sing along-Susie Q 6:00 Evening Cinema	11 9:30 Flex & Bend 10:00 Word Games 11:00 Bean bag toss 1:30 Creature Feature 2:30 Self - Expression 3:30 Walking Club 6:00 Our Planet Earth	12 9:30 Morning Exercise 10:00 Guessing Game 10:30 Music - Alligator 1:30 Music Therapy 2:30 Mix Fruits Social 3:30 Seated Yoga 6:00 Jazz Music-Video	13 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Talk 2:30 Bingo Fun 3:30 Dance Therapy 6:00 Country Music-Video	14 9:30 Move to the Beat 10:00 Active Minds 11:00 Top Chefs 1:30 Dominoes 2:30 Art Appreciation 3:30 Kickball 6:00 National Geographic	15 9:30 Creative Movement 10:00 Daily Delight 11:00 Name the States 1:30 Fancy Nails 2:30 Happy Hour- Jaime 3:30 Afternoon Stretch 6:00 Classical Music	16 9:30 Reach & Stretch 10:00 Week in review 11:00 Feel & Describe 1:30 Puzzle/Checkers 2:30 Flower Arrangement 3:30 Balloon Volleyball 6:00 Our World Video
17 St. Patrick's Day 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Show of shows 2:30 St Patrick's Day party 3:30 Sing along-Susie Q 6:00 Evening Cinema	18 9:30 Flex & Bend 10:00 Word Games 11:00 Bean bag toss 1:30 Creature Feature 2:30 Self - Expression 3:30 Walking Club 6:00 Our Planet Earth	19 Spring Begins 9:30 Morning Exercise 10:00 Guessing Game 10:30 Mind Stretcher 1:30 Music Therapy 2:30 Mint cocoa Social 3:30 Seated Yoga 6:00 Jazz Music-Video	20 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Talk 2:30 Bingo Fun 3:30 Dance Therapy 6:00 Country Music-Video	21 9:30 Move to the Beat 10:00 Active Minds 11:00 Top Chefs 1:30 Dominoes 2:30 Art Appreciation 3:30 Kickball 6:00 National Geographic	22 9:30 Creative Movement 10:00 Daily Delight 11:00 Name the States 1:30 Birthday Bash 2:30 Happy Hour-M&K 3:30 Afternoon Stretch 6:00 Classical Music	23 9:30 Reach & Stretch 10:00 Week in review 11:00 Feel & Describe 1:30 Puzzle/Checkers 2:30 Flower Arrangement 3:30 Balloon Volleyball 6:00 Our World Video
24 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Show of shows 2:30 Bingo Fun 3:30 Sing along-Susie Q 6:00 Evening Cinema	25 Holi 9:30 Flex & Bend 10:00 Word Games 11:00 Bean bag toss 1:30 Creature Feature 2:30 Holi Colors-celebration 3:30 Walking Club 6:00 Our Planet Earth	26 9:30 Morning Exercise 10:00 Guessing Game 10:30 Mind Stretcher 1:30 Music Therapy 2:30 Pudding Social 3:30 Seated Yoga 6:00 Jazz Music-Video	27 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Talk 2:30 Bingo Fun 3:30 Dance Therapy 6:00 Country Music-Video	28 9:30 Move to the Beat 10:00 Active Minds 11:00 Top Chefs 1:30 Dominoes 2:30 Art Appreciation 3:30 Kickball 6:00 National Geographic	29 Good Friday 9:30 Creative Movement 10:00 Daily Delight 11:00 Name the States 1:30 Fancy Nails 2:30 Memory Lane 3:30 Afternoon Stretch 6:00 Classical Music	30 9:30 Reach & Stretch 10:00 Week in review 11:00 Feel & Describe 1:30 Puzzle/Checkers 2:30 Flower Arrangement 3:30 Balloon Volleyball 6:00 Our World Video
31 Easter 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Easter - Fill up your Basket! 2:30 Music - J & J 3:30 Chair Yoga 6:00 Evening Cinema						

## What's Happening Now

March is the month where we say goodbye to cold and winter, and embrace the start of spring. The flowers and trees will start to bloom just in time for stars to shine.

The Oscars will be celebrated on March 10th, and it will be red carpet paradise during the 96th Academy Awards. Don't forget to set your clock ahead rift after they award the best picture! Spring ahead!

St. Patrick's Day is our greenest holiday, and we will have 4 leaf clovers and leprechauns to celebrate the old Irish holiday with baileys to toast to!

We are looking forward to our exciting daily activities and special events such as Holi, Birthday Bash or simply sitting in our patio garden enjoying each other's company listening to each other's stories, while enjoying some refreshments.

## Upcoming Events at Carefield.



