



Carefield Living Castro

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

Resident Birthdays

Michelina T. 4/16
Rosemary B. 4/27
John B. 4/28

April, 2024

A note from our...

Sr. Executive Director

As spring arrives, we say goodbye to chilly weather and welcome the sunshine and vibrant blooms that come with the season. We hope that your days are filled with clear skies and lush greenery. April, named for the Latin word "aperio," which means "to open (bud)," is a month that sees plants beginning to grow.

Employee Birthdays

Jenny Y. 4/9
Michael B. 4/9
Regina O. 4/10
Maria A. 4/11
Leah B. 4/14
Felix A. 4/28
Kumssa E. 4/29

As we commence the month, let us begin by reminding you to be mindful of April Fool's Day. Life is not always serious, so keep a lighthearted spirit! We look forward to celebrating our April theme, "Tour to Greece." On Earth Day, our residents will have the chance to plant and nurture flowers to add to our already beautiful garden.

Employee Anniversaries

Michael B.
4/13

We wish you a wonderful spring!

Employee of the Month
Glo Ann A.

Thank you,
Parveen Singh



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|--|--|
| | 1 April Fools' Day 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 April fools Topic 1:30 Fun at Work Day 2:30 Card Games 3:30 Sing along 6:00 Animal Planet | 2 9:00 Move to Groove 10:00 News & Views 11:00 Health Facts 1:30 Word search puzzle 2:30 Greek Yogurt Social 3:30 SingFit 6:00 Nature film | 3 9:00 Fun & Fitness 10:00 Senior Topics 11:00 All about food 1:30 Pretty Nails 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News | 4 9:00 Silver Sneaker- Video 10:00 Mind Stretcher 11:00 Music Therapy 1:30 Pots & Poises 2:30 Tea Party 3:30 Chair Yoga 6:00 National Geographic | 5 9:00 Morning Exercise 10:00 Scenic Ride-Redwood 11:00 Topic of interest 1:30 Garden Visit 2:30 Happy hour - Bamboo Peru 3:30 Walk & Roll 6:00 Showtime | 6 9:00 Creative Movement 10:00 Week in Review 11:00 Daily Delight 1:30 Checkers/UNO 2:30 Patio Chat 3:30 Dance Yoga 6:00 Evening Cinema |
| 7 9:30 Our Lady of Grace 10:00 Giving Thanks 11:00 Sunday Stretch 1:30 Bird Watching 2:30 Bingo Time 3:30 Walking Club 6:00 Sunday Movie | 8 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Headliners 1:30 Empanada Day 2:30 Card Games 3:30 Sing along 6:00 Animal Planet | 9 Eid al-Fitr 9:00 Move to Groove 10:00 News & Views 11:00 Health Facts 1:30 Word search puzzle 2:30 Music - Alligator 3:30 SingFit 6:00 Nature film | 10 9:00 Fun & Fitness 10:00 Music & Praises 11:00 All about food 1:30 Pretty Nails 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News | 11 9:00 Silver Sneaker- Video 10:00 Mind Stretcher 11:00 Music Therapy 1:30 Pots & Poises 2:30 Chef's Corner - Bill 3:30 Chair Yoga 6:00 National Geographic | 12 9:00 Morning Exercise 10:00 Scenic Ride-Fairmont 11:00 Topic of interest 1:30 Garden Visit 2:30 Happy Hour - M & K 3:30 Walk & Roll 6:00 Showtime | 13 9:00 Creative Movement 10:00 Week in Review 11:00 Daily Delight 1:30 Checkers/UNO 2:30 Patio Chat 3:30 Dance Yoga 6:00 Evening Cinema |
| 14 9:30 Our Lady of Grace 10:00 Giving Thanks 11:00 Sunday Stretch 1:30 Bird Watching 2:30 Bingo Time 3:30 Walking Club 6:00 Sunday Movie | 15 Tax Day 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Headliners 1:30 Tax Day Topic 2:30 Card Games 3:30 Sing along 6:00 Animal Planet | 16 9:00 Move to Groove 10:00 News & Views 11:00 Health Facts 1:30 Word search puzzle 2:30 Baklava Social 3:30 SingFit 6:00 Nature film | 17 9:00 Fun & Fitness 10:00 Senior Topics 11:00 All about food 1:30 Pretty Nails 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News | 18 9:00 Silver Sneaker- Video 10:00 Mind Stretcher 11:00 Music Therapy 1:30 Pots & Poises 2:30 Cooking Demo- Dottie 3:30 Chair Yoga 6:00 National Geographic | 19 9:00 Morning Exercise 10:00 Scenic Ride-Canyon Golf 11:00 Topic of interest 1:30 Garden Visit 2:30 Happy Hour - J & J 3:30 Walk & Roll 6:00 Showtime | 20 9:00 Creative Movement 10:00 Week in Review 11:00 Daily Delight 1:30 Checkers/UNO 2:30 Patio Chat 3:30 Dance Yoga 6:00 Evening Cinema |
| 21 9:30 Our Lady of Grace 10:00 Giving Thanks 11:00 Sunday Stretch 1:30 Bird Watching 2:30 Bingo Time 3:30 Walking Club 6:00 Sunday Movie | 22 Passover Begins 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Headliners 1:30 Earth Day- Garden Visit 2:30 Card Games 3:30 Sing along 6:00 Animal Planet | 23 9:00 Move to Groove 10:00 News & Views 11:00 Health Facts 1:30 Culinary & Residents Meeting 2:30 Cheesecake Social 3:30 SingFit 6:00 Nature film | 24 9:00 Fun & Fitness 10:00 Music & Praises 11:00 All about food 1:30 Pretty Nails 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News | 25 9:00 Silver Sneaker- Video 10:00 Mind Stretcher 11:00 Music Therapy 1:30 Pots & Poises 2:30 Munchies Demo 3:30 Chair Yoga 6:00 National Geographic | 26 9:00 Morning Exercise 10:00 Scenic Ride-Hayward Hills 11:00 Topic of interest 1:30 Garden Visit 2:30 Birthday Bash 3:30 Walk & Roll 6:00 Showtime | 27 9:00 Creative Movement 10:00 Week in Review 11:00 Daily Delight 1:30 Checkers/UNO 2:30 Patio Chat 3:30 Dance Yoga 6:00 Evening Cinema |
| 28 9:30 Our Lady of Grace 10:00 Giving Thanks 11:00 Sunday Stretch 1:30 Bird Watching 2:30 Bingo Time 3:30 Walking Club 6:00 Sunday Movie | 29 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Headliners 1:30 International Dance Day 2:30 Card Games 3:30 Sing along 6:00 Animal Planet | 30 9:00 Move to Groove 10:00 News & Views 11:00 Health Facts 1:30 Word search puzzle 2:30 Greek custard pudding Social 3:30 SingFit 6:00 Nature film | | | | |

Community News

What's Happening Now

As we enter the month of April, nature's beauty is once again in full bloom. The flowers are blossoming, and the birds are chirping as the days get longer and warmer. However, we should be cautious of April Fool's Day, as the world celebrates this annual fun day.

While we enjoy the lively spirits, let us not forget the upcoming solar eclipse on April 8th. The Midwest will have the best view of this rare celestial phenomenon, with almost 4 minutes of darkness in the middle of the day.

As we move towards the end of the month on April 22nd, the world will participate in Earth Day, a global initiative that began in 1970. The day serves as a reminder of the impact of plastic pollution on our rivers, oceans, and streams. We aim to contribute to the cause by initiating a gardening activity for our residents.

We encourage everyone to celebrate April's Tour to Greece theme with us, while doing our part in making a difference to the environment.

We look forward to a productive and exciting month ahead!

Upcoming Events at Carefield.



