



Carefield Living Castro

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

Resident Birthdays



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.

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.

We wish you a wonderful spring!

Thank you,
Parveen Singh

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

Employee Anniversaries

- Michael B.
4/13

Employee of the Month
Glo Ann A.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fools' Day 9:30 Flex & Bend 10:00 Word Games 11:00 April fools Joke 1:30 Fun at Work Day 2:30 Self - Expression 3:30 Walking Club 6:00 Our Planet Earth	2 9:30 Morning Exercise 10:00 Guessing Game 10:30 Mind Stretcher 1:30 Music Therapy 2:30 Greek Yogurt social 3:30 Seated Yoga 6:00 Jazz Music-Video	3 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Talk 2:30 Bingo Fun 3:30 Dance T therapy 6:00 Country Music-Video	4 9:30 Move to the Beat 10:00 Active Minds 11:00 Top Chefs 1:30 Pots & Poises 2:30 Tea Party 3:30 Kickball 6:00 National Geographic	5 9:30 Silver Sneaker-Video 10:00 Daily Delight 11:00 Laughing Yoga 1:30 Patio Chat 2:30 Happy Hour - J & J 3:30 Afternoon Stretch 6:00 Classical Music	6 9:30 Reach & Stretch 10:00 Week in review 11:00 Feel & Describe 1:30 Puzzle/Checkers 2:30 Flower Arrangement 3:30 SingFit 6:00 Our World Video
7 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Fancy Nails 2:30 Bingo Fun 3:30 Sing along-Susie Q 6:00 Evening Cinema	8 9:30 Flex & Bend 10:00 Music- Bamboo Peru 11:00 Bean bag toss 1:30 Creature Feature 2:30 Empanada Day 3:30 Walking Club 6:00 Our Planet Earth	9 Eid al-Fitr 9:30 Morning Exercise 10:00 Guessing Game 10:30 Music - Alligator 1:30 Music Therapy 2:30 Coffee & Tea Social 3:30 Seated Yoga 6:00 Jazz Music-Video	10 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Talk 2:30 Bingo Fun 3:30 Dance T therapy 6:00 Country Music-Video	11 9:30 Move to the Beat 10:00 Active Minds 11:00 Top Chefs 1:30 Pots & Poises 2:30 Scenic Ride- Fairmont 3:30 Kickball 6:00 National Geographic	12 9:30 Silver Sneaker-Video 10:00 Daily Delight 11:00 Laughing Yoga 1:30 Patio Chat 2:30 Memory Lane 3:30 Afternoon Stretch 6:00 Classical Music	13 9:30 Reach & Stretch 10:00 Week in review 11:00 Feel & Describe 1:30 Puzzle/Checkers 2:30 Flower Arrangement 3:30 SingFit 6:00 Our World Video
14 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Fancy Nails 2:30 Bingo Fun 3:30 Sing along-Susie Q 6:00 Evening Cinema	15 Tax Day 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	16 9:30 Morning Exercise 10:00 Guessing Game 10:30 Mind Stretcher 1:30 Music Therapy 2:30 Baklava Social 3:30 Seated Yoga 6:00 Jazz Music-Video	17 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Talk 2:30 Bingo Fun 3:30 Dance T therapy 6:00 Country Music-Video	18 9:30 Move to the Beat 10:00 Active Minds 11:00 Top Chefs 1:30 Pots & Poises 2:30 Scenic Ride- Canyon Golf 3:30 Kickball 6:00 National Geographic	19 9:30 Silver Sneaker-Video 10:00 Daily Delight 11:00 Laughing Yoga 1:30 Patio Chat 2:30 Memory Lane 3:30 Afternoon Stretch 6:00 Classical Music	20 9:30 Reach & Stretch 10:00 Week in review 11:00 Feel & Describe 1:30 Puzzle/Checkers 2:30 Flower Arrangement 3:30 SingFit 6:00 Our World Video
21 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Fancy Nails 2:30 Bingo Fun 3:30 Sing along-Susie Q 6:00 Evening Cinema	22 Passover Begins 9:30 Flex & Bend 10:00 Word Games 11:00 Bean bag toss 1:30 Creature Feature 2:30 Earth Day- Garden Visit 3:30 Walking Club 6:00 Our Planet Earth	23 9:30 Morning Exercise 10:00 Guessing Game 10:30 Mind Stretcher 1:30 Music Therapy 2:30 Cheesecake Social 3:30 Seated Yoga 6:00 Jazz Music-Video	24 9:30 Fun & Fitness 10:00 Brain Teaser 11:00 Ring /Ball Toss 1:30 Table Talk 2:30 Bingo Fun 3:30 Dance T therapy 6:00 Country Music-Video	25 9:30 Move to the Beat 10:00 Active Minds 11:00 Top Chefs 1:30 Pots & Poises 2:30 Chef's Corner-Bill 3:30 Kickball 6:00 National Geographic	26 9:30 Silver Sneaker-Video 10:00 Daily Delight 11:00 Laughing Yoga 1:30 Birthday Bash 1:30 Patio Chat 2:30 Happy Hour - M & K 3:30 Afternoon Stretch 6:00 Classical Music	27 9:30 Reach & Stretch 10:00 Week in review 11:00 Feel & Describe 1:30 Puzzle/Checkers 2:30 Flower Arrangement 3:30 SingFit 6:00 Our World Video
28 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Fancy Nails 2:30 Bingo Fun 3:30 Sing along-Susie Q 6:00 Evening Cinema	29 9:30 Flex & Bend 10:00 Word Games 11:00 Bean bag toss 1:30 Creature Feature 2:30 International Dance Day 3:30 Walking Club 6:00 Our Planet Earth	30 9:30 Morning Exercise 10:00 Guessing Game 10:30 Mind Stretcher 1:30 Music Therapy 2:30 Greek custard pudding Social 3:30 Seated Yoga 6:00 Jazz Music-Video				

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.

