



## Carefield Living Castro

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



### Resident Birthdays

Helen K.	6/9
Dorothea B.	6/16
Nikhil K.	6/19
Roberta E.	6/27

### Employee Birthdays

Yvonne R.	6/5
Riza G.	6/19
Maria G.	6/26
LaDonna D.	6/27
Starr P.	6/28
Daniel C.	6/30

### Employee Anniversaries

Mina K.	6/1
Duany R.	6/5
Meron S.	6/5
Samuel D.	6/8
Lydia M.	6/13
Oralia V.	6/15
Laura A.	6/20
Maimun H.	6/21
Dorene H.	6/28
Oluchi O.	6/28

### Employee of the Month

**Katherine Santos**

June 2024

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

SUMMER IS HERE

As the warmth of summer settles in, we're surrounded by the lush greenery that the recent rains have brought us. June brings with it a few significant celebrations, and we'd like to take this opportunity to acknowledge them.

Firstly, we'll be honoring our fathers and grandfathers on Father's Day with a luncheon. This is a special occasion to recognize their contributions and importance in our lives.

Additionally, we'll be celebrating LGBTQ Pride Month, Juneteenth, and Flag Day. The latter commemorates the adoption of the United States flag on June 14, 1777, and its subsequent establishment as a national holiday by President Woodrow Wilson in 1916. June 14 is also the birthday of the United States Army.

Furthermore, we'll be joining the Alzheimer's and Brain Awareness Month movement by going purple and supporting the Alzheimer's Foundation's efforts to find a cure for the disease.

Best regards,  
Parveen Singh



## Carefield Living Castro

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00 Morning Stretch 10:00 Week in Review 11:00 Seasonal Discussion 1:30 Musical Memories 2:30 Meet and Greet 3:30 Sittercise 6:00 Game show
2 9:30 Our Lady of Grace 10:00 Silver Sneaker-Video 11:00 Giving Thanks 1:30 Patio Chat 2:30 Sunday Bingo 3:30 Walking Club 6:00 Sunday Movie	3 9:00 Happy & Healthy 10:00 Daily Delight 11:00 Trivia-Video 1:30 Word Games 2:30 Card Games 2:30 Express yourself 6:00 Animal Planet	4 9:00 Let's Get Fit 10:00 Mind Benders 11:00 Health Facts 1:30 Word search puzzle 2:30 Tiramisu Social 3:30 Music Therapy 6:00 Silver Fox Club	5 9:00 Stretch & Flex 10:00 Daily Delight 11:00 Headliners 1:30 Pretty Nails 2:30 Bingo Fun 3:30 Sing along 6:00 Evening News	6 9:00 Creative Movement 10:00 News & Views 11:00 Music Therapy 1:30 Pots & Poises 2:30 Picnic in the park 3:30 Chair Dancing 6:00 Animal Planet	7 9:00 Wiggle those toes 10:00 Tales with a twist 11:00 Trivia Challenge 1:30 Garden Visit 2:30 Happy Hour-Jaime 3:30 Game Center 6:00 Armchair travel	8 9:00 Morning Stretch 10:00 Week in Review 11:00 Seasonal Discussion 1:30 Musical Memories 2:30 Meet and Greet 3:30 Sittercise 6:00 Game show
9 9:30 Our Lady of Grace 10:00 Silver Sneaker-Video 11:00 Giving Thanks 1:30 Patio Chat 2:30 Sunday Bingo 3:30 Walking Club 6:00 Sunday Movie	10 9:00 Happy & Healthy 10:00 Daily Delight 11:00 Trivia-Video 1:30 Word Games 2:30 Card Games 2:30 Express yourself 6:00 Animal Planet	11 9:00 Let's Get Fit 10:00 Mind Benders 11:00 Health Facts 1:30 Word search puzzle 2:30 Music with Alligator 3:30 Music Therapy 6:00 Sports Bloopers	12 9:00 Stretch & Flex 10:00 Daily Delight 11:00 Headliners 1:30 Pretty Nails 2:30 Bingo Fun 3:30 Sing along 6:00 Evening News	13 9:00 Creative Movement 10:00 News & Views 11:00 Music Therapy 1:30 Pots & Poises 2:30 Chef's Corner - Bill 3:30 Chair Dancing 6:00 Animal Planet	14 Flag Day 9:00 Wiggle those toes 10:00 Tales with a twist 11:00 Trivia Challenge 1:30 Garden Visit 2:30 Party of Three-music 3:30 Flag Day-Waving 6:00 Armchair travel	15 9:00 Morning Stretch 10:00 Week in Review 11:00 Seasonal Discussion 1:30 Musical Memories 2:30 Meet and Greet 3:30 Sittercise 6:00 Game show
16 Father's Day 9:30 Our Lady of Grace 10:00 Silver Sneaker-Video 11:00 Giving Thanks 12:00 Father's Day Luncheon 2:30 Music - J & J 3:30 Walking Club 6:00 Sunday Movie	17 9:00 Happy & Healthy 10:00 Daily Delight 11:00 Trivia-Video 1:30 Word Games 2:30 Card Games 2:30 Express yourself 6:00 Animal Planet	18 9:00 Let's Get Fit 10:00 Mind Benders 11:00 Health Facts 1:30 Word search puzzle 2:30 Culinary & Residents Mtg. 3:30 Express yourself 6:00 Gentlemen's Club	19 Juneteenth 9:00 Stretch & Flex 10:00 Daily Delight 11:00 Juneteenth Topic 1:30 Pretty Nails 2:30 Music - Jaime 3:30 Sing along 6:00 Evening News	20 Summer Begins 9:00 Creative Movement 10:00 News & Views 11:00 Music Therapy 1:30 Pots & Poises 2:30 Summer wedding in Italy 3:30 Chair Dancing 6:00 Animal Planet	21 9:00 Wiggle those toes 10:00 Tales with a twist 11:00 Trivia Challenge 1:30 National Selfie Day! 2:30 Birthday Bash 3:30 Game Center 6:00 Armchair travel	22 9:00 Morning Stretch 10:00 Week in Review 11:00 Seasonal Discussion 1:30 Musical Memories 2:30 Meet and Greet 3:30 Sittercise 6:00 Game show
23 9:30 Our Lady of Grace 10:00 Silver Sneaker-Video 11:00 Giving Thanks 1:30 Patio Chat 2:30 Sunday Bingo 3:30 Walking Club 6:00 Sunday Movie	24 9:00 Happy & Healthy 10:00 Daily Delight 11:00 Trivia-Video 1:30 Word Games 2:30 Card Games 2:30 Express yourself 6:00 Animal Planet	25 9:00 Let's Get Fit 10:00 Mind Benders 11:00 Health Facts 1:30 Word search puzzle 2:30 Italian Gelato Social 3:30 Music Therapy 6:00 Casino Night	26 9:00 Stretch & Flex 10:00 Daily Delight 11:00 Headliners 1:30 Pretty Nails 2:30 Bingo Fun 3:30 Sing along 6:00 Evening News	27 9:00 Creative Movement 10:00 News & Views 11:00 Music Therapy 1:30 National Sunglasses Day 2:30 Tour-Japanese Garden 3:30 Chair Dancing 6:00 Animal Planet	28 9:00 Wiggle those toes 10:00 Tales with a twist 11:00 Trivia Challenge 1:30 Garden Visit 2:30 Happy hour - M & K 3:30 Game Center 6:00 Armchair travel	29 9:00 Morning Stretch 10:00 Week in Review 11:00 Seasonal Discussion 1:30 Musical Memories 2:30 Meet and Greet 3:30 Sittercise 6:00 Game show
30 9:30 Our Lady of Grace 10:00 Silver Sneaker-Video 11:00 Giving Thanks 1:30 Patio Chat 2:30 Sunday Bingo 3:30 Walking Club 6:00 Sunday Movie						

## What's Happening Now

Hello Summertime!

As we enter June, we're excited to celebrate the start of summer with a range of indoor and outdoor activities at Carefield Living. Despite the fog that often accompanies this time of year, we're looking forward to embracing the season's warmth and spotting the sights and sounds of blooming plants and singing birds.

On a special note, Father's Day is just around the corner, taking place on the third Sunday of the month, which falls on the 16th. We'd like to extend a warm welcome and appreciation to all the dads in our community.

We've planned a range of activities to highlight the great weather and all the things that make our community special. These will include events on National Selfie Day and National Sunglasses Day, with an array of music from Bamboo Peru, Alligator, J & J, M & K, and other talented performers.

Wishing all fathers a wonderful Father's Day!

## Upcoming Events at Carefield.



