



Carefield Living Castro

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



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 Silver Sneaker- Video 10:00 Week in review 11:00 Discovery Zone 1:30 Patio Hour 2:30 Flower Arrangement 3:30 Hand Massage 6:00 Our World Video
2 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Fancy Nails 2:30 Bingo Fun 3:30 Music Appreciation 6:00 Evening Cinema	3 9:30 Creative Movement 10:00 Picture Identification 11:00 Bean toss/Table games 1:30 Sing along-Susie Q 2:30 Self- Expression 3:30 Walking Club 6:00 Our Planet Earth	4 9:30 Let's Get Fit 10:00 Guessing Game 10:30 Mind Stretcher 1:30 Music Therapy 2:30 Tiramisu Social 3:30 Sensory & Music 6:00 Silver Fox Club	5 9:30 Stretch & Flex 10:00 Mind Benders 11:00 Bowling/Toss & Catch 1:30 Sense Ability 2:30 Bingo Fun 3:30 Name that Sound 6:00 Nature Films	6 9:30 Fun & Fitness 10:00 Brain Games 11:00 Hum that Tune 1:30 Pots & Poises 2:30 Taste and See 3:30 Target/Ring Toss 6:00 National Geographic	7 9:30 Morning Exercise 10:00 Daily Delight 11:00 Laughing Yoga 1:30 Patio Chat 2:30 Happy Hour- J&J 3:30 Fresh Air Club 6:00 Classical Music	8 9:30 Silver Sneaker- Video 10:00 Week in review 11:00 Discovery Zone 1:30 Patio Hour 2:30 Flower Arrangement 3:30 Hand Massage 6:00 Our World Video
9 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Fancy Nails 2:30 Bingo Fun 3:30 Music Appreciation 6:00 Evening Cinema	10 9:30 Creative Movement 10:00 Picture Identification 11:00 Bean toss/Table games 1:30 Sing along-Susie Q 2:30 Self- Expression 3:30 Walking Club 6:00 Our Planet Earth	11 9:30 Let's Get Fit 10:00 Guessing Game 10:30 Music - Alligator 1:30 Dominoes/Coloring 2:30 Strudel Social 3:30 Sensory & Music 6:00 Sports Bloopers	12 9:30 Stretch & Flex 10:00 Mind Benders 11:00 Bowling/Toss & Catch 1:30 Sense Ability 2:30 Bingo Fun 3:30 Name that Sound 6:00 Nature Films	13 9:30 Fun & Fitness 10:00 Brain Games 11:00 Hum that Tune 1:30 Pots & Poises 2:30 Taste and See 3:30 Target/Ring Toss 6:00 National Geographic	14 Flag Day 9:30 Morning Exercise 10:00 Daily Delight 11:00 Laughing Yoga 1:30 Patio Chat 2:30 Happy hour - M & K 3:30 Flag Day-Waving 6:00 Classical Music	15 9:30 Silver Sneaker- Video 10:00 Week in review 11:00 Discovery Zone 1:30 Patio Hour 2:30 Flower Arrangement 3:30 Hand Massage 6:00 Our World Video
16 Father's Day 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 12:00 Father's Day Luncheon 2:30 Music - M & K 3:30 Music Appreciation 6:00 Evening Cinema	17 9:30 Creative Movement 10:00 Picture Identification 11:00 Bean toss/Table games 1:30 Sing along-Susie Q 2:30 Self- Expression 3:30 Walking Club 6:00 Our Planet Earth	18 9:30 Let's Get Fit 10:00 Guessing Game 10:30 Mind Stretcher 1:30 Dominoes/Coloring 2:30 Residents Meeting-Fred 3:30 Sensory & Music 6:00 Gentlemen's Club	19 Juneteenth 9:30 Stretch & Flex 10:00 Mind Benders 11:00 Bowling/Toss & Catch 1:30 Sense Ability 2:30 Bingo Fun 3:30 Name that Sound 6:00 Nature Films	20 Summer Begins 9:30 Fun & Fitness 10:00 Brain Games 11:00 Hum that Tune 1:30 Pots & Poises 2:30 Summer wedding in Italy 3:30 Target/Ring Toss 6:00 National Geographic	21 9:30 Morning Exercise 10:00 Daily Delight 11:00 Laughing Yoga 1:30 National Selfie Day! 2:30 Birthday Bash 3:30 Fresh Air Club 6:00 Classical Music	22 9:30 Silver Sneaker- Video 10:00 Week in review 11:00 Discovery Zone 1:30 Patio Hour 2:30 Flower Arrangement 3:30 Hand Massage 6:00 Our World Video
23 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Fancy Nails 2:30 Bingo Fun 3:30 Music Appreciation 6:00 Evening Cinema	24 9:30 Creative Movement 10:00 Picture Identification 11:00 Bean toss/Table games 1:30 Sing along-Susie Q 2:30 Self- Expression 3:30 Walking Club 6:00 Our Planet Earth	25 9:30 Let's Get Fit 10:00 Guessing Game 10:30 Mind Stretcher 1:30 Dominoes/Coloring 2:30 Italian Gelato Social 3:30 Sensory & Music 6:00 Casino Night	26 9:30 Stretch & Flex 10:00 Mind Benders 11:00 Bowling/Toss & Catch 1:30 Sense Ability 2:30 Bingo Fun 3:30 Name that Sound 6:00 Nature Films	27 9:30 Fun & Fitness 10:00 Brain Games 11:00 Hum that Tune 1:30 National Sunglasses Day 2:30 Chef's Corner - Bill 3:30 Target/Ring Toss 6:00 National Geographic	28 9:30 Morning Exercise 10:00 Daily Delight 11:00 Laughing Yoga 1:30 Patio Chat 2:30 Sing along - Rosalie 3:30 Fresh Air Club 6:00 Classical Music	29 9:30 Silver Sneaker- Video 10:00 Week in review 11:00 Discovery Zone 1:30 Patio Hour 2:30 Flower Arrangement 3:30 Hand Massage 6:00 Our World Video
30 9:00 Catholic Mass 10:00 Coffee Social 11:00 Skip Counting 1:30 Fancy Nails 2:30 Bingo Fun 3:30 Music Appreciation 6:00 Evening Cinema						

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.



