

Assisted Living • Memory Care

19960 Santa Maria Avenue, Castro Valley, CA 94546 (510) 925-2681 CarefieldLiving.com @CarefieldCastroValley

## **AUGUST 2024**

Assisted Living & Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:30 Creative Movement 10:00 Mind Stretchers 11:00 Topic of interest 1:30 Story Telling 2:30 Scenic Ride 3:30 Walk and Roll 6:00 Olympic Games	9:00 Morning Stretch 10:00 Linked Senior 11:00 Musical Memories 1:30 Crafts of Interest 2:30 Happy Hour- Jaime 3:30 Men's Club 6:00 Olympic Games	9:30 Happy and Healthy 10:00 Week in Review 11:00 Tony Bennett Day 1:30 Bird Watching 2:30 Card Games 3:30 Dance Yoga 6:00 Olympic Games
9:30 Our Lady of Grace 10:00 Sunday Exercise 11:00 Word Power 1:30 Patio Chat 2:30 Sunday Bingo 3:30 Sing along-Susie Q 6:00 Olympic Games	9:30 Let's Get Fit 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self- Expression 2:30 Bird Watching- Music 3:30 Walking Club 6:00 Olympic Games	9:30 Flex & Stretch 10:00 News and Views 11:00 American Artist Day 1:30 Word search puzzle 2:30 Banana split social 3:30 Music Therapy 6:00 Olympic Games	9:30 Fun and Fitness 10:00 Senior Topics 11:00 Food Facts 1:30 Beauty Club 2:30 Bingo Fun 3:30 Purple Heart Day 6:00 Olympic Games	9:30 Creative Movement 10:00 Mind Stretchers 11:00 Topic of interest 1:30 Story Telling 2:30 Chef's Corner - Bill 3:30 Walk and Roll 6:00 Olympic Games	9:00 Morning Stretch 10:00 Linked Senior 11:00 International Day of the Indigenous People 1:30 Crafts of Interest 2:30 Happy hour - M & K 3:30 Game Center 6:00 Olympic Games	9:30 Happy and Healthy 10:00 Week in Review 11:00 Trivia-Video 1:30 Bird Watching 2:30 Card Games 3:30 Dance Yoga 6:00 Olympic Games
9:30 Our Lady of Grace 10:00 Sunday Exercise 11:00 Word Power 1:30 Patio Chat 2:30 Sunday Bingo 3:30 Sing along-Susie Q 6:00 Olympic Games	9:30 Let's Get Fit 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self- Expression 2:30 Bird Watching- Music 3:30 Walking Club 6:00 Nature Films	9:30 Flex & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Word search puzzle 2:30 Music with Alligator 3:30 Wear your Birthstone Day 6:00 Silver Fox Club	9:30 Fun and Fitness 10:00 Senior Topics 11:00 Food Facts 1:30 Beauty Club 2:30 Bingo Royal 3:30 Sing along 6:00 Table Board Games	9:30 Creative Movement 10:00 Mind Stretchers 12:00 Luau Luncheon 1:30 Story Telling 2:30 Luau Party 3:30 Walk and Roll 6:00 Bounty Hunters	9:00 Morning Stretch 10:00 Linked Senior 11:00 Vacation Memories Day 1:30 Crafts of Interest 2:30 Happy hour-Music 3:30 Game Center 6:00 Evening News	9:30 Happy and Healthy 10:00 Week in Review 11:00 Trivia-Video 1:30 Bird Watching 2:30 Card Games 3:30 Dance Yoga 6:00 Game show
9:30 Our Lady of Grace 10:00 Sunday Exercise 11:00 Word Power 1:30 Patio Chat 2:30 Sunday Bingo 3:30 Sing along-Susie Q 6:00 Sunday Movie	9:30 Let's Get Fit 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self- Expression 2:30 Bird Watching- Music 3:30 Walking Club 6:00 Nature Films	9:30 Flex & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Word search puzzle 2:30 Charcuterie Social 3:30 Music Therapy 6:00 Silver Fox Club	9:30 Fun and Fitness 10:00 Senior Topics 11:00 National Senior Citizens Day 1:30 Beauty Club 2:30 Bingo Fun 3:30 Sing along 6:00 Table Board Games	9:30 Creative Movement 10:00 Mind Stretchers 11:00 Topic of interest 1:30 Story Telling 2:30 window shopping TJMaxx 3:30 Walk and Roll 6:00 Bounty Hunters	9:00 Morning Stretch 10:00 Linked Senior 11:00 Musical Memories 1:30 Crafts of Interest 2:30 Happy hour-Music 3:30 Game Center 6:00 Evening News	9:30 Happy and Healthy 10:00 Week in Review 11:00 Trivia-Video 1:30 Bird Watching 2:30 Card Games 3:30 Dance Yoga 6:00 Game show
9:30 Our Lady of Grace 10:00 Sunday Exercise 11:00 Word Power 1:30 Patio Chat 2:30 Sunday Bingo 3:30 Sing along-Susie Q 6:00 Sunday Movie	9:30 Let's Get Fit 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self- Expression 2:30 Bird Watching- Music 3:30 Walking Club 6:00 Nature Films	9:30 Flex & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Culinary & Residents Meeting 2:30 Parfait Social 3:30 Music Therapy 6:00 Silver Fox Club	9:30 Fun and Fitness 10:00 Senior Topics 11:00 Food Facts 1:30 Beauty Club 2:30 Diversity Celebration & Staff Meeting 3:30 Sing along 6:00 Table Board Games	9:30 Creative Movement 10:00 Mind Stretchers 11:00 Topic of interest 1:30 Story Telling 2:30 Birthday Bash 3:30 Walk and Roll 6:00 Bounty Hunters	9:00 Morning Stretch 10:00 Linked Senior 11:00 Musical Memories 1:30 Crafts of Interest 2:30 Karaoke Day 3:30 Game Center 6:00 Evening News	9:30 Happy and Healthy 10:00 Week in Review 11:00 Trivia-Video 1:30 Bird Watching 2:30 Card Games 3:30 Dance Yoga 6:00 Game show