



## Carefield Living Castro

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

### Resident Birthdays

Mei Hui C. 12/1  
Conrad J. 12/2  
Ann D. 12/2  
Susanna G. 12/6  
Valerie W. 12/14  
Beverly L. 12/24  
John P. 12/27

### Employee Birthdays

Laura A. 12/5  
Sara H. 12/15  
Ciara G. 12/19  
Daniel N. 12/22  
Kely C. 12/23  
Elizabeth F. 12/24

### Employee Anniversaries

Fenet D. 12/7  
Anita M. 12/12  
Leah B. 12/20

### Employee of the Month

**Riza G.**

December 2024

A note from our...

**Sr. Executive Director**

Season Greetings!

We extend warm Season's Greetings to you and your families from the Carefield Castro Valley team. We hope your holiday period is filled with love, joy, and happiness, and that your days are merry and bright throughout the Christmas season and into the new year.

As we approach the Christmas season, we take a moment to reflect on important dates, including Pearl Harbor Day, which has given us significant inspiration. To get into the holiday spirit, we will be adorning our community with festive decorations, including ornaments and garlands. Our community will come alive with the sounds of holiday carols and songs as we eagerly await the arrival of Santa Claus and the joy of gift-giving.

We invite you and your loved ones to visit us over the holidays and enjoy quality time together in our welcoming environment. If, however, you plan to take your loved one out for an extended period during the holidays, please kindly notify us in advance so we can ensure their prescribed medication is available.

We wish you and your loved ones a well-deserved break, and we look forward to a happy and prosperous new year ahead.

Best regards,  
Parveen Singh



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## What's Happening Now

As we say goodbye to 2024, we welcome you to a month filled with festive celebrations and holiday joy. December marks the arrival of winter, the shortest day of the year, and a season of holiday cheer.

We have planned a series of engaging activities to bring warmth and festive spirit to our community. On December 12th, we will be hosting the Annual Staff Christmas Party, and on December 19th, we will hold the Resident Christmas Luncheon and party. Additionally, we are excited to announce that St. Nick will make a special live appearance to deliver holiday cheer to our residents.

We also take this opportunity to acknowledge and respect the diverse cultures within our community, and we will be celebrating Kwanzaa, a significant cultural and heritage celebration for many of our African American residents.

As we look forward to the New Year, Carefield Living invites you and your loved ones to join us for our New Year's Eve countdown and celebration, complete with music and countdown festivities.

We wish you, your family, and friends a very Merry Christmas and a Happy New Year, and we look forward to sharing these special moments together.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:00 Lady of Grace visit 10:00 Fun dance move 11:00 Puzzles/Cards 1:30 Advent Story 2:30 Bingo Fun 3:30 Walking Group 6:00 Hallmark Movie of choice	<b>2</b> 9:00 Monday Workout 10:00 Cognitive Activities 11:00 Colorful Coloring 1:30 Domino Social-Music 2:30 Halfway Stroll 3:30 Table Talk 6:00 Monday Night Football	<b>3</b> 9:00 Energized Exercise 10:00 Brain Games 11:00 Christmas Ornaments coloring 1:30 Cmty. Tree Lighting 2:30 Gingerbread Social 3:30 Music Therapy 6:00 Holidays Movie	<b>4</b> 9:00 Buns-a-Burning 10:00 Self-Expression 11:00 Christmas Stories 1:30 Color my World 2:30 Spice of Life 3:30 Jingle Bells Toss 6:00 Story telling	<b>5</b> 9:00 Exercise Class 10:00 Brain Aerobics 11:00 Art & Cross word 1:30 Christmas Tree farm tour 2:30 Tabletop Games 3:30 Walking Club 6:00 Football Night	<b>6</b> 9:00 Chair Yoga 10:00 Hot Choco Social 11:00 Guessing Games 1:30 Pretty Nails 2:30 Smores Burning 3:30 Ball Rolling 6:00 Antartica Tour	<b>7</b> Pearl Harbor Remembrance 9:30 Low impact moves 10:00 Apple Cider Social 11:00 Holiday Ornaments 1:30 Jazzercise Movements 2:30 Before and After 3:30 Sing along 6:00 Funny Movie
<b>8</b> 9:00 Lady of Grace visit 10:00 Fun dance move 11:00 Puzzles/Cards 1:30 Advent Story 2:30 Bingo Fun 3:30 Walking Group 6:00 Hallmark Movie of choice	<b>9</b> 9:00 Monday Workout 10:00 Cognitive Activities 11:00 Colorful Coloring 1:30 Domino Social-Music 2:30 Halfway Stroll 3:30 Table Talk 6:00 Monday Night Football	<b>10</b> 9:00 Energized Exercise 10:00 Brain Games 10:30 Music - Alligator 1:30 Christmas Ornaments coloring 2:30 Triple Choco Social 3:30 Music Therapy 6:00 Holidays Movie	<b>11</b> 9:00 Buns-a-Burning 10:00 Self-Expression 11:00 Christmas Stories 1:30 Color my World 2:30 Spice of Life 3:30 Jingle Bells Toss 6:00 Cmty. Outing Light tour	<b>12</b> 9:00 Exercise Class 10:00 Brain Aerobics 11:00 Art & Cross word 1:30 Chef's Corner - Bill 2:30 Tabletop Games 3:30 Walking Club 6:00 Staff Christmas Gala	<b>13</b> 9:00 Chair Yoga 10:00 Apple Cider Social 11:00 Guessing Games 1:30 Pretty Nails 2:30 Smores Burning 3:30 Ball Rolling 6:00 Christmas Disney Tour	<b>14</b> 9:30 Low impact moves 10:00 Apple Cider Social 11:00 Holiday Ornaments 1:30 Jazzercise Movements 2:30 Before and After 3:30 Sing along 6:00 Funny Movie
<b>15</b> 9:00 Lady of Grace visit 10:00 Fun dance move 11:00 Puzzles/Cards 1:30 Advent Story 2:30 Bingo Fun 3:30 Walking Group 6:00 Hallmark Movie of choice	<b>16</b> 9:00 Monday Workout 10:00 Cognitive Activities 11:00 Colorful Coloring 1:30 Domino Social-Music 2:30 Halfway Stroll 3:30 Table Talk 6:00 Monday Night Football	<b>17</b> 9:00 Energized Exercise 10:00 Brain Games 11:00 Ornaments coloring 2:00 Caroling Lady of Grace Elem. 2:30 Butterscotch Social 3:30 Music Therapy 6:00 Holidays Movie	<b>18</b> 9:00 Buns-a-Burning 10:00 Self-Expression 11:00 Christmas Stories 1:30 Color my World 2:30 Staff Meeting-PJ Team 3:30 Jingle Bells Toss 6:00 Cmty. Outing Light tour	<b>19</b> 9:00 Exercise Class 10:00 Brain Aerobics 11:00 Christmas Luncheon 1:00 Music - Loren 2:30 Residents Christmas Party 3:30 Walking Club 6:00 Football Night	<b>20</b> 9:00 Chair Yoga 10:00 Hot Tea Social 11:00 Guessing Games 1:30 Pretty Nails 2:30 Smores Burning 3:30 Ball Rolling 6:00 North pole Tour	<b>21</b> Winter Begins 9:30 Low impact moves 10:00 Apple Cider Social 11:00 Holiday Ornaments 1:30 Jazzercise Movements 2:30 Before and After 3:30 Sing along 6:00 Funny Movie
<b>22</b> 9:00 Lady of Grace visit 10:00 Fun dance move 11:00 Puzzles/Cards 1:30 Advent Story 2:30 Bingo Fun 3:30 Walking Group 6:00 Hallmark Movie of choice	<b>23</b> 9:00 Monday Workout 10:00 Cognitive Activities 11:00 Colorful Coloring 1:30 Gingerbread house making 2:30 Halfway Stroll 3:30 Table Talk 6:00 Monday Night Football	<b>24</b> Christmas Eve 9:00 Energized Exercise 10:00 Brain Games 11:00 Ornaments coloring 2:30 Christmas Eve Party 3:30 Music Therapy 6:00 Holidays Movie	<b>25</b> Christmas Day 9:00 Buns-a-Burning 10:00 Self-Expression 11:00 Christmas Stories 1:30 Color my World 2:30 Christmas Songs 3:30 Jingle Bells Toss 6:00 Christmas sharing	<b>26</b> First Full Day - Hanukkah 9:00 Exercise Class 10:00 Brain Aerobics 11:00 Art & Cross word 1:30 Knitting Social 2:30 Tabletop Games 3:30 Walking Club 6:00 Football Night	<b>27</b> 9:00 Chair Yoga 10:00 Hot Choco Social 11:00 Guessing Games 1:30 Birthday Bash 2:30 Happy hour- M&K 3:30 Ball Rolling 6:00 Polar express Tour	<b>28</b> 9:30 Low impact moves 10:00 Apple Cider Social 11:00 New Year's Ornaments 1:30 Jazzercise Movements 2:30 Before and After 3:30 Sing along 6:00 Funny Movie
<b>29</b> 9:00 Lady of Grace visit 10:00 Fun dance move 11:00 Puzzles/Cards 1:30 Advent Story 2:30 Bingo Fun 3:30 Walking Group 6:00 Hallmark Movie of choice	<b>30</b> 9:00 Monday Workout 10:00 Cognitive Activities 11:00 Colorful Coloring 1:30 Domino Social-Music 2:30 Residents Meeting-Fred 3:30 Table Talk 6:00 Monday Night Football	<b>31</b> New Year's Eve 9:00 Energized Exercise 10:00 Brain Games 11:00 Christmas Ornaments coloring 2:30 New Year's Eve Party 3:30 Music Therapy 6:00 Holidays Movie				

## Upcoming Events at Carefield.



