

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2025</h1> <h2>Carefield Living Castro Valley</h2>						<ul style="list-style-type: none"> <li>● 9:00am Wiggle those toes</li> <li>● 10:00am Week in review</li> <li>● 11:00am Music Therapy</li> <li>● 1:30pm Bible Story</li> <li>● 2:30pm Mahjong Club</li> <li>● 3:30pm Saturday matinee</li> <li>● 6:00pm Game shows</li> </ul>
<ul style="list-style-type: none"> <li>● 9:00am Lady of Grace Church</li> <li>● 9:30am Flex &amp; Bend</li> <li>● 10:00am Ground Hog Day</li> <li>● 11:00am Sunday Journal</li> <li>● 1:30pm Grammy Awards Topic</li> <li>● 2:30pm Bingo Royal</li> <li>● 3:30pm Walking Club</li> <li>● 6:00pm Grammy Awards</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am Let's Get Fit</li> <li>● 10:00am Active Minds</li> <li>● 11:00am Laughing Yoga</li> <li>● 1:30pm Card Games</li> <li>● 2:30pm Tales with a twist</li> <li>● 3:30pm Walking Club</li> <li>● 6:00pm Cribbage Night</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am Flex &amp; Stretch</li> <li>● 10:00am Daily Chronicle</li> <li>● 11:00am Health Facts</li> <li>● 1:30pm Art Appreciation</li> <li>● 2:30pm Aloco Social</li> <li>● 3:30pm Dance Therapy</li> <li>● 6:00pm Show of Shows</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am Move &amp; Groove</li> <li>● 10:00am Word Power</li> <li>● 11:00am Music Fact Trivia</li> <li>● 1:30pm Yesterday &amp; Today</li> <li>● 2:30pm Bingo Fun</li> <li>● 3:30pm Walk &amp; Roll</li> <li>● 6:00pm Nature Film</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am Creative Movement</li> <li>● 10:00am Random Trivia</li> <li>● 11:00am Music Therapy</li> <li>● 1:30pm Table Board Games</li> <li>● 2:30pm Pot &amp; Poises</li> <li>● 3:30pm Chair Yoga</li> <li>● 5:00pm Silver Fox Club</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am Fun &amp; Fitness</li> <li>● 10:00am Trivia Challenge</li> <li>● 11:00am Cultural Studies</li> <li>● 1:30pm Storytelling</li> <li>● 2:30pm Happy hour</li> <li>● 3:30pm Exercise with Will</li> <li>● 6:00pm Classic Movie</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am Wiggle those toes</li> <li>● 10:00am Week in review</li> <li>● 11:00am Music Therapy</li> <li>● 1:30pm Bible Story</li> <li>● 2:30pm Mahjong Club</li> <li>● 3:30pm Saturday matinee</li> <li>● 6:00pm Game Show</li> </ul>
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