

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="color: #800000; margin: 0;">February 2025</h1> <h2 style="margin: 0;">Carefield Living Castro Valley Memory Care</h2>						
						<ul style="list-style-type: none"> ● 9:30am Tai - chi 1 ● 10:00am Coffee and Tea Talk ● 11:00am Table bowling ● 1:30pm Pretty Nails ● 2:00pm Dance to 50's music ● 3:30pm Walking Club ● 6:00pm Tour Kruger Park
<ul style="list-style-type: none"> ● 9:00am Church/Mass 2 ● 10:00am Snack & Chat ● 11:00am Painting Hearts ● 1:30pm Arms and hand massages ● 2:30pm Funny Hat Bingo ● 3:30pm Elvis Presley Songs ● 6:00pm Grammy Awards 	<ul style="list-style-type: none"> ● 9:30am Monday Moves 3 ● 10:00am Guessing Game ● 11:00am Color my World ● 1:30pm Knitting Club ● 2:30pm Hallway Stroll ● 3:30pm Music Therapy ● 6:00pm Monday Night Sports 	<ul style="list-style-type: none"> ● 9:30am Sit & Fit 4 ● 10:00am Spelling Bee ● 11:00am Hand ball Toss ● 1:30pm Tic Tac Toe ● 2:30pm Aloco Social ● 3:30pm Back in time music ● 6:00pm Movie Night 	<ul style="list-style-type: none"> ● 9:30am Chair Yoga 5 ● 10:00am Brain Exercise ● 11:00am Table Games ● 1:30pm Domino Fun ● 2:30pm Fun Fitness ● 3:30pm We love Elvis's music & dance ● 6:00pm Films with Friends 	<ul style="list-style-type: none"> ● 9:30am Morning Stretches 6 ● 10:00am Cognitive Exercises ● 11:00am Story time ● 1:30pm Bowling & Ball Toss ● 2:30pm Bingo Prize ● 3:30pm Sing along Oldies ● 6:00pm National Geographic 	<ul style="list-style-type: none"> ● 9:30am Fitness Fun 7 ● 10:00am Sip & chips ● 11:00am Balloon Volleyball ● 1:30pm Aroma Therapy ● 2:30pm Name that tune ● 3:30pm Winter Craft ● 6:00pm Funny movie 	<ul style="list-style-type: none"> ● 9:30am Tai - chi 8 ● 10:00am Coffee and Tea Talk ● 11:00am Table bowling ● 1:30pm Pretty Nails ● 2:00pm Dance to 60's Music ● 3:30pm Walking Club ● 6:00pm Tour Cape Town
<ul style="list-style-type: none"> ● 9:00am Church/Mass 9 ● 10:00am Snack & Chat ● 11:00am Painting Hearts ● 1:30pm Arms and hand massages ● 2:30pm Funny Hat Bingo ● 3:30pm Elvis Presley Songs ● 6:00pm Superbowl LIX 	<ul style="list-style-type: none"> ● 9:30am Monday Moves 10 ● 10:00am Guessing Game ● 11:00am Color my World ● 1:30pm Tales with a twist ● 2:30pm Hallway Stroll ● 3:30pm Music Therapy ● 6:00pm Monday Night Sports 	<ul style="list-style-type: none"> ● 9:30am Sit & Fit 11 ● 10:00am Music- Alligator ● 11:00am Hand ball Toss ● 1:30pm Tic Tac Toe ● 2:30pm Fritters Social ● 3:30pm Back in time music ● 6:00pm Movie Night 	<ul style="list-style-type: none"> ● 9:30am Chair Yoga 12 ● 10:00am Brain Exercise ● 11:00am Table Games ● 1:30pm Domino Fun ● 2:30pm Fun Fitness ● 3:30pm We love Elvis's music & dance ● 6:00pm Films with Friends 	<ul style="list-style-type: none"> ● 9:30am Morning Stretches 13 ● 10:00am Cognitive Exercises ● 11:00am Story time ● 1:30pm Chef's Corner ● 2:30pm Bingo Prize ● 3:30pm Sing along Oldies ● 6:00pm National Geographic 	<ul style="list-style-type: none"> ● 9:30am Fitness Fun 14 ● 10:00am Valentines Day Party ● 11:00am Balloon Volleyball ● 1:30pm Aroma Therapy ● 2:30pm Name that tune ● 3:30pm Winter Craft ● 5:00pm Candlelight Dinner 	<ul style="list-style-type: none"> ● 9:30am Tai - chi 15 ● 10:00am Coffee and Tea Talk ● 11:00am Table bowling ● 1:30pm Pretty Nails ● 2:00pm Dance to 40's Music ● 3:30pm Walking Club ● 6:00pm Tour Safari
<ul style="list-style-type: none"> ● 9:00am Church/Mass 16 ● 10:00am Snack & Chat ● 11:00am Wood Painting ● 1:30pm Arms and hand massages ● 2:30pm Funny Hat Bingo ● 3:30pm Elvis Presley Songs ● 6:00pm NBA all Star Game 	<ul style="list-style-type: none"> ● 9:30am Monday Moves 17 ● 10:00am Guessing Game ● 11:00am Color my World ● 1:30pm Knitting Club ● 2:30pm Hallway Stroll ● 3:30pm Music Therapy ● 6:00pm Monday Night Sports 	<ul style="list-style-type: none"> ● 9:30am Sit & Fit 18 ● 10:00am Spelling Bee ● 11:00am Hand ball Toss ● 1:30pm Chicken Wings Social ● 2:30pm Residents Meeting- Fred ● 3:30pm Back in time music ● 6:00pm Movie Night 	<ul style="list-style-type: none"> ● 9:30am Chair Yoga 19 ● 10:00am Brain Exercise ● 11:00am Table Games ● 1:30pm Read a Winter story ● 2:30pm Fun Fitness ● 3:30pm We love Elvis's music & dance ● 6:00pm Films with Friends 	<ul style="list-style-type: none"> ● 9:30am Morning Stretches 20 ● 10:00am Cognitive Exercises ● 11:00am Story time ● 1:30pm Bowling & Ball Toss ● 2:30pm Staff Meeting ● 3:30pm Celebrating Black History Month ● 6:00pm National Geographic 	<ul style="list-style-type: none"> ● 9:30am Fitness Fun 21 ● 10:00am Sip & chips ● 11:00am Balloon Volleyball ● 1:30pm Aroma Therapy ● 2:30pm Name that tune ● 3:30pm Winter Craft ● 6:00pm Funny movie 	<ul style="list-style-type: none"> ● 9:30am Tai - chi 22 ● 10:00am Coffee and Tea Talk ● 11:00am Table bowling ● 1:30pm Pretty Nails ● 2:30pm Happy hour - M&K ● 3:30pm Walking Club ● 6:00pm Tour Africa
<ul style="list-style-type: none"> ● 9:00am Church/Mass 23 ● 10:00am Snack & Chat ● 11:00am Wood Painting ● 1:30pm Arms and hand massages ● 2:30pm Funny Hat Bingo ● 3:30pm Elvis Presley Songs ● 6:00pm Board Game 	<ul style="list-style-type: none"> ● 9:30am Monday Moves 24 ● 10:00am Guessing Game ● 11:00am Color my World ● 1:30pm Tales with a twist ● 2:30pm Hallway Stroll ● 3:30pm Music Therapy ● 6:00pm Monday Night Sports 	<ul style="list-style-type: none"> ● 9:30am Sit & Fit 25 ● 10:00am Spelling Bee ● 11:00am Hand ball Toss ● 1:30pm Tic Tac Toe ● 2:30pm Baked Potato Skin Social ● 3:30pm Back in time music ● 6:00pm Movie Night 	<ul style="list-style-type: none"> ● 9:30am Chair Yoga 26 ● 10:00am Brain Exercise ● 11:00am Table Games ● 1:30pm Read a Winter story ● 2:30pm Fun Fitness ● 3:30pm We love Elvis's music & dance ● 6:00pm Films with Friends 	<ul style="list-style-type: none"> ● 9:30am Morning Stretches 27 ● 10:00am Cognitive Exercises ● 11:00am Story time ● 1:30pm Bowling & Ball Toss ● 2:30pm Birthday Bash ● 3:30pm Sing along Oldies ● 6:00pm National Geographic 	<ul style="list-style-type: none"> ● 9:30am Fitness Fun 28 ● 10:00am Sip & chips ● 11:00am Balloon Volleyball ● 1:30pm Aroma Therapy ● 2:30pm Name that tune ● 3:30pm Winter Craft ● 6:00pm Funny movie 	<ul style="list-style-type: none"> ● Emotional ● Entertainment ● Intellectual ● Physical ● Social ● Spiritual

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