

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2025

Carefield Living Castro Valley

9:00am Move to Groove ¹
10:00am April Fools Topic
11:00am Health Facts
1:30pm Word search/puzzle
2:30pm Carrot & Apple smoothie Social
3:30pm Punch ball fitness
6:00pm Creature Feature

9:00am Fun & Fitness ²
10:00am Guessing Game
11:00am All about food
1:30pm Pretty Nails
2:30pm Bingo Royal
3:30pm Music & Movements
6:00pm Evening News

9:00am Exercise with Will ³
10:00am Logic Trivia
11:00am Common Sayings
1:30pm Pots & Poises
2:30pm Creamy Strawberry Smoothie- Demo
3:30pm Santa Maria Walk
6:00pm Sports News

9:00am Morning Exercise ⁴
10:00am Trivia Challenge
11:00am Topic of Interest
1:30pm Gardeners Gather
2:30pm Happy hour
3:30pm Exercise with Will
6:00pm Classic Movie

9:00am Creative Movement ⁵
10:00am Week in review
11:00am Random Trivia
1:30pm Table Games
2:30pm Patio Chat
3:30pm Dance Yoga
6:00pm Film Classic

9:00am Lady of Grace Communion service ⁶
10:00am Sunday Stretch
11:00am Music Trivia
1:30pm Memory Game
2:30pm Bingo Time
3:30pm Sing along
6:00pm Our planet

9:00am Bend & Stretch ⁷
10:00am Daily Chronicle
11:00am Laughing Yoga
1:30pm Garden Visit
2:30pm Art Appreciation
3:30pm Music Therapy
6:00pm Table Games

9:00am Move to Groove ⁸
10:00am News & Views
11:00am Health Facts
1:30pm Word search/puzzle
2:00pm Music Alligator
2:30pm Fruit & Yogurt Social
3:30pm Punch ball fitness
6:00pm Creature Feature

9:00am Fun & Fitness ⁹
10:00am Music & Praises-Volunteers
11:00am All about food
1:30pm Pretty Nails
2:30pm Bingo Royal
3:30pm Music & Movements
6:00pm Evening News

9:00am Exercise with Will ¹⁰
10:00am Logic Trivia
11:00am Common Sayings
1:30pm Pots & Poises
2:30pm Chef's Corner
3:30pm Santa Maria Walk
6:00pm Sports News

9:00am Morning Exercise ¹¹
10:00am Trivia Challenge
11:00am Topic of Interest
1:30pm Gardeners Gather
2:30pm Happy hour -M&K
3:30pm Exercise with Will
6:00pm Classic Movie

9:00am Creative Movement ¹²
10:00am Week in review
11:00am Random Trivia
1:30pm Table Games
2:30pm Patio Chat
3:30pm Dance Yoga
6:00pm Film Classic

9:00am Lady of Grace Communion service ¹³
10:00am Sunday Stretch
11:00am Music Trivia
1:30pm Memory Game
2:30pm Bingo Time
3:30pm Sing along
6:00pm Our planet

9:00am Bend & Stretch ¹⁴
10:00am Daily Chronicle
11:00am Laughing Yoga
1:30pm Garden Visit
2:30pm Art Appreciation
3:30pm Music Therapy
6:00pm Table Games

9:00am Move to Groove ¹⁵
10:00am News & Views
11:00am Health Facts
1:30pm Word search/puzzle
2:30pm Strawberry & Pineapple Social
3:30pm Punch ball fitness
6:00pm Creature Feature

9:00am Fun & Fitness ¹⁶
10:00am Guessing Game
11:00am All about food
1:30pm Pretty Nails
2:30pm Music- Chris & Jenny
3:30pm Music & Movements
6:00pm Evening News

9:00am Exercise with Will ¹⁷
10:00am Logic Trivia
11:00am Common Sayings
1:30pm Pots & Poises
2:30pm Birthday Bash
3:30pm Santa Maria Walk
6:00pm Sports News

9:00am Morning Exercise ¹⁸
10:00am Trivia Challenge
11:00am Topic of Interest
1:30pm Gardeners Gather
2:30pm Happy hour- Jaime
3:30pm Exercise with Will
6:00pm Classic Movie

9:00am Creative Movement ¹⁹
10:00am Week in review
11:00am Random Trivia
1:30pm Table Games
2:30pm Patio Chat
3:30pm Dance Yoga
6:00pm Film Classic

9:00am Lady of Grace Communion service ²⁰
10:00am Sunday Stretch
11:00am Music Trivia
1:30pm Eggs Rolling
2:30pm Easter Dancing
3:30pm Sing along
6:00pm Our planet

9:00am Bend & Stretch ²¹
10:00am Daily Chronicle
11:00am Laughing Yoga
1:30pm Garden Visit
2:30pm Art Appreciation
3:30pm Music Therapy
6:00pm Table Games

9:00am Move to Groove ²²
10:00am News & Views
11:00am Health Facts
1:30pm Word search/puzzle
2:30pm Spinach, Peanut butter & Banana Smoothie
3:30pm Punch ball fitness
6:00pm Creature Feature

9:00am Fun & Fitness ²³
10:00am Songs & Praises-Volunteers
11:00am All about food
1:30pm Pretty Nails
2:30pm Bingo Royal
3:30pm Music & Movements
6:00pm Evening News

9:00am Exercise with Will ²⁴
10:00am Logic Trivia
11:00am Common Sayings
1:30pm Pots & Poises
2:30pm Staff Meeting
3:30pm Santa Maria Walk
6:00pm Sports News

9:00am Morning Exercise ²⁵
10:00am Trivia Challenge
11:00am Topic of Interest
1:30pm Gardeners Gather
2:30pm Happy hour
3:30pm Exercise with Will
6:00pm Classic Movie

9:00am Creative Movement ²⁶
10:00am Week in review
11:00am Random Trivia
1:30pm Table Games
2:30pm Patio Chat
3:30pm Dance Yoga
6:00pm Film Classic

9:00am Lady of Grace Communion service ²⁷
10:00am Sunday Stretch
11:00am Music Trivia
1:30pm Memory Game
2:30pm Bingo Time
3:30pm Sing along
6:00pm Our planet

9:00am Bend & Stretch ²⁸
10:00am Daily Chronicle
11:00am Laughing Yoga
1:30pm Garden Visit
2:30pm Art Appreciation
3:30pm Music Therapy
6:00pm Table Games

9:00am Move to Groove ²⁹
10:00am News & Views
11:00am Health Facts
1:30pm Word search/puzzle
2:30pm Mixed Berries Social
3:30pm Punch ball fitness
6:00pm Creature Feature

9:00am Fun & Fitness ³⁰
10:00am Guessing Game
11:00am All about food
1:30pm Pretty Nails
2:30pm Bingo Royal
3:30pm Music & Movements
6:00pm Evening News

