

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30am Morning Yoga 10:00am Brain Aerobics 11:00am Craft(paint with Q-Tips) 1:30pm Circle of Friends Club 2:30pm Hallway Stroll 3:30pm Solid Gold (Oldies Music) 6:00pm Monday Night Football	9:30am Let's get Physical 10:00am Active Minds 11:00am Solve Puzzles 1:30pm MC Social & Snack 2:30pm Table talk tidbits 3:30pm Move & Groove 6:00pm Alive Inside:A Story of Music & Memory.	9:30am Fitness Foundation 10:00am Fit Minds 10:45am Judy Naruo & Company 1:30pm Fun Bingo & Snack 2:30pm Music Therapy 3:30pm Go Out and About 6:00pm Bonanza(TV Show)	9:30am Seated Exercises. 10:00am Trivia Fun. 10:30am Happiness Hill Preschool. 1:30pm Fashion Social 2:30pm Arts and Crafts Adventure 3:30pm Scarf Dancing. 6:00pm Thursday Night Football	9:30am Gentle chair, yoga 10:00am Coffee and tea together 11:00am Food Trivia 1:30pm Bean bag toss 2:30pm Sing along Christmas songs 3:00pm Tree lighting 6:00pm Going My Way (1944 movie)	9:30am Slow Movements to Music 10:00am Let's get to know you 11:00am Pass the gift game 1:30pm Walk around the club. 2:30pm Holiday cards and craft. 3:30pm Mix and match game 6:00pm Holiday lights, tour, Netherlands
9:00am Church mass. 10:00am Think Tank with snack. 11:00am Mealtime trivia. 1:30pm Name that tune. 2:30pm Bingo, blast. 3:30pm Dance to music. 6:00pm Holiday, lights, tour, Paris.	9:30am Morning Yoga 10:00am Brain Aerobics 11:00am Craft(paint leaves) 1:30pm Circle of Friends Club 2:30pm Hallway Stroll 3:30pm Solid Gold (Oldies Music) 6:00pm Monday Night Football	9:30am Let's get Physical 10:00am Active Minds 11:00am Solve Puzzles 1:30pm Alligator 2:30pm Table talk tidbits & Snack 3:30pm Move & Groove 6:00pm The world turned upside down.	9:30am Fitness Foundation 10:00am Fit Minds 11:00am Sorting Bottoms. 1:30pm Fun Bingo & Snack 2:30pm Music Therapy 3:30pm Go Out and About 6:00pm Happy Days (TV Show)	9:30am Seated Exercises. 10:00am Trivia Fun. 11:00am Alphabet Soup. 1:30pm Chef's Corner-Bill 2:30pm Arts and Smiles 3:30pm Scarf Dancing. 6:00pm Thursday Night Football	9:30am Gentle chair, yoga 10:00am Coffee and tea together 11:00am Food Trivia 1:30pm Bean bag toss 2:30pm Sing along Christmas songs 3:30pm Junk Drawer Detectives. 6:00pm Holiday Affair (1949 movie)	9:30am Slow Movements to Music 10:00am Let's get to know you 11:00am Pass the gift game 1:30pm Walk around the club. 2:30pm Holiday cards and craft. 3:30pm Mix and match game 6:00pm Holiday lights, tour, Iceland
9:00am Church mass. 10:00am Think Tank with snack. 11:00am Mealtime trivia. 1:30pm Name that tune. 2:30pm Bingo, blast. 3:30pm Dance to music. 6:00pm Holiday, lights, tour, Japan.	9:30am Morning Yoga 10:00am Brain Aerobics 11:00am Craft(paint a tea cup) 1:30pm Circle of Friends Club 2:30pm Music Entertainment - Jaime. 3:30pm Solid Gold (Oldies Music) 6:00pm Monday Night Football	9:30am Let's get Physical 10:00am Active Minds 11:00am Solve Puzzles 1:30pm MC Social & Snack 2:30pm Table talk tidbits 3:30pm Move & Groove 6:00pm Community Outing	9:30am Fitness Foundation 10:00am Fit Minds 11:00am Sorting Bottoms. 1:00pm Music Entertainment/Loren. 2:30pm Fun Bingo & Snack 3:30pm Go Out and About 6:00pm The Golden Girls(TV Show)	9:30am Seated Exercises. 10:00am Trivia Fun. 11:00am Alphabet Soup. 1:30pm Fashion Social 2:30pm Colorful Arts and Crafts 3:30pm Scarf Dancing. 6:00pm Staff Holiday Party	9:30am Gentle chair, yoga 10:00am Coffee and tea together 11:00am Food Trivia 1:30pm Bean Bag Toss 2:30pm Sing along Christmas songs 3:30pm Junk Drawer Detectives. 6:00pm The Bishop's Wife (1951 movie)	9:30am Slow Movements to Music 10:00am Let's get to know you 11:00am Pass the gift game 1:30pm Walk around the club. 2:30pm Holiday cards and craft. 3:30pm Mix and match game 6:00pm Holiday lights, tour,Canada.
9:00am Church mass. 10:00am Think Tank with snack. 11:00am Mealtime trivia. 1:30pm Name that tune. 2:30pm Bingo, blast. 3:30pm Dance to music. 6:00pm Holiday, lights, tour, Tokyo	9:30am Morning Yoga 10:00am Brain Aerobics 11:00am Craft(paint wooden shapes) 1:00pm Christmas Disney Spirit 1:30pm Circle of Friends Club 2:30pm Hallway Stroll 3:30pm Solid Gold (Oldies Music) 6:00pm Monday Night Football	9:30am Let's get Physical 10:00am Jessica & Group 11:00am Solve Puzzles 12:00pm Residents Luncheon 1:00pm Residents Gift Giving 1:30pm Ugly Sweater Spirit 2:30pm Table talk tidbits 3:30pm Move & Groove 6:00pm White Christmas (movie)	9:30am Fitness Foundation 10:00am Fit Minds 11:00am Sorting Bottoms. 1:00pm Christmas Hat Spirit 1:30pm Fun Bingo & Snack 2:30pm Music Therapy 3:30pm Jingle Bells Walkabout. 6:00pm Miracle on 34th Street.(Movies)	9:30am Seated Exercises. 10:00am Trivia Fun. 11:00am Alphabet Soup. 1:00pm Christmas Character Spirit 1:30pm Fashion Social 2:30pm Winter Wonderland (Art & Craft) 3:30pm Christmas Classics From classical musicians. 6:00pm A Christmas Carol.(Movie)	9:30am Gentle chair, yoga 10:00am Coffee and tea together 11:00am Food Trivia 1:30pm Green for kwanzaa 2:30pm Birthday Bash 3:30pm Junk Drawer Detectives. 6:00pm Rudolph the Red -Nose Reindeer. (Movie)	9:30am Slow Movements to Music 10:00am Let's get to know you 11:00am Pass the gift game 1:30pm Walk around the club. 2:30pm Holiday cards and craft. 3:30pm Mix and match game 6:00pm Holiday lights, tour,Spain
9:00am Church mass. 10:00am Think Tank with snack. 11:00am Mealtime trivia. 1:30pm Name that tune. 2:30pm Bingo, blast. 3:30pm Dance to music. 6:00pm Holiday, lights, tour, Finland	9:30am Morning Yoga 10:00am Brain Aerobics 11:00am Craft(paint snow flakes) 1:30pm Circle of Friends Club 2:30pm Hallway Stroll 3:30pm Solid Gold (Oldies Music) 6:00pm Monday Night Football	9:30am Let's get Physical 10:00am Active Minds 11:00am Solve Puzzles 1:30pm MC Social & Snack 2:30pm J & J 3:30pm Move & Groove 6:00pm The Eternal Memory.(Documentary)	9:30am Fitness Foundation 10:00am Fit Minds 11:00am Sorting Bottoms. 1:30pm Fun Bingo & Snack 2:30pm New Year's Eve Party 3:30pm Go Out and About 6:00pm The Carol Burnett Show	<div>December 2025</div> <div>Carefield Castro Valley MC</div>		