

## January 2026 Newsletter



Carefield Pleasanton Holiday Tree and presents

Letter from the  
Executive Director

Welcome 2026!

As the year comes to a close, I want to take a moment to thank each of you for an incredible year. The success of Carefield Living is built on the strong relationships we've developed, and we truly could not achieve what we do without your dedication, trust, and support.

Over the past year, we have welcomed new staff members, valued vendors, and new residents into our community. We are grateful for the opportunity to grow and work alongside all of you.

While challenges are always part of our journey, we are filled with excitement and anticipation for what 2026 will bring. New opportunities are on the horizon, and we look forward to sharing more details in the coming year.

Working together this past year has been a pleasure, and we are proud to have such a committed and caring team and community.

On behalf of Carefield Pleasanton, I wish you and your family happiness, good health, and joy throughout the festive season. Here's to a successful and rewarding 2026!

Warm regards,  
Eunice O'Farrell

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2026

## Carefield Pleasanton Memory Care



# HAPPY NEW YEAR

4

- 9:30 Daily Chronicles
- 10:30 Sunday Stretch
- 1:30 Coloring/Painting
- 2:30 National Trivia Day Puzzles
- 3:30 Roundtable Social/Reading Magazines
- 6:00 Classic Movies/Popcorn

5

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 Sing Along Songs
- 2:30 Trivia Quiz
- 3:30 Afternoon Stretch
- 6:00 Documentaries

6

- 9:30 Daily Chronicles
- 10:30 Loren on Guitar
- 1:30 Finish the Common Phrase
- 2:30 Epiphany Day Fun Facts/Video Watch
- 3:30 Afternoon Stretch
- 6:00 Evening TV Shows

7

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 J & J Duo Music
- 2:30 Idioms and Phrases
- 3:30 Afternoon Stretch
- 6:00 Documentaries

8

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 TLC Pretty Nails
- 2:30 Table Games/Puzzles
- 3:30 Afternoon Stretch
- 6:00 Classic Comedies

9

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 Bingo Game
- 3:30 Reminisce/Fun Facts
- 4:00 Afternoon Stretch
- 6:00 Movie Matinee/Popcorn

10

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 Rocking with Ray Music
- 2:30 Watercolor Paint
- 3:30 Afternoon Stretch
- 6:00 Sports Game Night

### Happy Birthdays!

Ricardo L. - 01/01  
 Sharon P. - 1/02  
 Maria Rosas O. - 1/13

11

- 9:30 Daily Chronicles
- 10:30 Sunday Stretch
- 1:30 Rey Aberin Music
- 2:30 Scattergories Game
- 3:30 Roundtable Social/Reading Magazines
- 6:00 Classic Movies/Popcorn

12

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 Sing Along Songs
- 2:30 Trivia Quiz
- 3:30 Afternoon Stretch
- 6:00 Documentaries

13

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 Finish the Common Phrase
- 2:30 Unscramble Games
- 3:30 Afternoon Stretch
- 6:00 Evening TV Shows

14

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 M & K Music
- 2:30 Idioms and Phrases
- 3:30 Afternoon Stretch
- 6:00 Documentaries

15

- 9:30 Daily Chronicles
- 10:00 Alligator Music
- 1:30 TLC Pretty Nails
- 2:30 National Hat Day Arts & Crafts
- 6:00 Classic Comedies

16

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 Bingo Game
- 3:30 Reminisce/Fun Facts
- 4:00 Afternoon Social
- 6:00 Movie Matinee/Popcorn

17

- 9:30 Daily Chronicles
- 10:30 Barn-At-Home Workshop
- 1:30 Watercolor Paint
- 2:30 Board Game/Puzzles
- 3:30 Afternoon Stretch
- 6:00 Sports Game Night

### Highlights!

1/02 - Crystal on Piano, 1:00 pm  
 1/06 - Loren on Guitar, 10:30 am  
 1/07 - J & J Duo Music, 1:30 pm  
 1/10 - Rocking with Ray, 1:30 pm  
 1/11 - Rey Aberin Music, 1:30pm  
 1/14 - M & K Music, 1:30 pm  
 1/15 - Alligator Music, 10:00 am  
 1/17 - Barn-At-Home Workshop, 10:30 am  
 1/18 - Acoustic Guitar with Barry, 1:30 pm  
 1/20 - Broadway Music with Johnny, 1:30 pm  
 1/21 - Resident Council Meeting, 1:30 pm  
 1/29 - Birthday Bash with J&J Duo Music, 1:30 pm

18

- 9:30 Daily Chronicles
- 10:30 Sunday Stretch
- 1:30 Acoustic Guitar by Barry
- 2:30 Scattergories Game
- 3:30 Roundtable Social/Reading Magazines
- 6:00 Classic Movies/Popcorn

19

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 Sing Along Songs
- 2:30 Popcorn Day Happy Hour/Hot Chocolate
- 3:30 Afternoon Stretch
- 6:00 Documentaries

20

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 Broadway Music by Johnny
- 2:30 Unscramble Games
- 3:30 Afternoon Stretch
- 6:00 Evening TV Shows

21

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 Resident Council Meeting
- 2:30 Idioms and Phrases
- 3:30 Afternoon Stretch
- 6:00 Documentaries

22

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 TLC Pretty Nails
- 2:30 Table Games/Puzzles
- 3:30 Afternoon Stretch
- 6:00 Classic Comedies

23

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 Bingo Game
- 3:30 Reminisce/Fun Facts
- 4:00 Afternoon Social
- 6:00 Movie Matinee/Popcorn

24

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 Watercolor Paint
- 2:30 Board Game/Puzzles
- 3:30 Afternoon Stretch
- 6:00 Sports Game Night

25

- 9:30 Daily Chronicles
- 10:30 Sunday Stretch
- 1:30 Coloring/Painting
- 2:30 Scattergories Game
- 3:30 Roundtable Social/Reading Magazines
- 6:00 Classic Movies/Popcorn

26

- 9:30 Daily Chronicles
- 10:30 Fun & Fitness
- 1:30 Sing Along Songs
- 2:30 Trivia Quiz
- 3:30 Afternoon Stretch
- 6:00 Documentaries

27

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- 6:00 Evening TV Shows

28

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- 3:30 Afternoon Stretch
- 6:00 Documentaries

29

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30

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31

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# December Resident & Staff Spotlight

## Resident Spotlight

### Patsy Jaros



Patsy was born in Los Angeles, California on October 2, 1941. She completed her high school education and began her career as a beautician.

Over the years, Patsy also worked as a public-school clerk, an office manager, and as support staff for county social services.

Patsy practices the Protestant faith and enjoys a variety of hobbies, including gardening, walking, and doing crossword puzzles.

She loves fun, upbeat music – especially funk and old-school R&B and enjoys happy stories and classic western movies. Some of her favorite TV shows include Monk and The Gilded Age. She also enjoys watching animal programs.

Family is very important to Patsy, and she describes herself as independent, happy, and kind.

## Team member Spotlight

### Josefina Vicente



Josefina was born in the Philippines and has been married for 35 years to her husband, whom she met at church. Together, they raised two sons. She comes from a close-knit family with two brothers and four sisters and makes it a point to travel to the Philippines every year to visit her loved ones.

Josefina's favorite colors are black and brown. She enjoys playing and watching volleyball, loves dogs, and has a special appreciation for Filipino food.

She shared that she is happy working at Carefield Pleasanton and values the strong sense of teamwork within the community. Her advice to everyone is to be kind, loyal, and helpful to one another – especially to our residents.

Josefina is grateful for the support of management and her co-workers.

Josefina, thank you for your hard work and dedication. We are truly grateful to have you as part of the Carefield Pleasanton family.



## ***Happy Birthday!***

Ricardo L. - 1/01

Sharon P. - 1/02

Maria Rosas O. - 1/13

## **Did You Know?**

On New Year's Eve, the average American spends about \$50 on food and drinks, including the midnight toast.

The iconic New Year's Eve ball drop in Times Square first took place in 1907 and has become a symbol of New Year's Eve celebrations.

These facts highlight the rich history and diverse traditions associated with New Year celebrations!



# December HIGHLIGHTS



A joyful Christmas and holiday luncheon with our residents, families, and staff, highlighted by our annual resident blanket gift giving.



Learning about the history of Hanukkah through trivia and fun facts, along with enjoying traditional foods



Wreath Decorating



Celebrating our Community Spirit Week



Christmas Day came alive with staff serenading and residents joining in for a joyful sing-along



The Mabuhay Melodies delighting our residents with a special performance.



Monthly Family Support Group