

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>January 2026</div> <div>Carefield Castro Valley MC</div> </div>				<div> <div>9:30am</div> <div>Gentle morning stretch</div> <div>10:00am</div> <div>New year wishes discussion</div> <div>11:00am</div> <div>Sensory box</div> <div>1:30pm</div> <div>Piece by piece (puzzles)</div> <div>2:30pm</div> <div>Soft Hands Spa</div> <div>3:30pm</div> <div>Yesterday’s Melodies</div> <div>6:00pm</div> <div>Resident movie of choice</div> </div>	<div> <div>9:30am</div> <div>Light Stretch</div> <div>10:00am</div> <div>Domino matching</div> <div>11:00am</div> <div>Memory Lane Trivia</div> <div>1:30pm</div> <div>Happy hour - Josh</div> <div>2:30pm</div> <div>Balloon Volleyball</div> <div>3:30pm</div> <div>Rock painting</div> <div>6:00pm</div> <div>Quiet music</div> </div>	<div> <div>9:30am</div> <div>Chair exercises</div> <div>10:00am</div> <div>Golden moments, Quiz</div> <div>11:00am</div> <div>Story time</div> <div>1:30pm</div> <div>Out and about</div> <div>2:30pm</div> <div>Balloon Tap</div> <div>3:30pm</div> <div>Parachute</div> <div>6:00pm</div> <div>Melody and memories</div> </div>
<div> <div>9:00am</div> <div>Faith and friends time</div> <div>10:00am</div> <div>Spiritual reflection time</div> <div>11:00am</div> <div>Friendly, fun facts</div> <div>1:30pm</div> <div>Music guessing game</div> <div>2:30pm</div> <div>Comfort Bingo</div> <div>3:30pm</div> <div>Dance to music.</div> <div>6:00pm</div> <div>Sunday Night Football</div> </div>	<div> <div>9:30am</div> <div>Chair Zumba</div> <div>10:00am</div> <div>Name that object trivia</div> <div>11:00am</div> <div>Simple crafts</div> <div>1:30pm</div> <div>Ball toss</div> <div>2:30pm</div> <div>Bird watching</div> <div>3:30pm</div> <div>Soft jazz</div> <div>6:00pm</div> <div>Community Music hour</div> </div>	<div> <div>9:30am</div> <div>Gentle yoga</div> <div>10:00am</div> <div>Group Conversation</div> <div>11:00am</div> <div>Matching cards</div> <div>1:30pm</div> <div>Folding towels</div> <div>2:30pm</div> <div>Water Color Painting</div> <div>3:30pm</div> <div>Soft Music</div> <div>6:00pm</div> <div>Scenic train rides</div> </div>	<div> <div>9:30am</div> <div>Morning Walk</div> <div>10:00am</div> <div>Play-Doh therapy</div> <div>11:00am</div> <div>Matching Game</div> <div>1:30pm</div> <div>Music bingo</div> <div>2:30pm</div> <div>Photo reminiscing.</div> <div>3:30pm</div> <div>Sing along Winter songs</div> <div>6:00pm</div> <div>Top of the Pops (Classic episodes)</div> </div>	<div> <div>9:30am</div> <div>Gentle morning stretch</div> <div>10:00am</div> <div>Winter coloring pages</div> <div>11:00am</div> <div>Sensory box</div> <div>1:30pm</div> <div>Piece by piece (puzzles)</div> <div>2:30pm</div> <div>Soft Hands Spa</div> <div>3:30pm</div> <div>Soft sounds session</div> <div>6:00pm</div> <div>Resident movie of choice</div> </div>	<div> <div>9:30am</div> <div>Light Stretch</div> <div>10:00am</div> <div>Domino matching</div> <div>11:00am</div> <div>Memory Lane Trivia</div> <div>1:30pm</div> <div>Soothing Smells</div> <div>2:30pm</div> <div>Balloon Volleyball</div> <div>3:30pm</div> <div>Rock painting</div> <div>6:00pm</div> <div>Quiet music</div> </div>	<div> <div>9:30am</div> <div>Chair exercises</div> <div>10:00am</div> <div>Golden moments, Quiz</div> <div>11:00am</div> <div>Story time</div> <div>1:30pm</div> <div>Out and about</div> <div>2:30pm</div> <div>Balloon Tap</div> <div>3:30pm</div> <div>Parachute</div> <div>6:00pm</div> <div>Melody and memories</div> </div>
<div> <div>9:00am</div> <div>Church fellowship hour</div> <div>10:00am</div> <div>Spiritual reflection time</div> <div>11:00am</div> <div>Friendly, fun facts</div> <div>1:30pm</div> <div>Music guessing game</div> <div>2:30pm</div> <div>Comfort Bingo</div> <div>3:30pm</div> <div>Dance to music.</div> <div>6:00pm</div> <div>Sunday Night Football</div> </div>	<div> <div>9:30am</div> <div>Chair Zumba</div> <div>10:00am</div> <div>Name that object trivia</div> <div>11:00am</div> <div>Simple crafts</div> <div>1:30pm</div> <div>Ball toss</div> <div>2:30pm</div> <div>Bird watching</div> <div>3:30pm</div> <div>Oldies but Goldies hour</div> <div>6:00pm</div> <div>Community Music hour</div> </div>	<div> <div>9:30am</div> <div>Gentle yoga</div> <div>10:00am</div> <div>Group Conversation</div> <div>11:00am</div> <div>Matching cards</div> <div>1:30pm</div> <div>Music-Alligator</div> <div>2:30pm</div> <div>Water Color Painting</div> <div>3:30pm</div> <div>Calm Tunes</div> <div>6:00pm</div> <div>Wheel of Fortune (Game Show)</div> </div>	<div> <div>9:30am</div> <div>Morning Walk</div> <div>10:00am</div> <div>Play-Doh therapy</div> <div>11:00am</div> <div>Matching Game</div> <div>1:30pm</div> <div>Music bingo</div> <div>2:30pm</div> <div>Entertainment-J&J</div> <div>3:30pm</div> <div>Musical moments</div> <div>6:00pm</div> <div>The Andy Williams show</div> </div>	<div> <div>9:30am</div> <div>Gentle morning stretch</div> <div>10:00am</div> <div>Winter coloring pages</div> <div>11:00am</div> <div>Sensory box</div> <div>1:30pm</div> <div>Piece by piece (puzzles)</div> <div>2:30pm</div> <div>Soft Hands Spa</div> <div>3:30pm</div> <div>Rhythm & Fun</div> <div>6:00pm</div> <div>Resident movie of choice</div> </div>	<div> <div>9:30am</div> <div>Light Stretch</div> <div>10:00am</div> <div>Domino matching</div> <div>11:00am</div> <div>Memory Lane Trivia</div> <div>1:30pm</div> <div>Happ hour-Loren</div> <div>2:30pm</div> <div>Balloon Volleyball</div> <div>3:30pm</div> <div>Rock painting</div> <div>6:00pm</div> <div>Quiet music</div> </div>	<div> <div>9:30am</div> <div>Chair exercises</div> <div>10:00am</div> <div>Golden moments, Quiz</div> <div>11:00am</div> <div>Story time</div> <div>1:30pm</div> <div>Out and about</div> <div>2:30pm</div> <div>Balloon Tap</div> <div>3:30pm</div> <div>Parachute</div> <div>6:00pm</div> <div>Melody and memories</div> </div>
<div> <div>9:00am</div> <div>Blessings and Bible Time</div> <div>10:00am</div> <div>Spiritual reflection time</div> <div>11:00am</div> <div>Friendly, fun facts</div> <div>1:30pm</div> <div>Music guessing game</div> <div>2:30pm</div> <div>Comfort Bingo</div> <div>3:30pm</div> <div>Sing and smile sessions</div> <div>6:00pm</div> <div>Community music hour</div> </div>	<div> <div>9:30am</div> <div>Chair Zumba</div> <div>10:00am</div> <div>Name that object trivia</div> <div>11:00am</div> <div>Simple crafts</div> <div>1:30pm</div> <div>Ball toss</div> <div>2:30pm</div> <div>Bird watching</div> <div>3:30pm</div> <div>Joyful jukebox, hour</div> <div>6:00pm</div> <div>Community Music hour</div> </div>	<div> <div>9:30am</div> <div>Gentle yoga</div> <div>10:00am</div> <div>Group Conversation</div> <div>11:00am</div> <div>Matching cards</div> <div>1:30pm</div> <div>Folding towels</div> <div>2:30pm</div> <div>Water Color Painting</div> <div>3:30pm</div> <div>Sweet Sounds</div> <div>6:00pm</div> <div>Planet Earth</div> </div>	<div> <div>9:30am</div> <div>Morning Walk</div> <div>10:00am</div> <div>Play-Doh therapy</div> <div>11:00am</div> <div>Matching Game</div> <div>1:30pm</div> <div>Music bingo</div> <div>2:30pm</div> <div>Photo reminiscing.</div> <div>3:30pm</div> <div>Golden tunes hour</div> <div>6:00pm</div> <div>The ED Sullivan show</div> </div>	<div> <div>9:30am</div> <div>Gentle morning stretch</div> <div>10:00am</div> <div>Winter coloring pages</div> <div>11:00am</div> <div>Sensory box</div> <div>1:30pm</div> <div>Birthday Bash</div> <div>2:30pm</div> <div>Soft Hands Spa</div> <div>3:30pm</div> <div>Relaxing Rhythms</div> <div>6:00pm</div> <div>Resident movie of choice</div> </div>	<div> <div>9:30am</div> <div>Light Stretch</div> <div>10:00am</div> <div>Domino matching</div> <div>11:00am</div> <div>Memory Lane Trivia</div> <div>1:30pm</div> <div>Aroma Therapy</div> <div>2:30pm</div> <div>Happy hour- M&K</div> <div>3:30pm</div> <div>Rock painting</div> <div>6:00pm</div> <div>Quiet music</div> </div>	<div> <div>9:30am</div> <div>Chair exercises</div> <div>10:00am</div> <div>Golden moments, Quiz</div> <div>11:00am</div> <div>Story time</div> <div>1:30pm</div> <div>Out and about</div> <div>2:30pm</div> <div>Balloon Tap</div> <div>3:30pm</div> <div>Parachute</div> <div>6:00pm</div> <div>Melody and memories</div> </div>
<div> <div>9:00am</div> <div>Sunday spirit session</div> <div>10:00am</div> <div>Spiritual reflection time</div> <div>11:00am</div> <div>Friendly, fun facts</div> <div>1:30pm</div> <div>Music guessing game</div> <div>2:30pm</div> <div>Comfort Bingo</div> <div>3:30pm</div> <div>Sing and smile sessions</div> <div>6:00pm</div> <div>Community music hour</div> </div>	<div> <div>9:30am</div> <div>Chair Zumba</div> <div>10:00am</div> <div>Name that object trivia</div> <div>11:00am</div> <div>Simple crafts</div> <div>1:30pm</div> <div>Ball toss</div> <div>2:30pm</div> <div>Bird watching</div> <div>3:30pm</div> <div>Timeless tunes</div> <div>6:00pm</div> <div>Community Music hour</div> </div>	<div> <div>9:30am</div> <div>Gentle yoga</div> <div>10:00am</div> <div>Group Conversation</div> <div>11:00am</div> <div>Matching cards</div> <div>1:30pm</div> <div>Folding towels</div> <div>2:30pm</div> <div>Water Color Painting</div> <div>3:30pm</div> <div>Relaxing Rhythms</div> <div>6:00pm</div> <div>Little house on the prairie (Classic TV Show)</div> </div>	<div> <div>9:30am</div> <div>Morning Walk</div> <div>10:00am</div> <div>Play-Doh therapy</div> <div>11:00am</div> <div>Matching Game</div> <div>1:30pm</div> <div>Music bingo</div> <div>2:30pm</div> <div>Photo reminiscing.</div> <div>3:30pm</div> <div>Calming music circle</div> <div>6:00pm</div> <div>The Lawrence Welk show</div> </div>	<div> <div>9:30am</div> <div>Gentle morning stretch</div> <div>10:00am</div> <div>Winter coloring pages</div> <div>11:00am</div> <div>Sensory box</div> <div>1:30pm</div> <div>Piece by piece (puzzles)</div> <div>2:30pm</div> <div>Soft Hands Spa</div> <div>3:30pm</div> <div>Feel good music time</div> <div>6:00pm</div> <div>Resident movie of choice</div> </div>	<div> <div>9:30am</div> <div>Light Stretch</div> <div>10:00am</div> <div>Domino matching</div> <div>11:00am</div> <div>Memory Lane Trivia</div> <div>1:30pm</div> <div>Aroma Therapy</div> <div>2:30pm</div> <div>Balloon Volleyball</div> <div>3:30pm</div> <div>Rock painting</div> <div>6:00pm</div> <div>Quiet music</div> </div>	<div> <div>9:30am</div> <div>Chair Exercises</div> <div>10:00am</div> <div>Golden moments, Quiz</div> <div>11:00am</div> <div>Story time</div> <div>1:30pm</div> <div>Out and about</div> <div>2:30pm</div> <div>Balloon Tap</div> <div>3:30pm</div> <div>Parachute</div> <div>6:00pm</div> <div>Melody and memories</div> </div>