

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



**August cont'd** **30**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:00 🕊 Spiritual Time [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:30 ⌚ Mini Golf [LR1]
- 1:30 📅 This Day in History [LR1]
- 2:30 📺 FaceTime with Families [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Classic Concert - Stjepan Hauser [LR1]
- 6:00 🎬 40's Movie Week [LR1]

**31**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 Art & Craft [MR]
- 1:30 🌐 Planet Earth [LR1]
- 02:00 🎳 Bowling [LR1]
- 3:30 🗨 Table Talk Social [LR1]
- 4:00 🎮 Jeopardy [LR1]
- 6:00 🎬 40's Movie Week [LR1]

**Villa at Castro Valley**



Assisted Living & Memory Care

- ❤ Emotional
- 🧩 Intellectual
- ⚾ Physical
- 🚩 Purposeful
- 👥 Social
- 🦋 Spiritual

**Location Keys**  
Living Room 1st Floor LR1  
Multipurpose Room MR

**1**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 Art & Crafts [LR1]
- 1:30 🎮 Game Time [LR1]
- 2:30 🗨 Reminiscing Discussions [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Classical Music with Famous Composers - Wolfgang A. Mozart [LR1]
- 6:00 🎬 Classic Movie Week [LR1]

**2**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:00 🕊 Spiritual Time [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:30 ⌚ Mini Golf [LR1]
- 1:30 📅 This Day in History [LR1]
- 2:30 📺 FaceTime with Families [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Classic Concert- Beethoven Symphony 9 choral [LR1]
- 6:00P 🎬 Comedy Movie Week [LR1]

**3**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 Art & Craft [MR]
- 1:30 🌐 Planet Earth [LR1]
- 02:00 🎳 Bowling [LR1]
- 3:30 🗨 Table Talk Social [LR1]
- 4:00 🎮 Jeopardy [LR1]
- 6:00 🎬 Comedy Movie Week [LR1]

**4**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🏀 Basketball [LR1]
- 01:30 🎮 Game Time [MR]
- 2:30 📺 FaceTime with Family [LR1]
- 03:00 🍦 Ice Cream Social [MR]
- 03:30 🗨 Table Talk Social [MR]
- 04:00 🎵 Sing Fit [LR1]
- 6:00 🎬 Comedy Movie Week [LR1]

**5**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 The Power of a Pet - Dr. Rustin Moore ( TED talk ) [LR1]
- 1:30 🧴 Manicure & Massage [MR]
- 2:30 🏀 Balloon Volleyball [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Sing-a-long [LR1]
- 6:00 🎬 Comedy Movie Week [LR1]

**6**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:00 🕊 Spiritual Time [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 📺 Baking with PCA [MR]
- 1:30 🏛 The Temple of Aphrodite | Virtual Museum Tour [LR1]
- 2:30 📺 FaceTime with Families [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Sing Fit [MR]
- 6:00 🎬 Comedy Movie Week [MR]

**7**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🎮 Bingo [LR1]
- 1:30 🌐 Animal Planet [LR1]
- 02:30 🎳 Bowling [MR]
- 3:30 🍷 Happy Hour [MR]
- 4:00 🎵 Ray Charles in Concert [LR1]
- 6:00 🎬 Comedy Movie Week [LR1]

**8**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 Art & Crafts [LR1]
- 1:30 🎮 Game Time [LR1]
- 2:30 🗨 Reminiscing Discussions [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Classical Music with Famous Composers - Wolfgang A. Mozart [LR1]
- 6:00 🎬 Comedy Movie Week [LR1]

"Be sure you put your feet in the right place, then stand firm."  
— Abraham Lincoln

**9**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:00 🕊 Spiritual Time [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:30 ⌚ Mini Golf [LR1]
- 1:30 📅 This Day in History [LR1]
- 2:30 📺 FaceTime with Families [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Classic Concert - Bolero - Ravel [LR1]
- 06:00 🎬 Musical Movie Week [LR1]

**10**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 Art & Craft [MR]
- 1:30 🌐 Planet Earth [LR1]
- 02:00 🎳 Bowling [LR1]
- 3:30 🗨 Table Talk Social [LR1]
- 4:00 🎮 Jeopardy [LR1]
- 6:00 🎬 Musical Movie Week [LR1]

**11**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🏀 Basketball [LR1]
- 01:30 🎮 Game Time [MR]
- 2:30 📺 FaceTime with Family [LR1]
- 03:00 🍦 Ice Cream Social [MR]
- 03:30 🗨 Table Talk Social [MR]
- 04:00 🎵 Sing Fit [LR1]
- 6:00 🎬 Musical Movie Week [LR1]

**12**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 What are animals thinking and feeling- Carl Safina( TED talk ) [LR1]
- 1:30 🧴 Manicure & Massage [MR]
- 2:30 🏀 Balloon Volleyball [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Sing-a-long [LR1]
- 6:00 🎬 Musical Movie Week [LR1]

**13**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:00 🕊 Spiritual Time [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 📺 Baking with PCA [MR]
- 1:30 🏛 Virtual Museum Tours: The Louvre [LR1]
- 2:30 📺 FaceTime with Families [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Sing Fit [MR]
- 6:00 🎬 Musical Movie Week [LR1]

**14**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🎮 Bingo [LR1]
- 1:30 🌐 Animal Planet [LR1]
- 02:30 🎳 Bowling [MR]
- 3:30 🍷 Happy Hour [MR]
- 4:00 🎵 Music with Margaret & Kristoph [LR1]
- 6:00 🎬 Musical Movie Week [LR1]

**15**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 Art & Crafts [LR1]
- 1:30 🎮 Game Time [LR1]
- 2:30 🗨 Reminiscing Discussions [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Classical Music with Famous Composers - George Handel [LR1]
- 6:00 🎬 Musical Movie Week [LR1]

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Castro Valley, CA 94546  
(510) 582-2765

**16**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:00 🕊 Spiritual Time [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:30 ⌚ Mini Golf [LR1]
- 1:30 📅 This Day in History [LR1]
- 2:30 📺 FaceTime with Families [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Classic Concert- Vienna Mozart Orchestra [LR1]
- 6:00 🎬 Movie Choice Week [LR1]

**17**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 Art & Craft [MR]
- 1:30 🌐 Planet Earth [LR1]
- 02:00 🎳 Bowling [LR1]
- 3:30 🗨 Table Talk Social [LR1]
- 4:00 🎮 Jeopardy [LR1]
- 6:00 🎬 Movie Choice Week [LR1]

**18**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🏀 Basketball [LR1]
- 01:30 🎮 Game Time [MR]
- 2:30 📺 FaceTime with Family [LR1]
- 03:00 🍦 Ice Cream Social [MR]
- 03:30 🗨 Table Talk Social [MR]
- 04:00 🎵 Sing Fit [LR1]
- 6:00 🎬 Movie Choice Week [LR1]

**19**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🌊 Ocean wonders ( TED talk ) [LR1]
- 1:30 🧴 Manicure & Massage [MR]
- 2:30 🏀 Balloon Volleyball [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Sing-a-long [LR1]
- 6:00 🎬 Movie Choice Week [LR1]

**20**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:00 🕊 Spiritual Time [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 📺 Baking with PCA [MR]
- 1:30 🏛 Smithsonian Museum of Natural History Virtual Tour [LR1]
- 2:30 📺 FaceTime with Families [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Sing Fit [MR]
- 6:00 🎬 Movie Choice Week [LR1]

**21**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🎮 Bingo [LR1]
- 1:30 🌐 Animal Planet [LR1]
- 02:30 🎳 Bowling [MR]
- 3:30 🍷 Happy Hour [MR]
- 4:00 🎵 Janet Blair Songs [LR1]
- 6:00 🎬 Movie Choice Week [LR1]

**22**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 Art & Crafts [LR1]
- 1:30 🎮 Game Time [LR1]
- 2:30 🗨 Reminiscing Discussions [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Classical Music with Famous Composers - Pyotr Tchaikovsky [LR1]
- 6:00 🎬 Movie Choice Week

Resident Birthdays  
Marian P. 8/23

**23**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:00 🕊 Spiritual Time [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:30 ⌚ Mini Golf [LR1]
- 1:30 📅 This Day in History [LR1]
- 2:30 📺 FaceTime with Families [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Classic Concert - Richard Wagner [LR1]
- 6:00 🎬 Classic Movie Week [LR1]

**24**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 Art & Craft [MR]
- 1:30 🌐 Planet Earth [LR1]
- 02:00 🎳 Bowling [LR1]
- 3:30 🗨 Table Talk Social [LR1]
- 4:00 🎮 Jeopardy [LR1]
- 6:00 🎬 Classic Movie Week [LR1]

**25**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🏀 Basketball [LR1]
- 01:30 🎮 Game Time [MR]
- 2:30 📺 FaceTime with Family [LR1]
- 03:00 🍦 Ice Cream Social [MR]
- 03:30 🗨 Table Talk Social [MR]
- 04:00 🎵 Sing Fit [LR1]
- 6:00 🎬 Classic Movie Week [LR1]

**26**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 Using art history to examine modern day ( TED talk ) [LR1]
- 1:30 🧴 Manicure & Massage [MR]
- 2:30 🏀 Balloon Volleyball [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Sing-a-long [LR1]
- 6:00 🎬 Classic Movie Week [LR1]

**27**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:00 🕊 Spiritual Time [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 📺 Baking with PCA [MR]
- 1:30 🏛 Monterey Bay Aquarium Virtual Tour [LR1]
- 2:30 📺 FaceTime with Families [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Sing Fit [MR]
- 6:00 🎬 Classic Movie Week [LR1]

**28**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🎮 Bingo [LR1]
- 1:30 🌐 Animal Planet [LR1]
- 02:30 🎳 Bowling [MR]
- 3:30 🍷 Happy Hour [MR]
- 4:00 🎵 Music with Margaret & Kristoph [LR1]
- 6:00 🎬 Classic Movie Week [LR1]

**29**

- 9:15 ☀ Sit & Be Fit [LR1]
- 9:45 📖 Daily Chronicles [LR1]
- 10:30 🍳 Morning Snacks [MR]
- 11:00 🗨 Art & Crafts [LR1]
- 1:30 🎮 Game Time [LR1]
- 2:30 🗨 Reminiscing Discussions [LR1]
- 3:30 🗨 Table Talk Social [MR]
- 4:00 🎵 Classical Music with Famous Composers - Wolfgang A. Mozart [LR1]
- 6:00 🎬 Classic Movie Week [LR1]