


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9:15 ☺ Sit & Be Fit [LR1] 1</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Balloon Volleyball [MR]</p> <p>1:30 F 📌 This Day in History [LR1]</p> <p>2:30 📌 Top 10 Secrets and Mysteries [LR1]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ Classic Concert [LR1]</p> <p>6:00 📌 Classic Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 2</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Art & Craft [MR]</p> <p>1:30 📌 Planet Earth [LR1]</p> <p>02:00 ❤️ Sing with Will & Judy [LR1]</p> <p>3:30 📌 Table Talk Social [LR1]</p> <p>4:00 📌 Bowling [LR1]</p> <p>6:00 ❤️ Classic Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 3</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Basketball [LR1]</p> <p>01:30 📌 Game Time [MR]</p> <p>2:30 📌 Movie Star of the Week [MR]</p> <p>03:30 📌 Table Talk Social [MR]</p> <p>04:00 ❤️ Sing Fit [LR1]</p> <p>6:00 📌 Classic Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 4</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Art & Crafts [MR]</p> <p>1:30 📌 Manicure & Massage [MR]</p> <p>2:30 📌 Sing Along [LR1]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ 50's and 60's Best Songs [LR1]</p> <p>6:00 📌 Classic Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 5</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:00 📌 Piano with Pat [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>10:30 📌 Pastor Abraham [LR1]</p> <p>11:00 📌 Baking with PCA [MR]</p> <p>1:30 📌 Around the World [LR1]</p> <p>2:30 📌 Mini Golf [MR]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ Sing Fit [MR]</p> <p>6:00 📌 Classic Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 6</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>10:45 📌 Piano with Shirley [LR1]</p> <p>11:00 📌 Bingo [LR1]</p> <p>1:30 📌 Planet Earth [LR1]</p> <p>02:30 📌 Bowling [MR]</p> <p>3:30 📌 Happy Hour [MR]</p> <p>4:00 ❤️ Music with Margaret & Kristoph [LR1]</p> <p>6:00 📌 Classic Movie Week [MR]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 7</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Art & Crafts [LR1]</p> <p>1:30 📌 Game Time [LR1]</p> <p>2:30 📌 Reminiscing Discussions [LR1]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ Classic Music with Famous Composers [LR1]</p> <p>4:30 ❤️ Favorite Music Choice [LR1]</p> <p>6:00 📌 Classic Movie Week [LR1]</p>
	<p>Daylight Saving Time Begins</p> <p>9:15 ☺ Sit & Be Fit [LR1] 8</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Balloon Volleyball [MR]</p> <p>1:30 F 📌 This Day in History [LR1]</p> <p>2:30 📌 Top 10 Secrets and Mysteries [LR1]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ Classic Concert [LR1]</p> <p>— 📌 Comedy Movie Week [LR1]</p> <p>Resident Birthdays Charles L. 3/5 Gina T. 3/13</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 9</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Art & Craft [MR]</p> <p>1:30 📌 Planet Earth [LR1]</p> <p>02:00 ❤️ Sing with Will & Judy [LR1]</p> <p>3:30 📌 Table Talk Social [LR1]</p> <p>4:00 📌 Bowling [LR1]</p> <p>06:00 📌 Comedy Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 10</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Basketball [LR1]</p> <p>01:30 📌 Game Time [MR]</p> <p>2:30 📌 Movie Star of the Week [MR]</p> <p>03:30 📌 Table Talk Social [MR]</p> <p>04:00 ❤️ Sing Fit [LR1]</p> <p>6:00 📌 Comedy Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 11</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Art & Crafts [MR]</p> <p>1:30 📌 Manicure & Massage [MR]</p> <p>2:30 📌 Sing Along [LR1]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ 50's and 60's Best Songs [LR1]</p> <p>6:00 📌 Comedy Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 12</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>10:30 📌 Pastor Abraham [LR1]</p> <p>11:00 📌 Baking with PCA [MR]</p> <p>11:30 📌 Pets with Dan & Friends [LR1]</p> <p>1:30 📌 Around the World [LR1]</p> <p>2:30 📌 Mini Golf [MR]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ Sing Fit [MR]</p> <p>6:00 📌 Comedy Movie Night [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 13</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Bingo [LR1]</p> <p>1:30 📌 Planet Earth [LR1]</p> <p>02:30 📌 Bowling [MR]</p> <p>3:30 📌 Happy Hour [MR]</p> <p>4:00 ❤️ Music with Joey</p> <p>6:00 📌 Comedy Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 14</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Art & Crafts [LR1]</p> <p>11:00 ❤️ Sage & Golden [LR1]</p> <p>1:30 📌 Game Time [LR1]</p> <p>2:30 📌 Reminiscing Discussions [LR1]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:30 ❤️ Favorite Music Choice [LR1]</p> <p>6:00 📌 Comedy Movie Week [LR1]</p>
<p>19960 Santa Maria Ave. Castro Valley, CA 94546 (510) 582-2765</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 15</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Balloon Volleyball [MR]</p> <p>1:30 F 📌 This Day in History [LR1]</p> <p>2:30 📌 Top 10 Secrets and Mysteries [LR1]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ Classic Concert [LR1]</p> <p>6:00 📌 Musical Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 16</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Art & Craft [MR]</p> <p>1:30 📌 Planet Earth [LR1]</p> <p>02:00 ❤️ Sing with Will & Judy [LR1]</p> <p>3:30 📌 Table Talk Social [LR1]</p> <p>4:00 📌 Bowling [LR1]</p> <p>6:00 ❤️ Musical Movie Week [LR1]</p>	<p>St. Patrick's Day</p> <p>9:15 ☺ Sit & Be Fit [LR1] 17</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Basketball [LR1]</p> <p>01:30 📌 Game Time [MR]</p> <p>2:30 📌 Movie Star of the Week [MR]</p> <p>03:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ Music with Margaret & Kristoph [LR1]</p> <p>04:00 ❤️ Sing Fit [LR1]</p> <p>6:00 📌 Musical Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 18</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Art & Crafts [MR]</p> <p>1:30 📌 Manicure & Massage [MR]</p> <p>2:30 📌 Sing Along [LR1]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ 50's and 60's Best Songs [LR1]</p> <p>6:00 📌 Musical Movie Week</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 19</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:00 📌 Piano with Pat [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>10:30 📌 Pastor Abraham [LR1]</p> <p>11:00 📌 Baking with PCA [MR]</p> <p>1:30 📌 Around the World [LR1]</p> <p>2:30 📌 Mini Golf [MR]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ Sing Fit [MR]</p> <p>6:00 📌 Musical Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 20</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>10:45 📌 Piano with Shirley [LR1]</p> <p>11:00 📌 Bingo [LR1]</p> <p>1:30 📌 Planet Earth [LR1]</p> <p>02:30 📌 Bowling [MR]</p> <p>3:30 📌 Happy Hour [MR]</p> <p>— ❤️ Piano with Geoffrey [LR1]</p> <p>6:00 📌 Musical Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 21</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Art & Crafts [LR1]</p> <p>11:00 ❤️ Sage & Golden [LR1]</p> <p>1:30 📌 Game Time [LR1]</p> <p>2:30 📌 Reminiscing Discussions [LR1]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ Music with Geoffrey [LR1]</p> <p>4:30 ❤️ Favorite Music Choice [LR1]</p> <p>6:00 📌 Musical Movie Week [LR1]</p>
	<p>“The meeting of preparation with opportunity generates the offspring we call luck.” — Anthony Robbins</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 22</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Balloon Volleyball [MR]</p> <p>1:30 F 📌 This Day in History [LR1]</p> <p>2:30 📌 Top 10 Secrets and Mysteries [LR1]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ Classic Concert [LR1]</p> <p>6:00 📌 Movie Choice Week</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 23</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Art & Craft [MR]</p> <p>1:30 📌 Planet Earth [LR1]</p> <p>02:00 ❤️ Sing with Will & Judy [LR1]</p> <p>3:30 📌 Table Talk Social [LR1]</p> <p>4:00 📌 Bowling [LR1]</p> <p>6:00 ❤️ Movie Choice Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 24</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Basketball [LR1]</p> <p>01:30 📌 Game Time [MR]</p> <p>2:30 📌 Movie Star of the Week [MR]</p> <p>03:30 📌 Table Talk Social [MR]</p> <p>04:00 ❤️ Sing Fit [LR1]</p> <p>6:00 📌 Movie Choice Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 25</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Art & Crafts [MR]</p> <p>1:30 📌 Manicure & Massage [MR]</p> <p>2:30 📌 Sing Along [LR1]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ 50's and 60's Best Songs [LR1]</p> <p>6:00 📌 Movie Choice Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 26</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>10:30 📌 Pastor Abraham [LR1]</p> <p>11:00 📌 Baking with PCA [MR]</p> <p>11:30 📌 Pets with Dan & Friends [LR1]</p> <p>1:30 📌 Around the World [LR1]</p> <p>2:30 📌 Mini Golf [MR]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ Sing Fit [MR]</p> <p>6:00 📌 Movie Choice Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 27</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Bingo [LR1]</p> <p>1:30 📌 Planet Earth [LR1]</p> <p>02:30 📌 Bowling [MR]</p> <p>3:30 📌 Happy Hour [MR]</p> <p>4:00 ❤️ Music with Jaime [LR1]</p> <p>6:00 📌 Movie Choice Week [LR1]</p>
	<p>9:15 ☺ Sit & Be Fit [LR1] 29</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Balloon Volleyball [MR]</p> <p>1:30 F 📌 This Day in History [LR1]</p> <p>2:30 📌 Top 10 Secrets and Mysteries [LR1]</p> <p>3:30 📌 Table Talk Social [MR]</p> <p>4:00 ❤️ Classic Concert [LR1]</p> <p>6:00 📌 40's Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 30</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Art & Craft [MR]</p> <p>1:30 📌 Planet Earth [LR1]</p> <p>02:00 ❤️ Sing with Will & Judy [LR1]</p> <p>3:30 📌 Table Talk Social [LR1]</p> <p>4:00 📌 Bowling [LR1]</p> <p>6:00 ❤️ 40's Movie Week [LR1]</p>	<p>9:15 ☺ Sit & Be Fit [LR1] 31</p> <p>9:45 📌 Daily Chronicles [LR1]</p> <p>10:30 📌 Morning Snacks [MR]</p> <p>11:00 📌 Basketball [LR1]</p> <p>01:30 📌 Game Time [MR]</p> <p>2:30 📌 Movie Star of the Week [MR]</p> <p>03:30 📌 Table Talk Social [MR]</p> <p>04:00 ❤️ Sing Fit [LR1]</p> <p>6:00 📌 40's Movie Week [LR1]</p>	<p>Villa at Castro Valley Assisted Living & Memory Care</p>	<p>📌 Connected ❤️ Emotional 📌 Intellectual 📌 Physical 📌 Purposeful 📌 Social 📌 Spiritual</p>	<p>Location Keys Living Room 1st Floor LR1 Multipurpose Room MR</p>	