



April 2024

The Carlton Times

Nourishing Mind, Body, and Soul



Pictured: CSL Sacramento



Announcements, Notifications, and Community Messages



HAVE A QUESTION FOR THE SPEAK2 TEAM?

CONTACT THEM AT SUPPORT@SPEAK2FAMILY.COM

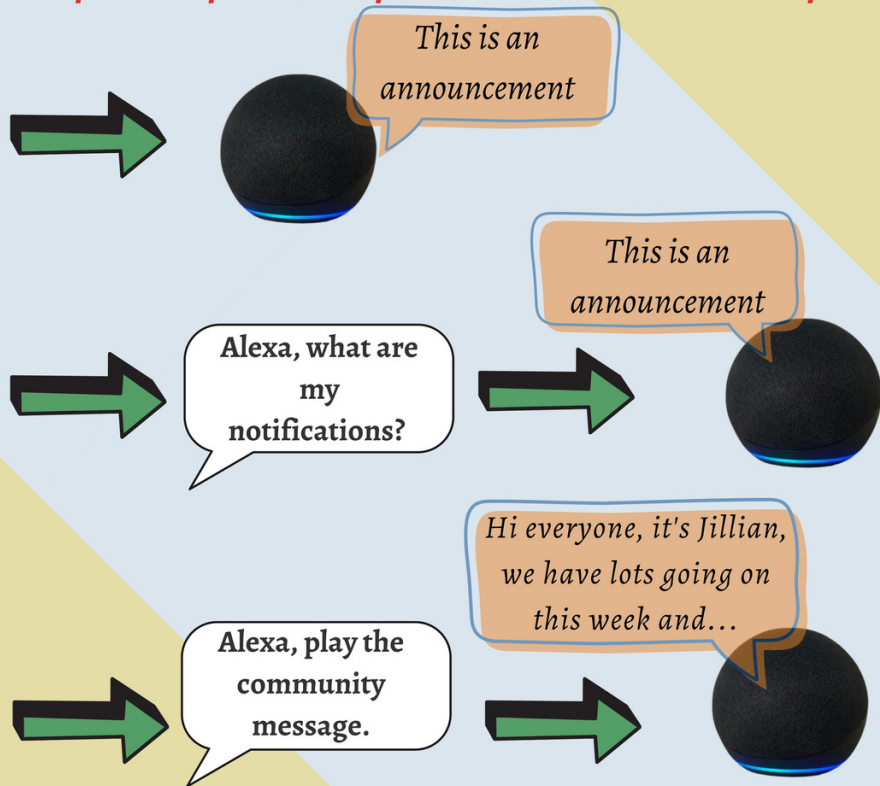
Upon receipt of email, please allow 24 hours for a response.

What's the Difference?

Announcements are broadcasted without anyone asking. It's like sending a message through an intercom.

Notifications can be set with an announcement. It "sits" on the device in case you didn't hear the live announcement. To hear it you will ask, "**Alexa, what are my notifications.**"

Community Messages are set, usually as a recording. It "sits" on the device and is played when you say, "**Alexa, play the community message.**"



Earth Day

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

AIR	NATURE
CLEAN	OCEAN
COMMUNITY	OXYGEN
CONSERVATION	OZONE
EARTH	PEOPLE
ECOSYSTEM	PLANTS
ENERGY	POLLUTION
ENVIRONMENT	PRESERVE
FUEL	RECYCLE
HABITAT	REUSE
LANDFILLS	WATER
LITTER	WORLD

C	P	X	W	E	V	E	J	Y	U	P	E	J	D	S
T	C	E	S	O	R	L	H	T	R	R	N	N	G	R
P	N	U	O	U	R	N	I	I	E	E	O	F	H	S
P	E	E	T	P	C	L	X	N	T	S	Z	U	P	P
R	O	A	M	L	L	H	D	U	T	E	O	E	L	M
Y	N	L	E	N	A	E	A	M	I	R	R	L	E	J
E	G	A	L	B	O	I	L	M	L	V	A	T	P	U
S	N	R	I	U	R	R	K	O	I	E	S	R	L	H
W	A	T	E	R	T	W	I	C	N	Y	M	R	A	B
J	A	T	Q	N	E	I	H	V	S	A	J	S	N	E
T	O	X	Y	G	E	N	O	O	N	W	E	F	T	U
E	L	C	Y	C	E	R	C	N	L	E	S	C	S	X
D	I	Q	U	E	M	E	H	T	R	A	E	M	O	Q
N	O	I	T	A	V	R	E	S	N	O	C	V	J	P
Z	R	F	H	R	T	L	A	N	D	F	I	L	L	S



Carlton Senior Living Concord Management Team



Terry Barrett
Community Director
Sunday - Thursday



Natalie Farley
Sales Director
Sunday - Thursday



Lloyd Farr
Executive Chef
Sunday - Thursday



Marnée Gonsalves
Activities Manager
Sunday - Thursday



Jorge Lomeli
Maintenance Manager
Tuesday - Saturday

Support Staff

Receptionists: Tammy Demler, Linda Crittendon-Johnson, Katherine Soriano

Activity Driver: Leslie Pollock

Maintenance: Rafael Hernandez, Dominic Colchico

Housekeeping: Karen Medrano, Nataly Perez

Culinary Team: Josef Galicki, Danny Esquivel, Alma Valencia

Lead Waitstaff: DeDee Santos

Waitstaff: Delia Quintana, Mary Lou Lambert, Maralain Massey, Zsarrysse Puerto, Mariah Crawford

Dishwasher: Tommy Burnley

Overnight Supervisors: Alfredo Aguilar and Erick Klein

Congratulations to Jeremy and Suzette on their new Carlton Pleasant Hill/Martinez positions!

Congratulations, Alma, on moving to our Culinary Team.

We warmly welcome Nataly Perez, who joins our Concord Team.



COMPLIMENTARY TRANSPORTATION

Doctor Shuttle

We offer transportation to medical appointments on Tuesdays and Thursdays. **Drop-offs begin at 9:30 a.m. The final pick-up time is 3:00 p.m.**

On Tuesdays, we provide service to Concord and Martinez. On Thursdays, we provide service to Pleasant Hill and Walnut Creek.

Transportation on the doctor shuttle must be requested at least **48 hours (2 days)** in advance. You can pick up a shuttle request form at the front desk to make a request.

Shop Your Way Shuttle

We offer a complimentary transportation service within a **5-mile radius** every **Friday** between **10:00 AM and 2:00 PM**, One destination per day. To register, please visit the front desk. (Please, no Doctor Shuttle requests)

Grocery, Bank & Pharmacy Shopping Shuttle

Our Complimentary shuttle provides transportation every Monday.

9:00 AM Grocery Outlet

10:30 AM Trader Joe's

12:00 PM Safeway

1:30 PM Bank and Pharmacy

Church Shuttle

Shuttle service to local churches on Sunday mornings begins at 9:00 AM. Please sign up at the front desk.

Don't hesitate to contact the front desk to request the complimentary transportation above and sign up for our shuttles.

Do you have any questions about our transportation program?

Contact Marnée Gonsalves, Activities Manager.

***Transportation outside of regular service hours and destinations incurs a fee.
We will do our best to accommodate your request or assist you in finding alternative transportation.***

April at a Glance



Special Outings/Events - Sign up at the front desk

Wednesday, April 3rd, 12:00 PM - Mountain Mikes Pizza \$

Monday, April 8th, 4:00 - 6:00 PM - Concord Library Drop-In Tech (FREE) This is help with your phone or laptop. Bring your device! Transportation Provided

Tuesday, April 9th, 11:00 AM - Jewelry Show by Marie (Living Room)

Wednesday, April 10th, 9:30 AM - Chicks Donuts (\$)

Sunday, April 14th, 1:30 PM - Concord Museum Speaker Series: Brookfield & Plans for the Navel Base & Its Implications for Concord

Wednesday, April 17th, 12:00 PM - Bambino's Restaurant (\$)

Wednesday, April 24th, 1:00 PM - Markham Nature Park & Arboretum (Wear Walking Shoes)

Thursday, April 25th, 11:00 AM - Concord Library

Sunday, April 28th, 4:00 PM - Pizza Social (Pre-order before Saturday 28th (\$9.00 with Soda)).

Wine and Snack Social

Sunday, April 7th and 21st

3:00 to 3:30 PM

(LR)



Happy Hour!

Thursdays 2:00 to 3:00 PM

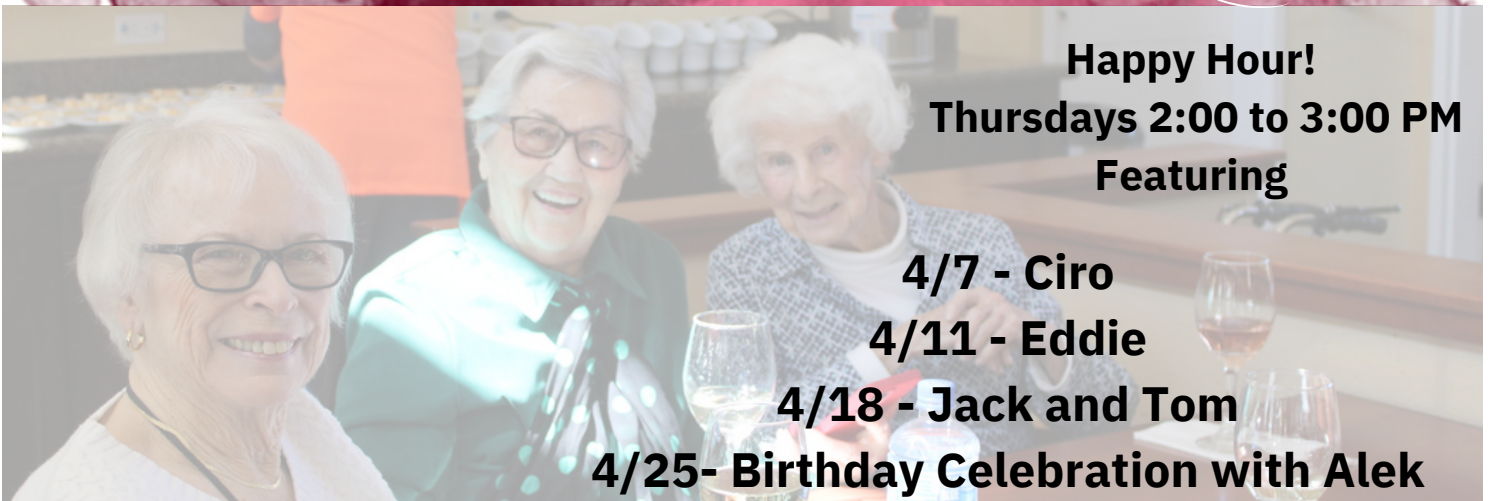
Featuring

4/7 - Ciro

4/11 - Eddie

4/18 - Jack and Tom

4/25- Birthday Celebration with Alek



Carlton Spotlight:

Robert (Bob) Monaco



**“Treat People the way you
want to be treated with
respect and not to judge.”**



Bob Monaco was born in Brooklyn, New York, on July 8th to Samuel and Mildred (Scrodo) Monaco. His father was drafted into WWII at thirty-five and worked for the HOLC Department of the federal government. Meanwhile, his mother initially tended to their home before joining the National Naval Medical Center in Maryland.

Bob cherished the time spent with his grandfather, who imparted Italian teachings during their shared residence. His living experiences extended across Brooklyn, Arlington, VA, and Maryland. Educationally, he attended a two-room grammar school in Maryland before progressing to Gaithersburg High School, where he graduated after completing the twelfth grade. Notably, Bob found joy in playing the trumpet.

In 1963, Bob enlisted in the Army Reserves and concurrently served as a volunteer firefighter in Maryland for four years. Professionally, he continued his career with Bechtel, commencing as an Engineering Aide and advancing to the Communication Group. His role afforded him global mobility, traveling to locations from London to Saudi Arabia, relishing the English countryside, and undertaking business trips to Texas and New Jersey. Bob harbors a profound enthusiasm for various modes of transportation, particularly trains and trolleys.

Bob's leisure preferences include an affinity for Country Music and Bluegrass, with his favorite film being "Tender Mercies." On the culinary front, spaghetti ranks as his preferred meal, complemented by a love for ice cream. Characteristically, Bob exemplifies a talkative and amiable persona, consistently demonstrating a willingness to assist others, and radiating a cheerful, optimistic demeanor.

Above all, Bob holds his father in the highest regard for his resilience during the hardships of the Depression era, ensuring family meals were accompanied by enriching conversations, a practice Bob deeply values.

Welcome New Residents!

Sherwood & Donna E

Andrew B



THURSDAY, APRIL 4

Happy Birthday Lee S!

9:00 AM - Doctor Shuttles (LB)

10:00 AM - Seated Yoga (AA)

11:30 AM - Bible Study with Carol (TR)

2:00 PM - Happy Hour w/Ciro (DR)

7:00 PM - Open Table Game Time (AA)

MONDAY, APRIL 1

9:00 AM - Grocery Outlet (LB)

10:30 AM - Trader Joe's (LB)

10:45 AM - Live 2B Healthy (LR)

12:00 PM - Safeway (LB)

1:00 PM - Activity Forum (DR)

1:30 PM - Bank or Pharmacy (LB)

2:00 PM - Dime Bingo with Sal (DR)

FRIDAY, APRIL 5

Happy Birthday Pat V!

The Theatre Room Closed from 10:00 AM to 1:00 PM.

Temporary time change for Shop Your Way
11:15 to 2:00 PM (LB)

10:45 AM - Live 2B Healthy (LR)

11:45 AM - Canasta with Juanita (AA)

1:15 PM - Mexican Train (TR)

2:00 PM - Dime Bingo with Sal (DR)

TUESDAY, APRIL 2

Happy Birthday Helen M!

9:00 AM to 3:00 PM - Doctor Shuttles (LB)

10:00 AM - Better Balance with Marnée (AA)

11:00 AM - Coffee, Tea & Cookies Social (LR)

1:00 to 3:00 PM - Tripoly with Lyn (TR)

2:00 PM - Remember When? with Bob (DR)

7:00 PM - Dime Bingo with Sal! (AA)

SATURDAY, APRIL 6

Happy Birthday Richard H!

9:00 AM - Puzzles (AA)

10:00 AM - Fit Group USA/Chair Yoga (AA)

1:30 PM - Dime Bingo with Sal! (AA)

3:00 PM - Shuffleboard With Don! (TR)

7:00 PM - Open Table Game Time (AA)

WEDNESDAY, APRIL 3

10:45 AM - Live 2B Healthy (DR)

11:00 AM - Carlton University/"Foods

Popularized During WW11 (TR)

12:15 PM - Mountain Mikes Outing (\$)

12:30 - Sharing Our Stories with Lyn (TR)

2:30 PM - Knitting and Crocheting Circle (LR)

7:00 PM - Open Table Game Time(AA)

LOCATION KEY

(LR) Living Room

(DR) Dining Room

(CY) Courtyard

(TR) Theater Room

(LB) Lobby

(AA) Activity Area

(\$) Additional Cost

Activities are subject to change.



SUNDAY, APRIL 7

Happy Birthday Carol B!

9:00 AM - Church Shuttles (LB)
1:00 to 3:00 PM - Bridge (TR)
2:00 PM - BINGO! With Sal (AA)
3:00 to 3:30 PM - Wine & Snack Social (LR)
4:00 PM - Open Table Game Time (AA)

THURSDAY, APRIL 11

9:00 AM - Doctor Shuttles (LB)
10:00 AM - Seated Yoga (LR)
11:30 AM - Bible Study with Carol (TR)
2:00 PM - Happy Hour w/Eddie (DR)
7:00 PM - Open Table Game Time (AA)

MONDAY, APRIL 8

9:00 AM - Grocery Outlet (LB)
10:30 AM - Trader Joe's (LB)
10:45 AM - Live 2B Healthy (LR)
11:00 - 11:30 AM - Solar Eclipse Viewing
See Marnée for Special Glasses (CC)
12:00 PM - Safeway (LB)
1:30 PM - Bank or Pharmacy (LB)
2:00 PM - Dime Bingo with Sal (DR)
4:00 - 6:00 PM Drop-In Tech Help (Concord Library) Transportation Included

FRIDAY, APRIL 12

10:00 AM to 2:00 PM - Shop Your Way (LB)
10:45 AM - Live 2B Healthy (LR)
11:45 AM - Canasta with Juanita (DR)
1:00 PM - Mexican Train (TR)
2:00 PM - Dime Bingo with Sal (DR)

TUESDAY, APRIL 9

Happy Birthday Andrew B!

9:00 AM to 3:00 PM - Doctor Shuttles (LB)
10:00 AM - Better Balance with Marnée (AA)
11:00 AM - Coffee, Tea & Cookies Social (LR)
11:00 AM - Jewelry Show by Marie (LR)
1:00 to 3:00 PM - Tripoly with Lyn (TR)
2:00 PM - Remember When? with Bob (DR)
7:00 PM - Dime Bingo with Sal! (AA)

SATURDAY, APRIL 13

9:00 AM - Puzzles (AA)
10:00 AM - Fit Group USA/Chair Yoga (AA)
1:30 PM - Dime Bingo with Sal (AA)
3:00 PM - Shuffleboard with Don!(TR)
7:00 PM - Open Table Game Time (DR)

WEDNESDAY, APRIL 10

Happy Birthday Esther D!

9:30 AM - Chicks Donuts (\$)
10:45 AM - Live 2B Healthy (DR)
12:30 - Sharing Our Stories with Lyn (TR)
2:30 PM - Knitting and Crocheting Circle (LR)
7:00 PM - Open Table Game Time(AA)

Get Ready, Set, and exercise!

**Live2bhealthy
M, W & F 10:45 AM**

**Fit Group USA
Sat 10:00 AM**

SUNDAY, APRIL 14

Happy Birthday Nancy C!

9:00 AM - Church Shuttles (LB)
1:00 to 3:00 PM - Bridge (TR)
1:30 PM - Speaker Series: Brookfield & Plans
for the Navel & its implications for Concord
transportation provided
2:00 PM - BINGO! With Sal (AA)
4:00 PM - Open Table Game Time (AA)

THURSDAY, APRIL 18

9:00 AM - Doctor Shuttles (LB)
10:00 AM - Seated Yoga (LR)
11:30 AM - Bible Study with Carol (TR)
2:00 PM - Happy Hour w/Jack & Tom(DR)
7:00 PM - Open Table Game Time (AA)

MONDAY, APRIL 15

Happy Birthday Carole L!

9:00 AM - Grocery Outlet (LB)
10:30 AM - Trader Joe's (LB)
10:45 AM - Live 2B Healthy (LR)
12:00 PM - Safeway (LB)
1:30 PM - Bank and Pharmacy (LB)
2:00 PM - Dime Bingo with Sal (DR)
7:00 PM - Open Table Game Time(AA)

FRIDAY, APRIL 19

10:00 AM to 2:00 PM - Shop Your Way (LB)
10:45 AM - Live 2B Healthy (LR)
11:45 AM - Canasta with Juanita (DR)
1:00 PM - Mexican Train (TR)
2:00 PM - Dime Bingo with Sal (DR)

TUESDAY, APRIL 16

9:00 AM to 3:00 PM - Doctor Shuttles (LB)
10:00 AM - Better Balance with Marnée AA
11:00 AM - Coffee, Tea & Cookies Social (LR)
1:00 to 3:00 PM - Tripoly with Lyn (TR)
2:00 PM - Remember When? with Bob (DR)
7:00 PM - Dime Bingo! with Sal! (AA)

SATURDAY, APRIL 20

10:00 AM - Fit Group USA/Chair Yoga (AA)
1:00 PM - American History Book Club (TR)
1:30 PM - Dime Bingo with Sal (AA)
3:00 PM - Shuffleboard with Don! (TR)
7:00 PM - Open Table Game Time (DR)

WEDNESDAY, APRIL 17

12:00 PM - Bambino's Resturant (\$)
10:45 AM - Live 2B Healthy (DR)
12:30 - Sharing Our Stories with Lyn (TR)
2:30 PM - Knitting and Crocheting Circle (LR)
7:00 PM - Open Table Game Time (AA)

Salon Services

**Our salon is open Wednesday through
Friday by appointment only.**

The salon is located on the second floor.

**Please get in touch with the Front Desk
for scheduling options.**



SUNDAY, APRIL 21

Happy Birthday Elba F & Susan P!

9:00 AM - Church Shuttles (LB)
1:00 to 3:00 PM - Bridge (TR)
2:00 PM - BINGO! With Sal (AA)
3:00 to 3:30 PM - Wine & Snack Social (LR)
4:00 PM - Open Table Game Time (AA)

THURSDAY, APRIL 25

9:00 AM - Doctor Shuttles (LB)
10:00 AM - Seated Yoga (LR)
11:00 AM - Concord Library (LB)
11:30 AM - Bible Study with Carol (TR)
2:00 PM - Birthday Happy Hour with Alek (DR)
7:00 PM - Open Table Game Time (AA)

MONDAY, APRIL 22

Earth Day! Passover Begins at Sundown!

9:00 AM - Grocery Outlet (LB)
10:30 AM - Trader Joe's (LB)
10:45 AM - Live 2B Healthy (LR)
12:00 PM - Safeway (LB)
1:30 PM - Bank and Pharmacy (LB)
2:00 PM - Dime Bingo with Sal (DR)
7:00 PM - Open Table Game Time (DR)

FRIDAY, APRIL 26

Happy Birthday Diane M!

10:00 AM to 2:00 PM - Shop Your Way (LB)
10:45 AM - Live 2B Healthy (LR)
11:45 AM - Canasta with Juanita (AA)
1:00 PM - Resident Council (DR)
1:00 PM - Mexican Train (TR)
2:00 PM - Dime Bingo with Sal (AA)
3:00 PM - Charades with Paul! (TR)

TUESDAY, APRIL 23

9:00 AM to 3:00 PM - Doctor Shuttles (LB)
10:00 AM - Better Balance with Marnée (AA)
11:00 AM - Coffee, Tea & Cookies Social (LR)
1:00 to 3:00 PM - Tripoly with Lyn (TR)
2:00 PM - Remember When? with Bob (DR)
7:00 PM - BINGO! with Sal! (AA)

SATURDAY, APRIL 27

9:00 AM - Puzzles (AA)
10:00 AM - Fit Group USA/Chair Yoga (AA)
1:30 PM - Dime Bingo with Sal (AA)
3:00 PM - Shuffleboard with Don! (TR)
7:00 PM - Open Table Game Time (DR)

WEDNESDAY, APRIL 24

10:45 AM - Live 2B Healthy (DR)
11:45 AM - Town Hall with Jon & Terry (LR)
12:30 PM - Sharing Our Stories with Lyn (TR)
1:00 PM - Markham Nature Park & Arboretum (LB)
2:30 PM - Knitting and Crocheting Circle (LR)
7:00 PM - Open Game Time (AA)

CONNECT WITH US

WEBSITE: CARLTONSENIORLIVING.COM

FACEBOOK: CARLTONSENIORLIVINGCONCORD

INSTAGRAM: @CARLTONSENIORLIVING

TWITTER: @CARLTONSRSENIOR

LINKEDIN: CARLTON SENIOR LIVING



SUNDAY, APRIL 28

Happy Birthday Beverly B!

9:00 AM - Church Shuttles (LB)

1:00 to 3:00 PM - Bridge (TR)

2:00 PM - BINGO! With Sal (DR)

4:00 PM - Pizza Social w/Sal! \$

Please order before Saturday the 27th (DR)

MONDAY, APRIL 29

9:00 AM - Grocery Outlet (LB)

10:30 AM - Trader Joe's (LB)

10:45 AM - Live 2B Healthy (LR)

12:00 PM - Safeway (LB)

1:30 PM - Bank and Pharmacy (LB)

2:00 PM - Dime Bingo with Sal (DR)

7:00 PM - Open Table Game Time (AA)

TUESDAY, APRIL 30

9:00 AM to 3:00 PM - Doctor Shuttles (LB)

10:00 AM - Better Balance with Marnée (AA)

11:00 AM - Coffee, Tea & Cookies Social (LR)

1:00 to 3:00 PM - Tripoly with Lyn (TR)

2:00 PM - Remember When? with Bob (DR)

7:00 PM - Bingo! with Sal! (AA)

Go knock on a neighbor's door, or better yet, round up a couple for a jolly good time at our Activity Area - the hub of fun and games! Open All Day and Evening!

Explore our Activity Area and Games! If there's a specific game you'd like to experience, please see Marnée

**Scrabble
Puzzles**

Card Games

Yahtzee

Chess

Checkers

Backgammon

Rummikub

Apples to Apples

Trivia Pursuit

Chat Pack

Bunco

Big Boggle

Up Words

Farkle

Left, Center, Right

Phase 10

Buzzword

Canasta

Mille Bornes

Shape Shuffles

Pictionary

Charades

Mexican Train

Tripoly

Poker Cards and Chips

Password



Debunking the Myths of Older Adult Falls

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding, here are 8 common myths—and the reality—about older adult falls.

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: If I limit my activity, I won't fall.

Reality: Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 3: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting.

Myth 4: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 5: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 6: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses.

Myth 7: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 8: I don't need to talk to anyone if I'm concerned about my risk of falling. I don't want to alarm my family and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling!

For more information about older adult falls, visit the National Council on Aging's website at <https://www.ncoa.org>.