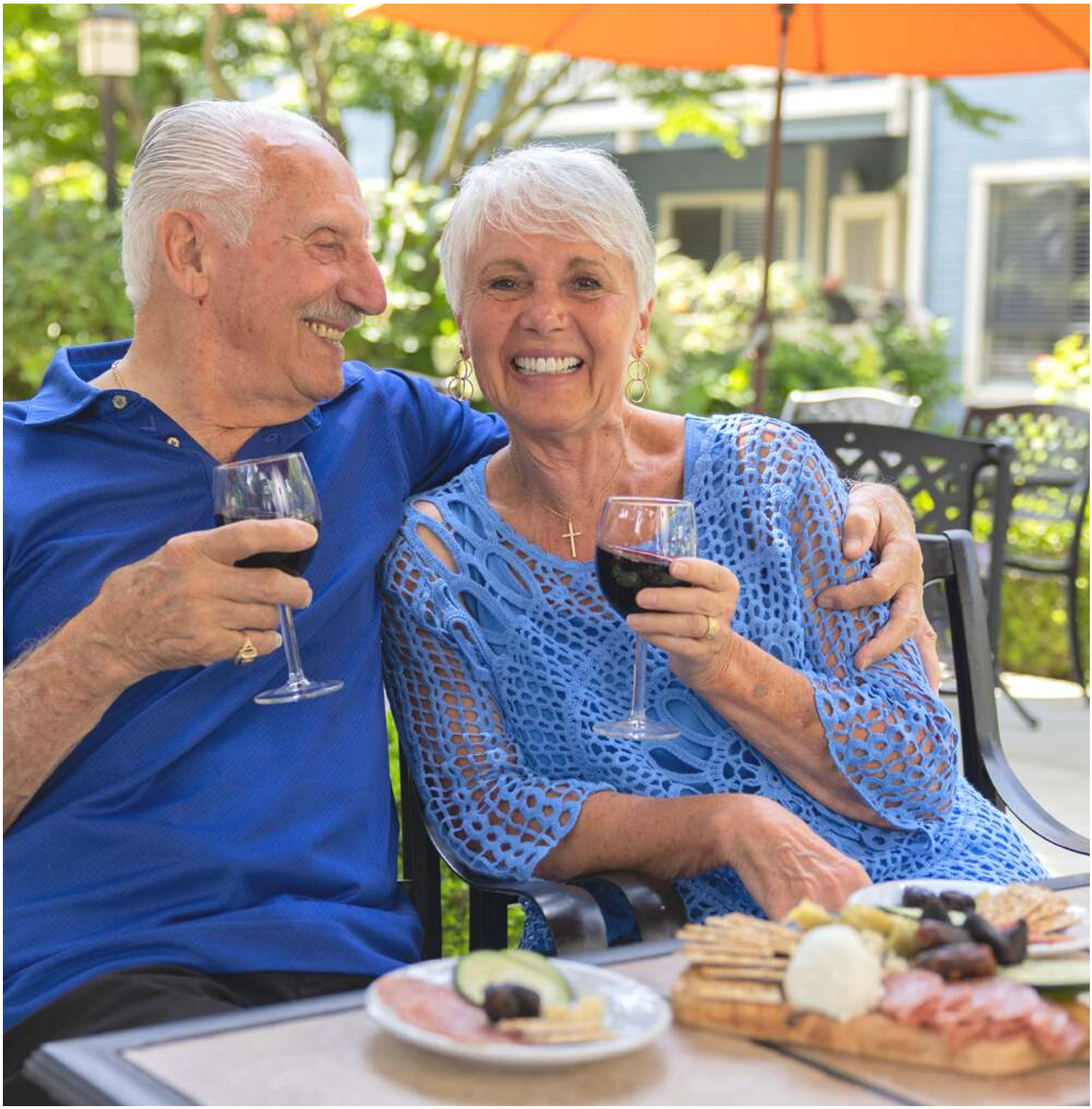
August 2022

The Carlton Times

Love ✧ Honor ✧ Provide



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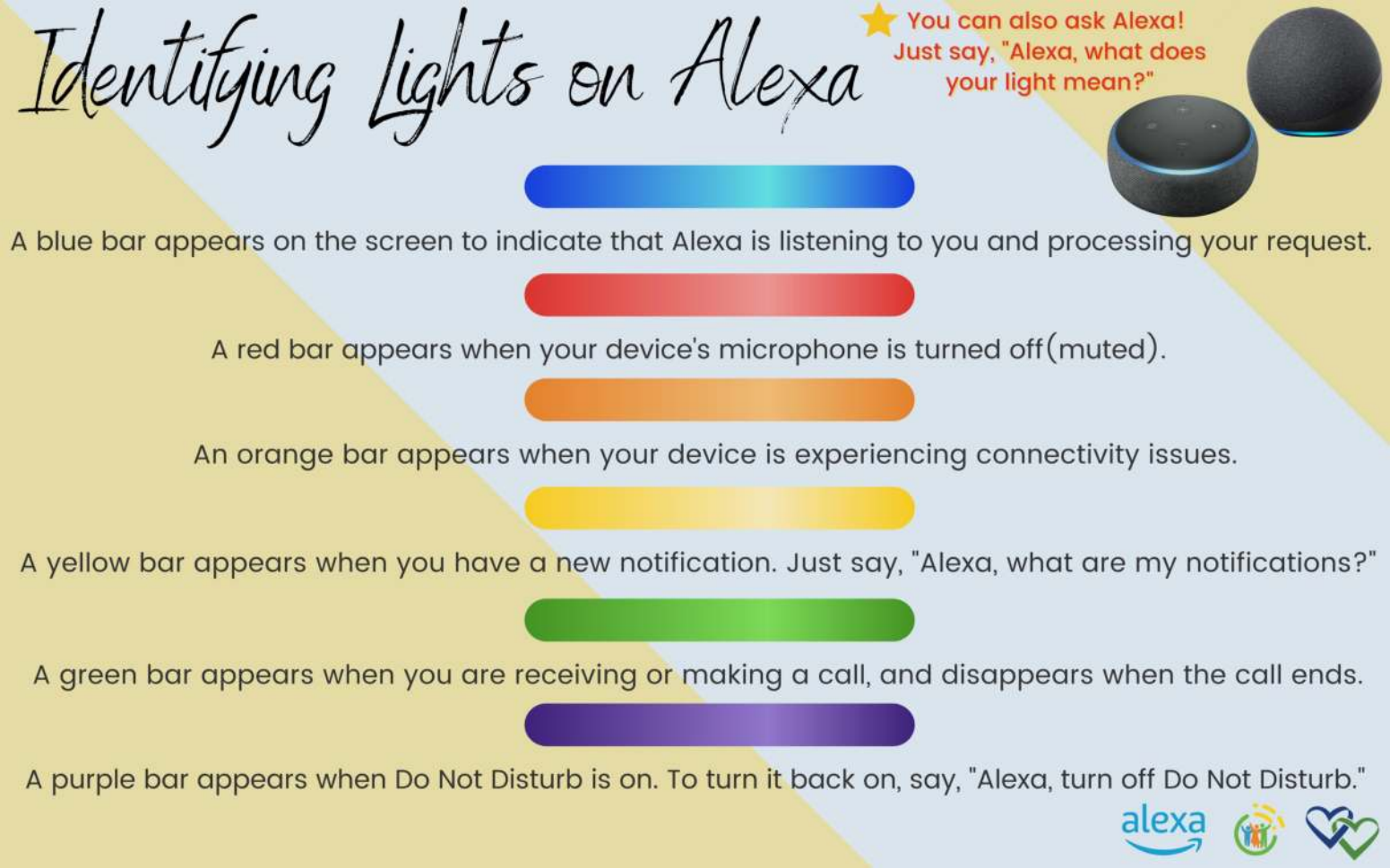

Health Corner

Dancing is Good for Your Health

Like other aerobic exercise, dancing is great for improving cardiovascular function. A study published in 2016 in the American Journal of Preventive Medicine found that people who engaged in moderate-intensity dancing (defined in the study as enough to make you out of breath or sweaty) were 46 percent less likely to develop heart disease or die from it than nondancers over 10 years of follow-up, according to population-based survey data of adults ages 40 and up. In comparison, moderate-intensity walkers were just 25 percent less likely to suffer heart health issues. The study also notes the social aspect of dancing, and the relaxation that comes with it could be partly responsible for its health benefits.

Dancing Builds Core Strength

Dance requires balance and helps build core strength, which helps promote good posture and prevent muscle injuries and back pain, according to Mayo Clinic. Julie Granger, a Paris-based International Sports Sciences Association (ISSA) personal trainer adds that this is particularly true for ballet. “In ballet, you train your body to stand still, often on one leg. This helps you train the deep muscles in your body, which you would not work otherwise,” she says. You are also engaging your abs, “which are an essential part to balancing,” she notes.

Dancing is Good for Bone Health

“As a form of weight-bearing activity, unlike a stationary bike or swimming, dancing can help to maintain bone density,” says Elizabeth C Gardner, MD, an orthopedic sports medicine surgeon at Yale Medicine and associate professor at Yale School of Medicine. Per the National Osteoporosis Foundation, high-impact and weight-bearing exercises, including some forms of dance, help you effectively maintain and even build new bone mass. Some research suggests for older adults with osteoporosis, dancing can help reverse some of the damage of that chronic condition. Other research in children suggests that those who took ballet had better bone mineral content after a three-year period compared with children who didn’t do ballet.

Carlton Senior Living Concord
Management Team

Peter Nixdorff
Executive Director

Marnée Gonsalves
Personal Expressions Manager

Lloyd Farr
Executive Chef

Jorge Lomeli
Plant Operations Manager

Carlton Concord Associates

First Impressions: Suzette Marco, Tammy Demler & Linda Johnson

Personal Expressions: Leslie Pollock

Maintenance: Rafael Hernandez & Ramiro Gonzalez

Housekeeping: Stephanie Miller & Karen Medrano

Culinary Team: Josef Galicki, Danny Esquivel, Elly Russel, Jeremy Cubas, MD Amzad Chowdhury, DeDee Santos, Elizabeth Curiel, Stephanie Perez, Delia Quitana, Luz Carillo, Lexi Lantan, Carrie Perez, Mary Lou Lambert, Kennedy Littlejohn and Kiera Sauter

Evening Shift Supervisors: Alfredo Aguilar & Joseph Mainville

August Birthday's

Residents

Linda Schultz August 9th

Dennis Campbell August 10th

Hilda Hill August 14th

Debra Gala August 16th

Phillip Wilson August 18th

Jerry McCarthy August 19th

Susan Leung August 26th

Jan Driscoll August 31st

Mitsie Tanaka August 31st

Staff

Mary Lou Lambert August 8th

Happening in August

8/1 Jewelry Show by Marie

8/3 Crafter Outing (DPH)

8/5 Skipolini's

8/11 House Warming BBQ (DR)

8/12 Senior Event Fair (DR)

8/16 Brenden Theatre Night

8/19 Casper's

8/21 Family Photo Brunch (DR)

8/23 Cache Creek

8/26 Fundraiser Lunch (DR)

Forums

8/9 Personal Expressions
1:00 PM (DR)

8/15 Culinary Forum
11:30 AM (DR)

8/19 Community Forum
1:00 PM (DR)

Resident Council Meeting

8/26 2:00 PM

Theme Days

August 4th • National Bowling Day
Wear a Bowling Shirt

August 11th • Elvis Week
Wear Black & Gold

August 16th • National Beach Day
Wear Sunglasses or Beach Attire

August 20th • Watermelon Day
Wear Red & Green

August 29th • Surf Day
Wear Blue & Green

Welcome to Our Family

Deborah White

#229

Mary Lesley

#135

Patricia Arnold

#336

Please welcome our newest neighbors to the community.

Salon Services

Hair Stylist

Wednesday- Friday

by appointment only

The salon is located on the second floor. Please contact the Front Desk for scheduling options.

Resident Council Meeting

Friday August 26th

2:00PM

Dining Room

The Resident Council Meeting is open to all community residents. Participate in meetings for community updates and to share your opinion.

Resident Spotlight

Gretchen Parmeter

Gretchen was born in Pittsburg Pennsylvania in 1937.
She has a beautiful daughter that lives in Benecia. Gretchen is extremely close with her daughter. Gretchen speaks about her fondly and refers to her as her right arm.
Gretchen has traveled and lived in many exciting destinations, Germany, Austria and Hawaii.
Gretchen's late husband was the love of her life, she keeps a piece of him with her at all times in a beautiful heart shaped necklace with a butterfly on it.

Employee Spotlight

Rafa Fernandez

Rafa lived in Mexico and moved to California in 1986. Rafa has 3 children, 1 boy and 2 girls. He enjoys spending time with his family.
Rafa's enjoys the beach with his children and wife of 23 years.
He has weekend trips to Santa Cruz, Monterey and Bodega Bay.
Rafa is a big sports fanatic and will watch just about any sport.
He has been with Carlton for 2 1/2 years, he loves his work and enjoys the residents.

The Meeting Game Salon

Happy Hour and Bingo!

LOCATION KEY

(LR) Living Room
(DR) Dining Room
(BB) Balance Bar
(CY) Courtyard
(TR) Theater Room

Activities are subject to change.

MONDAY, AUGUST 1

9:00 Dankim (DR)
10:45 Morning Stretch (LR)
11:30 Crafts (DR)
12:00 Scrabble (DR)
12:30 Knitting & Crocheting (LR)
1:00 Word Search Packets (LR)
2:00 Dime Bingo (DR)
7:30 Coloring with Sandy (DR)

TUESDAY, AUGUST 2

9:00 Doctor Shuttles
9:30 Shuffleboard (4th Floor)
10:30 Canasta (DR)
10:45 Morning Stretch (DR)
11:00 Jewelry Show by Marie (LR)
11:30 Coffee, Cookies and Tea (DR)
1:00 Group Crossword (LR)
2:00 Left Center Right (DR)
7:00 Evening Movie (TR)

WEDNESDAY, AUGUST 3

9:00 Trader Joe's Shuttle
10:15 Craft Outing (DPH)
10:45 Live 2B Healthy (LR)
12:00 Safeway Shuttle
12:30 Mahjong (DR)
1:00 Brain Games (LR)
1:15 Balance Bar Fitness (BB)
2:00 BINGO! (DR)
7:30 Games with Gretchen (DR)

THURSDAY, AUGUST 4

9:00 Doctor Shuttles
9:00 Walking Club (L)
10:00 Morning Stretch (LR)
11:00 Manicures (DR)
11:30 Bible Study (TR)
1:00 Balance Bar Fitness (BB)
2:00 Happy Hour (DR)
with Music by Paul Fontes
7:00 Evening Movie (TR)

FRIDAY, AUGUST 5

10:00 - 2:00 Concierge Shuttle Service
10:45 Live 2B Healthy (LR)
11:00 Skipolini's Pizza
12:30 Random Acts of Kindness Packets (DR)
1:00 Word Games (LR)
2:00 Dime Bingo (DR)
3:00 Armchair Travel (TR)
7:00 Evening Movie (TR)

SATURDAY, AUGUST 6

9:00 Current Events
10:45 Morning Stretch (LR)
11:30 Tai Chi (LR)
12:30 Rummikub (DR)
1:00 Trivia (LR)
1:15 Balance Bar Fitness (BB)
1:30 Dime Bingo (DR)
3:00 Armchair Travel (TR)
7:00 Evening Movie (TR)

Doggie Meet Up

Saturday, August 13th
1:00 PM

SUNDAY, AUGUST 7

11:00 - 1:00 Sunday Brunch (DR)
9:00 Church Shuttle
9:30 Morning Stretch (LR)
12:00 Balance Bar Fitness (BB)
1:00 Trivia (DR)
2:00 BINGO! (DR)
4:00 Afternoon Walk (CY)
7:00 Evening Movie (TR)

MONDAY, AUGUST 8

9:00 Kings in The Corner Solitaire (DR)
10:45 Live 2B Healthy (LR)
11:30 Gardening Club (CY)
12:00 Scrabble (DR)
12:30 Knitting & Crocheting (LR)
1:00 Shuffleboard (4th floor)
2:00 Dime Bingo (DR)
7:30 Coloring with Sandy

TUESDAY, AUGUST 9

9:00 Doctor Shuttles
9:30 Upwards (DR)
10:30 Canasta (DR)
10:45 Morning Stretch (LR)
11:30 Coffee, Tea & Cookies (DR)
1:00 Personal Expression Forum (DR)
2:00 Left Center Right (DR)
7:00 Evening Movie (TR)

WEDNESDAY, AUGUST 10

9:00 Trader Joe's Shuttle
10:45 Live 2B Healthy (LR)
10:30 Safeway Shuttle
12:00 Hobby Lobby Shuttle
12:30 Mahjong (DR)
12:00-1:00 Lunch Fundraiser for Alzheimer's
2:00 BINGO! (DR)
3:00 Documentary (TR)
7:30 Games with Gretchen (DR)

THURSDAY, AUGUST 11

9:00 Doctor Shuttles
9:00 Walking Club (L)
10:45 Morning Stretch (LR)
11:00 Acts of Kindness Clean Up Day
11:30 Bible Study (TR)
1:00 Balance Bar Fitness (BB)
2:00 - 5:00 House Warming BBQ (DR)
with Music by Eddie from 2-4
7:00 Evening Movie (TR)

FRIDAY, AUGUST 12

9:00 Dankim (DR)
10:00 - 2:00 Shuttle Service
10:45 Live 2B Healthy (LR)
11:00 - 1:00 Senior Resource Fair (DR)
12:30 Trivial Pursuit (DR)
1:00 Word Games (LR)
2:00 Bingo (DR)
3:00 Armchair Travel (TR)
7:00 Evening Movie (TR)

SATURDAY, AUGUST 13

9:00 Current Events (LR)
10:45 Morning Stretch (LR)
11:30 Tai Chi (LR)
12:30 Rummikub (DR)
1:00 Doggie Meet Up (CY)
1:15 Balance Bar Fitness (BB)
1:30 Dime Bingo (DR)
3:00 Armchair Travel (TR)
7:00 Evening Movie (TR)

CONNECT WITH US

Website CarltonSeniorLiving.com/blog
Facebook @CarltonSeniorLivingConcord
Instagram @CarltonSeniorLiving
LinkedIn Carlton Senior Living
Twitter @CarltonSrSenior

SUNDAY, AUGUST 14

11:00 - 1:00 Sunday Brunch (DR)
9:00 Church Shuttle
9:30 Morning Stretch (LR)
12:00 Balance Bar Fitness (BB)
1:00 Wine and Cheese Tasting (CY)
2:00 BINGO! (DR)
4:00 Afternoon Walk (CY)
7:00 Evening Movie (TR)

MONDAY, AUGUST 15

9:00 Dankim (DR)
10:45 Live 2B Healthy (LR)
11:30 Culinary Forum (DR)
12:00 Scrabble (DR)
12:30 Knitting & Crocheting (LR)
1:00 Word Search Packets (LR)
2:00 Dime Bingo (DR)
7:30 Coloring with Sandy (DR)

TUESDAY, AUGUST 16

9:00 Doctor Shuttles
9:30 Shuffleboard (4th Floor)
10:30 Canasta (DR)
10:45 Morning Stretch (LR)
11:30 Coffee, Tea & Cookies (LR)
1:00 Group Crossword (LR)
2:00 The Penny Game (DR)
TBA Brenden Theater Movie Night

WEDNESDAY, AUGUST 17

9:00 Bank and Pharmacy Shuttle
10:30 Trader Joe's Shuttle
10:45 Live 2B Healthy (LR)
11:30 Safeway Shuttle
12:30 Mahjong (DR)
1:00 Brain Games (LR)
1:15 Balance Bar Fitness (BB)
2:00 BINGO! (DR)
3:00 Documentary (TR)
7:00 Games with Gretchen (DR)

THURSDAY, AUGUST 18

9:00 Doctor Shuttles
9:00 Walking Club (L)
10:45 Morning Stretch (LR)
11:00 Alexa Workshop (DR)
11:30 Bible Study (TR)
1:00 Balance Bar Fitness (BB)
2:00 Happy Hour (DR)
with Music by Banjo Jack
7:00 Evening Movie (TR)

FRIDAY, AUGUST 19

9:00 Dankim (DR)
10:00 - 2:00 Shuttle Service
10:45 Live 2B Healthy (LR)
11:00 Caspers Outing
12:30 Trivial Pursuit (DR)
1:00 Community Forum (DR)
2:00 Dime Bingo (DR)
3:00 Armchair Travel (TR)
7:00 Evening Movie (TR)

SATURDAY, AUGUST 20

9:00 Current Events
10:45 Morning Stretch (LR)
11:30 Tai Chi (LR)
12:30 Rummikub (DR)
1:00 Root Beer Float Fundraiser (CY)
1:15 Balance Bar Fitness (BB)
1:30 Dime Bingo (DR)
3:00 Armchair Travel (TR)
7:00 Evening Movie (TR)

dakim BrainFitness™

Brain fitness will help keep your mind sharp!

Contact the Personal Expression team to get started.

SUNDAY, AUGUST 21

11:00 - 1:00 Sunday Brunch Buffett (DR)
Family Photos (CY)
9:00 Church Shuttle
9:30 Morning Stretch (LR)
1:00 Trivia (LR)
2:00 BINGO! (DR)
4:00 Afternoon Walk (CY)
7:00 Evening Movie (TR)

MONDAY, AUGUST 22

9:00 Kings in The Corner Solitaire (DR)
10:45 Live 2B Healthy (LR)
11:00 Gardening Club (CY)
12:00 Scrabble (DR)
12:30 Knitting & Crocheting (LR)
1:00 Word Search Packets (LR)
2:00 Dime Bingo (DR)
7:30 Coloring with Sandy (DR)

TUESDAY, AUGUST 23

9:00 Doctor Shuttles
9:00 Cache Creek
9:30 Upwards
10:30 Canasta (DR)
10:45 Morning Stretch (LR)
11:30 Coffee, Tea and Cookies (DR)
1:00 Group Crossword (LR)
2:00 Left Center Right (DR)
7:00 Evening Movie (TR)

WEDNESDAY, AUGUST 24

9:00 Trader Joe's Shuttle
10:45 Live 2B Healthy (LR)
10:30 Safeway Shuttle
12:00 Walmart Shuttle
1:00 Brain Games (LR)
1:15 Balance Bar Fitness (BB)
2:00 BINGO! (DR)
3:00 Documentary
7:00 Games with Gretchen (DR)

THURSDAY, AUGUST 25

9:00 Doctor Shuttles
9:00 Walking Club (L)
10:45 Morning Stretch (LR)
11:00 Farmers Market
11:30 Bible Study (TR)
1:00 Balance Bar Fitness (BB)
2:00 Birthday Celebration (DR)
with Music by Ciro
7:00 Evening Movie (TR)

FRIDAY, AUGUST 26

10:00 - 2:00 Concierge Shuttle Service
10:45 Live 2B Healthy (LR)
11:00 Lazy Dog
12:30 Trivial Pursuit (DR)
1:00 Word Games (LR)
2:00 Resident Council Meeting (DR)
3:00 Armchair Travel (TR)
7:00 Evening Movie (TR)

SATURDAY, AUGUST 27

9:00 Current Events
10:45 Morning Stretch
11:30 Tai Chi (LR)
12:30 Rummikub (DR)
1:00 Trivia (LR)
1:30 Dime Bingo (DR)
1:15 Balance Bar Fitness (BB)
3:00 Armchair Travel (TR)
7:00 Evening Movie (TR)

SUNDAY, AUGUST 28

11:00 - 1:00 Sunday Brunch (DR)
9:00 Church Shuttle
9:30 Morning Stretch (LR)
1:00 Trivia (LR)
2:00 BINGO! (DR)
4:00 Afternoon Walk (CY)
7:00 Evening Movie (TR)

MONDAY, AUGUST 29

9:00 Dankim (DR)
10:45 Live 2B Healthy (LR)
11:30 Crafts (DR)
12:00 Scrabble (DR)
12:30 Knitting & Crocheting (LR)
1:00 Word Search Packets (LR)
2:00 Dime Bingo (DR)
7:30 Coloring with Sandy (DR)

TUESDAY, AUGUST 30

9:00 Doctor Shuttles
9:30 Upwards
10:30 Canasta (DR)
10:45 Morning Stretch (LR) a
11:30 Coffee, Tea and Cookies (DR)
1:00 Group Crossword (LR)
2:00 The Penny Game (DR)
7:00 Evening Movie (TR)

WEDNESDAY, AUGUST 31

9:00 Bank and Pharmacy Shuttle
10:45 Live 2B Healthy (LR)
10:30 Trader Joe's Shuttle
12:30 Mahjong (DR)
1:00 Brain Games (LR)
1:15 Balance Bar Fitness (BB)
2:00 BINGO! (DR)
3:00 Documentary (TR)
7:00 Games with Gretchen (DR)

Kindness Challenge

Say Thank you to someone

Take a walk with a neighbor

Volunteer in your Community

Invite a neighbor over

Visit a neighbor

Walk your friends dog

Take out someone's garbage

Write a letter

Say Please

Be positive

Donate unwanted goods

Say Hello

Eat Dinner with someone new

Enjoy the beauty

Help clean your neighborhood

Tell someone they look great

4th of July Celebration

Random Acts of Kindness Challenge!

Please come and join the challenge. For every Random Act of Kindness that is documented with a photo you will earn Carlton Kindness Tickets.

Photo's Due no later than September 15th

Raffle drawing September 30th

Doctor Shuttle Transportation

We offer transportation for medical appointments on Tuesdays and Thursdays with a drop-off time starting at 9:00 am and a final pick-up time of 3:00 pm.

Tuesday Destinations: Concord & Martinez
Thursday Destinations: Pleasant Hill & Walnut Creek

Doctor Shuttle transportation must be requested at least 48 hours (2 days) in advance. Contact the Front Desk to reserve a time slot.

Church Shuttles

Church Shuttles are available on Sundays beginning at 9:00 AM. Visit the Carlton front desk for location information and to sign up.

Concierge Shuttle Service

The Concierge service offers transportation within a reasonable distance every Friday from 10am - 2pm.

Carlton
SENIOR LIVING

Famous August Birthdays

The following people were born in August.
Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

A. Loni **ANDERSON**

B. Louis **ARMSTRONG**

C. Tony **BENNETT**

D. Coco **CHANEL**

E. Bill **CLINTON**

F. Cecil B. **DEMILLE**

G. Malcolm **FORBES**

H. Frank **GIFFORD**

I. Meriwether **LEWIS**

J. Herman **MELVILLE**

K. Peter **O'TOOLE**

L. Orville **WRIGHT**

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

Bonus: *Match the person to the correct clue.*

1. Novelist ____
2. NFL football player ____
3. Singer ____
4. Actress ____
5. Actor ____
6. U.S. president ____
7. Jazz trumpeter ____
8. Producer/director ____
9. Aviator ____
10. Fashion designer ____
11. Explorer ____
12. Publisher ____

1. Novelist – J, 2. NFL football player – H, 3. Singer – C, 4. Actress – A, 5. Actor – K
6. U.S. president – E, 7. Jazz trumpeter – B, 8. Producer/director – F, 9. Aviator – L
10. Fashion designer – D, 11. Explorer – I, 12. Publisher – G

Carlton SENIOR LIVING

EXERCISE IMPROVES BALANCE AND STRENGTH

Studies have found that an exercise approach which includes balance training, leg strengthening, and gait can lower fall risk in older adults.

Having several exercise options available can help meet the needs of a resident population with diverse levels of fitness. Options available to residents at Carlton Senior Living Concord include the following:

Individual physical and occupation therapy:

Onsite physical (PT), occupational (OT), and speech therapy services are offered by Orthopedic & Neurological Rehabilitation, Inc. (ONR)

Group activities and exercise classes offered within the community:

- Live 2B Healthy
- Balance Bar Fitness
- Walking Club
- Morning Stretch
- Laughter Yoga
- Tai Chi

Visit our website for more information: CarltonSeniorLiving.com/communities