



# The Carlton Times

Nourishing Mind, Body, and Soul



Pictured: CSL Pleasant Hill-Martinez

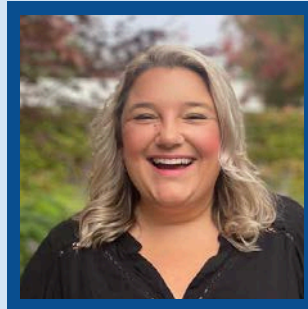
# Meet The Management Team



**Miriam Faris**  
Executive Director  
Monday-Friday



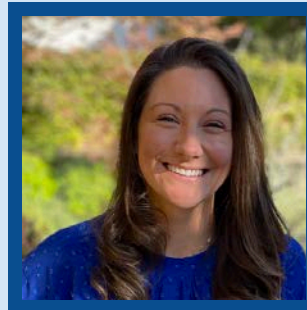
**Christin Pannell**  
Executive Assistant  
Monday-Friday



**Mina Kutulas**  
Director of Resident Services  
Tuesday-Saturday



**Shilah Ainsworth**  
Memory Care Director  
Sunday - Thursday



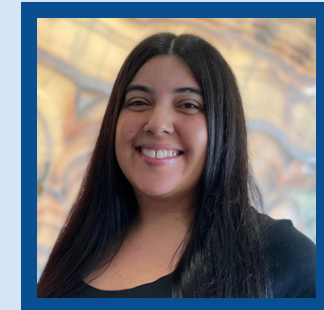
**Jess Beck**  
Resident Liaison  
Monday-Friday



**Kelly Bascom-Watson**  
Care Manager  
Sunday-Thursday



**Elvin Lal**  
Chef  
Sunday-Thursday



**Amanda Carrillo**  
Dining Room Manager  
Tuesday-Saturday



**Jesse Vasquez**  
AL Activities Manager  
Sunday-Thursday



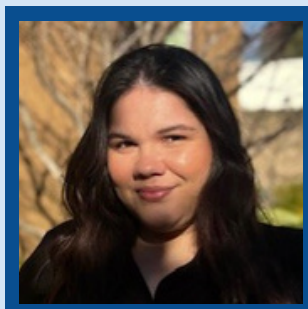
**Genai Bradshaw**  
MC Activities Manager  
Tuesday-Saturday



**Justus Eernisse**  
Maintenance Manager  
Sunday - Thursday



**Innes McFarlane**  
Sales Director  
Tuesday-Saturday



**Diana Hernandez**  
Administrator Assistant  
Sunday - Thursday



**Kayla Fermil**  
Evening Supervisor  
Friday - Saturday



**Janine Young**  
Evening Supervisor  
Sunday-Thursday

# RESIDENT

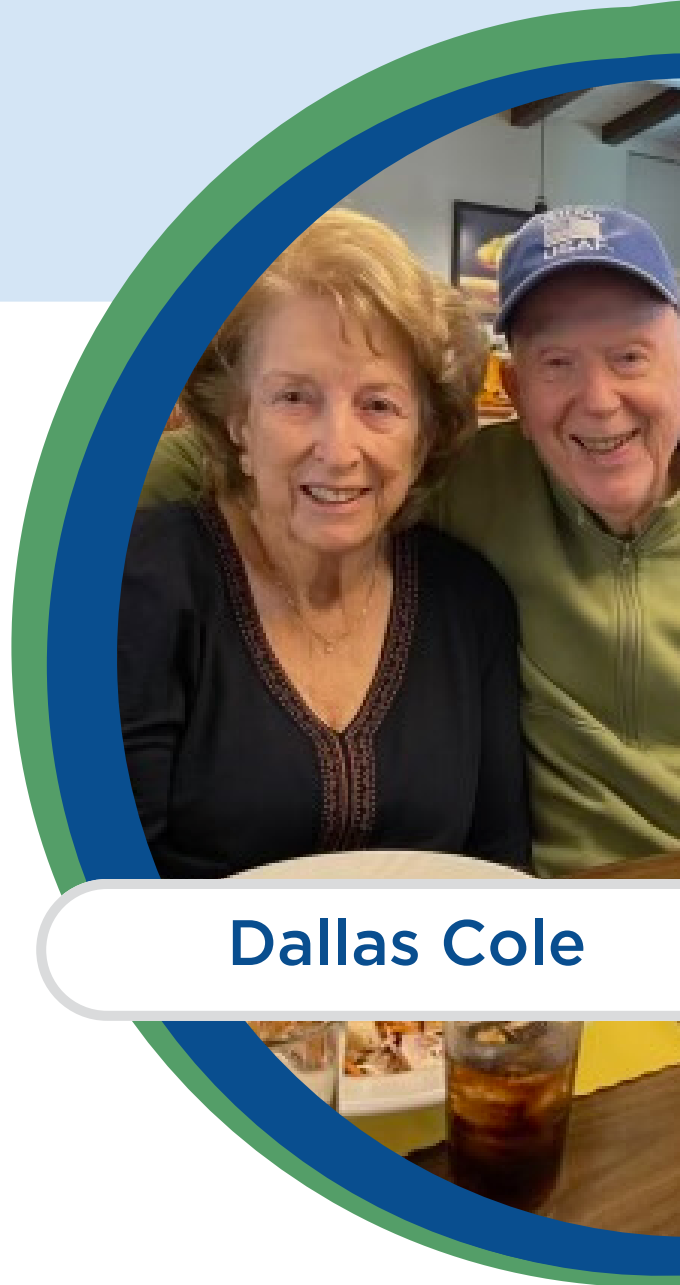
## Spotlight

Norman “Dallas” Cole was born to parents Ethel and Rudolph Jensen on October 4th, 1928, in Brigham City, Utah. His parents divorced when Dallas was 9 months old. Dallas is the middle of three children; he has an older brother, Calvin, who is 2 years older, and a younger brother, Rex, who is 18 years younger. His father was married prior to his mother, and from that marriage, Dallas has half-brothers and half-sisters.

Dallas and his beloved wife Carolyn were first introduced on a blind date arranged by her mother Jenny and his Aunt Ada, who worked together. For their first date, they went to see Nat King Cole. They fell in love quickly and were married on June 11th, 1953, and remained married for 70 years. However, when they were wed, their vows shared that they would be married for all eternity, leaving them never to be separated. Their love grew with the birth of their four children: Douglas, Terri, Ronald, and Richard.

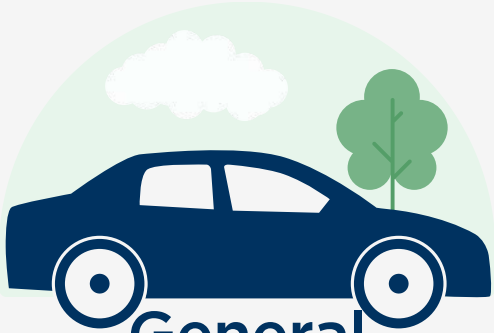
His favorite Carlton activities include exercise classes, bean bag toss, attending meals, and sharing social experiences with friends. Three words that describe him best would be healthy, gregarious, and caring. The person he admires most is Martin Luther King Jr. because his sermons were memorable, and he was a wonderful man. He also notes that he admires Jimmy Carter because he was not pretentious; he was a true people’s president who didn’t view himself as superior or look down on people.

To learn more about Dallas, we invite you to stop by the spotlight board in our community on the first floor across from the mailroom.



**Dallas Cole**

# Transportation Guidelines



## General Transportation

**Monday–Friday, 9AM–4:30 PM**  
first-come, first-served.

**48-hour notice required**  
subject to approval and availability.



## Outings and Scenic Drives

**Scenic Drives:** Sundays at 3:15 PM

**Monthly Outings:** Check the activity schedule and sign up at the Front Desk



## Church Shuttles

**Sign up with Jesse**  
Route details posted at the kiosk,  
activity room, and Front Desk.

**Other churches can be added**  
Just ask!



## Transportation Charges

**Davis City Limits**  
(Regular Hours): Free

**Outside Davis / Before 9AM or After 4:30PM:**  
\$22.50 per half hour (1-hour minimum),  
then \$11.25 per 15 minutes.

## How to Schedule:

**Text or Email:**

Jesse: (530-902-1947) | [ljvasquez@carltonseniorliving.com](mailto:ljvasquez@carltonseniorliving.com)

Vic: (530-379-5045) | [cpdepe2@carltonseniorliving.com](mailto:cpdepe2@carltonseniorliving.com)

**Or stop by the activities office on the 3rd floor!**

# March Happenings

## Theme Days

Show a little Carlton Spirit by dressing up for these special days!

### **Tuesday 3/4**

Mardi Gras!

*Wear Green, Gold, Purple & Masks*

### **Wednesday 3/12**

National Plant a Flower Day

*Wear floral prints*

### **Monday 3/17**

Happy St. Patrick's Day!

*Wear Green*

### **Wednesday 3/26**

Carlton Swag Day

*Wear your Carlton t-shirts, sweatshirts, hats, and jackets.*

### **Friday 3/28**

40th Anniversary Celebration

*Wear Carlton Blue & Green*



## Events

### **Monday 3/17: St. Patrick's Day**

**Happy Hour**

4:00PM

### **Thursday 2/27: Mobility and Balance Exercise Seminar With**

**Deb Eernisse**

2:00 PM

### **Friday 3/28: Carlton 40th Anniversary Celebration**

10:30 AM

## Outings

Explore new places and enjoy some of our favorite spots.

### **Monday 3/3:**

Shopping Shuttle to Target

9:30 AM

### **Wednesday 3/5:**

Brunch at Cafe Bernardo

11:15 AM

### **Monday 3/17:**

Shopping Shuttle to Nugget Market

9:30 AM

### **Wednesday 3/26:**

Davis Farmer's Market

1:30 PM

# Ask Alexa to Call the Front Desk

Did you know that you can use Alexa to call the front desk at your community? This allows you to make hands free calls from almost anywhere in your apartment. Simply say, "Alexa, call the Front Desk." Alexa will confirm your command and place the call.

Alexa, call the Front Desk.



Ok, calling Front Desk's phone.

Thank you for calling Carlton Senior Living! How may I assist you?

Questions about Alexa? Speak with your community's Resident Liaison or Activities Manager.



## Culinary Council Meeting

**Tuesday, March 11**  
2:00 PM | Activity Room

Join Chef Elvin and Dining Room Manager Amanda to cover a variety of topic, as well as hear from you directly for questions, concerns, recommendations, and more.

## Resident Information Session

**Wednesday, March 5**  
2:00 PM | Theater

Resident Information Sessions are open to all community residents. Participate in meetings for community updates and to share your opinion.

## SATURDAY, MARCH 1

### *Women's History Month*

- 10:15 AM - Balance Bar Fitness (AR)
- 1:00 PM - Mexican Train Dominoes (AR)
- 1:30 PM - Matinee Movie: Imitation Of Life (TR)
- 2:00 PM - Tastings With Elaine:  
Popcorn Tasting: Part Two (AR)
- 3:15 PM - Indoor Garden Cultivating (AR)
- 4:00 PM - Happy Hour (LR)

## Location Key

### **1st Floor:**

FD: Front Desk • CY: Courtyard  
LR: Living Room • DR: Dining Room  
PDR: Private Dining Room

### **2nd Floor:**

ST: Study • TR: Theater  
DC: Fitness Center

### **3rd Floor:**

AR: Activity Room



## SUNDAY, MARCH 2

9:00 AM - Morning Stroll (FD)  
10:00 AM - St. James Mass (TR)  
10:15 AM - Balance Bar Fitness (AR)  
12:45 PM - Davis Community Church Worship (TR)  
1:30 PM - Carlton Cooks:  
Oatmeal Raisin Cookies (AR)  
2:00 PM - Sunday Matinee:  
The Other Side Of The Mountain (TR)  
3:00 PM - 25¢ Bingo (AR)  
3:15 PM - Scenic Drive (FD)  
4:00 PM - Trivia (AR)

## THURSDAY, MARCH 6

10:15 AM - Dance Fitness With Katelynn (AR)  
1:00 PM - Balance Bar Fitness (AR)  
2:00 PM - Bridge (ST)  
3:00 PM - Rummikub (AR)  
4:00 PM - Singing Circle (LR)  
6:00 PM - Movie: Blended (TR)

## MONDAY, MARCH 3

9:30 AM - SIGN UP:  
Shopping Shuttle To Target (FD)  
10:00 AM - Women's Bible Study (ST)  
10:30 AM - Mindful Meditation With Katie (LR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Bridge (ST)  
2:15 PM - Bean Bag Toss (LR)  
3:15 PM - Bananagrams (AR)  
6:00 PM - Documentary: Elvis On Tour (TR)

## FRIDAY, MARCH 7

10:15 AM - Fabulous Fitness (AR)  
10:30 AM - Chair Yoga With Katie (LR)  
11:00 AM - Morning Walk (FD)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Mahjong (ST)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - Word Games: Boggle (AR)  
6:00 PM - Movie: Trap (TR)

## TUESDAY, MARCH 4

### *Mardi Gras*

10:15 AM - Fabulous Fitness (AR)  
10:30 AM - Chair Yoga With Katie (LR)  
11:00 AM - Nintendo Bowling (TR)  
1:00 PM - Balance Bar Fitness (AR)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - Mardi Gras Happy Hour (LR)  
6:00 PM - Movie: Here (TR)

## SATURDAY, MARCH 8

10:15 AM - Balance Bar Fitness (AR)  
1:00 PM - Mexican Train Dominoes (AR)  
1:30 PM - Matinee Movie:  
You're Cordially Invited (TR)  
2:00 PM - Tastings With Jesse:  
Talenti Gelato Tasting (AR)  
3:15 PM - Indoor Garden Cultivating (AR)  
4:00 PM - Happy Hour Concert: Tune Up (LR)

## WEDNESDAY, MARCH 5

### *Ash Wednesday*

9:45 AM - SIGN UP:  
Brunch Outing To Cafe Bernardo (FD)  
10:00 AM - St. James Communion And Ashes (TR)  
10:30 AM - Mindful Meditation With Katie (LR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Resident Information Session (TR)  
3:00 PM - Docuseries:  
Live To 100 - An Unexpected Discovery (TR)  
4:00 PM - Concert: Now And Then (LR)  
6:00 PM - Movie: My All American (TR)

Welcome to the  
**Carlton Family**

**Armand Jaques**  
**JoAnne Robertson**

## SUNDAY, MARCH 9

### *Daylight Savings Time Begins*

- 9:00 AM - Morning Stroll (FD)
- 10:00 AM - St. James Mass (TR)
- 10:15 AM - Balance Bar Fitness (AR)
- 12:45 PM - Davis Community Church Worship (TR)
- 1:30 PM - Carlton Cooks: Ants On A Log (AR)
- 2:00 PM - Sunday Matinee: Pocketful Of Miracles (TR)
- 3:00 PM - 25¢ Bingo (AR)
- 3:15 PM - Scenic Drive (FD)
- 4:00 PM - Classical Piano Recital With Andrew Lin (LR)

## THURSDAY, MARCH 13

### *Purim Begins At Sundown*

- 10:15 AM - Dance Fitness With Katelynn (AR)
- 1:00 PM - Ceramics With Susan (AR)
- 2:00 PM - Bridge (ST)
- 2:15 PM - Afternoon Stroll (FD)
- 3:00 PM - Rummikub (AR)
- 4:00 PM - Singing Circle (LR)
- 6:00 PM - Movie: Superman The Movie (TR)

## MONDAY, MARCH 10

- 10:00 AM - Women's Bible Study (ST)
- 10:15 AM - Balance Bar Fitness (AR)
- 10:30 AM - Mindful Meditation With Katie (LR)
- 1:00 PM - Live 2B Healthy Exercise (AR)
- 2:00 PM - Bridge (ST)
- 2:15 PM - Bean Bag Toss (LR)
- 3:15 PM - Bananagrams (AR)
- 6:00 PM - Documentary:  
Dancing With The Birds (TR)

## FRIDAY, MARCH 14

- 10:00 AM - News Currents (AR)
- 11:15 AM - Morning Walk (FD)
- 1:00 PM - Live 2B Healthy Exercise (AR)
- 2:00 PM - Mahjong (ST)
- 3:00 PM - Funny Money Bingo (AR)
- 4:00 PM - Word Games: Word In A Word (AR)
- 6:00 PM - Movie: The Idea Of You (TR)

## TUESDAY, MARCH 11

- 10:15 AM - Dance Fitness With Katelynn (AR)
- 10:30 AM - Chair Yoga With Katie (LR)
- 11:00 AM - Therapeutic Art With Matthew (AR)
- 1:00 PM - Nintendo Bowling (TR)
- 2:00 PM - Culinary Council With  
Chef Elvin And Amanda (AR)
- 3:00 PM - Funny Money Bingo (AR)
- 4:00 PM - Trivia (AR)
- 6:00 PM - Movie: Quartet (TR)

## SATURDAY, MARCH 15

- 10:15 AM - Balance Bar Fitness (AR)
- 11:00 AM - Morning Stroll (FD)
- 1:00 PM - Mexican Train Dominos (AR)
- 2:00 PM - Tastings With Elaine:  
Belated Pi Day Tasting (AR)
- 3:15 PM - Indoor Garden Cultivating (AR)
- 4:00 PM - Happy Hour Concert: Coldshot (LR)

## WEDNESDAY, MARCH 12

- 10:00 AM - St. James Mass (TR)
- 10:15 AM - Morning Walk (FD)
- 10:30 AM - Mindful Meditation With Katie (LR)
- 1:00 PM - Live 2B Healthy Exercise (LR)
- 2:00 PM - Docuseries:  
Live To 100 - The End Of Blue Zones? (TR)
- 4:00 PM - Happy Hour (LR)
- 4:00 PM - Wordle (AR)
- 6:00 PM - Movie: The Pianist (TR)

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### **2nd Floor:**

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### **3rd Floor:**

AR: Activity Room





## SUNDAY, MARCH 16

9:00 AM - Morning Stroll (FD)  
10:00 AM - St. James Mass (TR)  
10:15 AM - Balance Bar Fitness (AR)  
12:45 PM - Davis Community Church Worship (TR)  
1:30 PM - Carlton Cooks: Irish Tea Cake (AR)  
2:00 PM - Movie Matinee: Valley Of The Dolls (TR)  
3:00 PM - 25¢ Bingo (AR)  
3:15 PM - Scenic Drive (FD)  
4:00 PM - Trivia (AR)

## THURSDAY, MARCH 20

***Vernal Equinox (First Day Of Spring)***  
10:15 AM - Fabulous Fitness (AR)  
11:00 AM - Morning Stroll (FD)  
1:00 PM - Balance Bar Fitness (AR)  
2:00 PM - Bridge (ST)  
2:00 PM - Grief Support Group (TR)  
3:00 PM - Rummikub (AR)  
4:00 PM - Singing Circle (LR)  
6:00 PM - Movie: The Sorcerer's Apprentice (TR)

## MONDAY, MARCH 17

### ***St. Patrick's Day***

9:30 AM - SIGN UP:  
Shopping Shuttle To Nugget/CVS (FD)  
10:00 AM - Women's Bible Study (ST)  
10:30 AM - Chair Yoga With Katie (LR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Bridge (ST)  
2:15 PM - Bean Bag Toss (LR)  
3:00 PM - St. Patrick's Day Beer Tasting (AR)  
4:00 PM - St. Patrick's Day Happy Hour (LR)  
6:00 PM - Movie: Rather (TR)

## FRIDAY, MARCH 21

10:00 AM - News Currents (AR)  
10:30 PM - Mindful Meditation With Katie (LR)  
11:15 AM - Morning Walk (FD)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Mahjong (ST)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - Word Games: A-Through-Z (AR)  
6:00 PM - Movie: Wicked (TR)

## TUESDAY, MARCH 18

10:15 AM - Balance Bar Fitness (AR)  
10:30 AM - Mindful Meditation With Katie (LR)  
11:00 AM - Nintendo Bowling (TR)  
1:00 PM - Book Club Discussion:  
The Beekeeper Of Aleppo (TR)  
2:00 PM - Alexa 101 (TR)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - Trivia (AR)  
6:00 PM - Movie: The Founder (TR)

## SATURDAY, MARCH 22

10:15 AM - Balance Bar Fitness (AR)  
11:15 AM - Morning Stroll (FD)  
1:00 PM - Mexican Train Dominos (AR)  
1:30 PM - Matinee Movie: Before We Go (TR)  
2:00 PM - Tastings With Elaine:  
A Medley Of Pretzel Chips (AR)  
3:15 PM - Indoor Garden Cultivating (AR)  
4:00 PM - Happy Hour Concert: Jon Spivack (LR)

## WEDNESDAY, MARCH 19

10:00 AM - Carlton University:  
Generations With Emily Tanaka (TR)  
10:30 AM - Chair Yoga With Katie (LR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
1:45 PM - Series:  
Live To 100 - The Future Of Longevity (TR)  
2:15 PM - Carlton Walker/Wheelchair Carwash (AR)  
4:00 PM - Word Games: Wordle (AR)  
4:00 PM - Birthday Happy Hour Concert:  
Ken Kemmerling (LR)  
6:00 PM - Movie: Beautiful Boy (TR)



**Salon**

**Connie's Hours:**  
Tuesday, Wednesday, and  
Thursday  
9:00 AM to 5:00 PM

To schedule an appointment,  
call/text: (916) 215-5493.

## SUNDAY, MARCH 23

9:00 AM - Morning Stroll (FD)  
10:00 AM - St. James Mass (TR)  
10:15 AM - Balance Bar Fitness (AR)  
12:45 PM - Davis Community Church Worship (TR)  
1:30 PM - Carlton Cooks:  
Guinness Beer Cheese Dip (AR)  
2:00 PM - Matinee Movie: Lover Come Back (TR)  
3:00 PM - 25¢ Bingo (AR)  
3:15 PM - Scenic Drive (FD)  
4:00 PM - Trivia (AR)

## MONDAY, MARCH 24

10:00 AM - Women's Bible Study (ST)  
10:15 AM - Fabulous Fitness (AR)  
11:00 AM - Nintendo Bowling (TR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Bridge (ST)  
2:15 PM - Bean Bag Toss (LR)  
3:30 PM - Bananagrams (AR)  
6:00 PM - Documentary: Hubble (TR)

## TUESDAY, MARCH 25

9:00 AM - Morning Piano Solo With Terry Toy (LR)  
10:15 AM - Balance Bar Fitness (AR)  
10:30 AM - Mindful Meditation With Katie (LR)  
11:00 AM - Morning Stroll (FD)  
1:00 PM - Strength Training With Angela (AR)  
2:00 PM - Great Decisions:  
America At A Global Crossroads (TR)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - Trivia (AR)  
6:00 PM - Movie: Death Of A Salesman (TR)

## WEDNESDAY, MARCH 26

10:00 AM - St. James Communion (TR)  
10:30 AM - Fabulous Fitness (AR)  
11:00 AM - Morning Stroll (FD)  
1:00 PM - Live 2B Healthy Exercise (AR)  
1:30 PM - SIGN UP:  
Outing To Davis Farmer's Market (FD)  
2:00 PM - Docuseries: Secret World Of Sound With David Attenborough - Hunters And Hunted (TR)  
2:15 PM - Crafts: DIY Stencil Cosmetic Bags (AR)  
4:00 PM - Word Games: Wordle (AR)  
4:00 PM - Happy Hour (LR)

## THURSDAY, MARCH 27

10:15 AM - Dance Fitness With Katelynn (AR)  
1:00 PM - Ceramics With Susan (AR)  
2:00 PM - Mobility And Balance Exercise  
Seminar With Deb Eernisse (AR)  
2:00 PM - Bridge (ST)  
3:00 PM - Rummikub (AR)  
4:00 PM - Singing Circle (LR)  
6:00 PM - Movie: Late Night (TR)

## FRIDAY, MARCH 28

10:30 AM - Carlton 40th Anniversary Celebration (LR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Mahjong (ST)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - Word Games: Boggle (AR)  
6:00 PM - Movie: Uncharted (TR)

## SATURDAY, MARCH 29

10:15 AM - News Currents (AR)  
11:15 AM - Morning Stroll (FD)  
1:00 PM - Mexican Train Dominos (AR)  
1:30 PM - Matinee Movie: The Reader (TR)  
2:00 PM - Tastings With Elaine:  
A Medley Of Pretzel Chips (AR)  
3:15 PM - Indoor Garden Cultivating (AR)  
4:00 PM - Happy Hour (LR)

## Follow Us!



CarltonSeniorLiving.com



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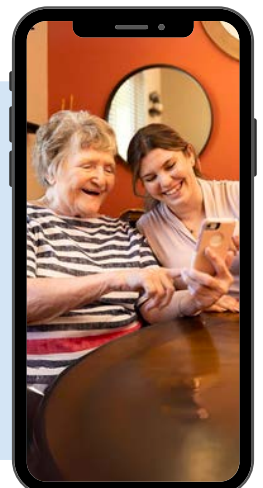
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## SUNDAY, MARCH 30

### *Eid al-Fitr*

9:00 AM - Morning Stroll (FD)  
10:00 AM - St. James Mass (TR)  
10:15 AM - Balance Bar Fitness (AR)  
12:45 PM - Davis Community Church Worship (TR)  
1:30 PM - Carlton Cooks:  
Guinness Cupcakes With Guinness Frosting (AR)  
2:00 PM - Matinee Movie:  
James Bond: Moonraker (TR)  
3:00 PM - 25¢ Bingo (AR)  
3:15 PM - Scenic Drive (FD)  
4:00 PM - Trivia (AR)

## MONDAY, MARCH 31

10:00 AM - Women's Bible Study (ST)  
10:30 AM - Chair Yoga With Katie (LR)  
11:00 AM - Nintendo Bowling (TR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Bridge (ST)  
2:15 PM - Bean Bag Toss (LR)  
3:30 PM - Bananagrams (AR)  
6:00 PM - Documentary:  
The Last Of The Sea Women (TR)

## ★ Carlton's 40th ★ Anniversary Celebration

**Carlton**  
SENIOR LIVING  
DAVIS

Friday, March 28th  
10:30 am  
In the Living Room



*Carlton University*

March's Class Topic:

**Generations**

Join us  
Wednesday, March 19th  
10:00 AM  
in the Theater

## Grief Support Group

**Thursday February 20**

Join us in Theater for our Grief  
Support Group at 2:00 PM



## HAPPY BIRTHDAY

Richard R • March 3

Kathy S • March 4

Bob D • March 5

Donna S • March 6

Betty R • March 7

Etsuko K • March 8

Mark C • March 16

Thea A • March 17

Robert S • March 17

Sue L • March 25

Ruth H • March 28

Nancy H • March 29





### ***Staying Hydrated for Better Health***

We tend to think of dehydration as a hot weather problem, but often people drink less in cold weather because they feel less thirsty. Staying hydrated is a critical part of maintaining good health, especially as we age. It's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart.

A 2019 study from the UCLA School of Nursing found that up to 40% of elderly people are chronically dehydrated. Adults aged 60 and over are at greater risk for dehydration due to natural, age-related decreases in thirst levels and body composition changes. Older adults are also more likely to take diuretics and other medications that cause fluid loss in the body. Additionally, they may purposefully consume less water due to concerns about frequent urination and incontinence.

A quick way to tell if you're drinking enough is to check the color of your urine. If it's pale in color and clear, you are likely well-hydrated. Darker colored urine, with amber or brown tones, typically indicates dehydration. Additionally, you may be dehydrated if you are experiencing any of the following symptoms: decreased urination, fatigue, feeling weak, dizziness, muscle cramps in your arms or legs, headaches, dry mouth, or even confusion.

The amount of fluids needed to stay hydrated varies from person to person. As a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink at least 50 ounces, or about 6 cups, of water per day.

Drinking more water is a great way to improve your hydration, but not the only way. All sources of fluids, including food and non-water beverages, count towards your daily fluid intake! Water-rich foods include cucumbers, watermelon, lettuce, strawberries, tomatoes, and celery. Soups, broths, and stews can also be a good way to boost your fluid intake, especially in the colder weather. If you want to drink something other than water, pick options that are low calorie and low sugar, like sparkling water, plain coffee or tea, low sugar sports drinks, or flavored water.

Additionally, find ways to build hydration into your daily routine. Make it a point to drink a glass of water at specific times every day, such as when you wake up and with meals. Always drink water after exercising. Carry a refillable water bottle with you so that you have easy water access wherever you are.