



April 2025

The Carlton Times

Nourishing Mind, Body, and Soul



Alexa and Privacy

The Alexa devices provided by Speak2 and your Carlton community are not standard consumer Alexas. They use Alexa Smart Properties, which has no personal accounts, no links to users, and no stored information. Additionally, Speak2 has a HIPAA and PHI compliance tool that runs continuously ensure they meet requirements. Your security and privacy are of the utmost importance!

Your Speak2 Alexa device is completely anonymous, which means:

- No credit card, email, or phone number are stored.
- Speak2 protects you from any marketing or direct contact by outside, unwelcome sources.
- The device cannot be reset or used outside of the specific Wi-Fi and address of your Carlton community.
- If the device is moved outside your Carlton community, it will not work and it will not reset.

Your Alexa device only “listens” when it hears its assigned wake word (Alexa or Echo). It is not recording, listening, or streaming data to Amazon. When it hears the wake word, the device will show a blue light. If there is no blue light, it is not “listening.”

If you do not want your device to respond to its wake word, press the mute button on the top of the device. A red light indicates that the device is muted. Alexa will not respond to any commands when it is muted.

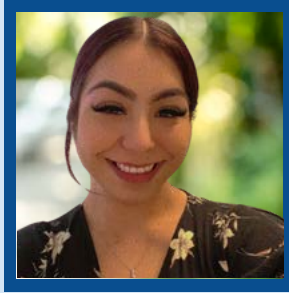
Questions about Alexa? Speak with your Resident Liaison or Activities Manager.



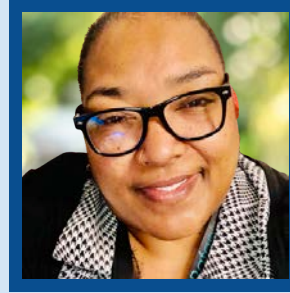
Meet The Management Team



Tracey Ingleman
Executive Director



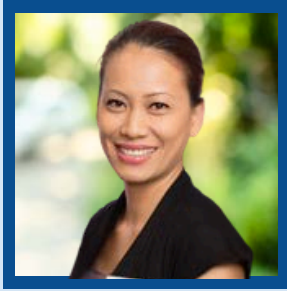
Aylin Barajas
Executive Assistant



Sheila Roberts
Director of
Resident Services



Imee Nungay
Personal Care
Manager



Janilyn Santos
Medication Manager



Anthony Jones
Director of
Memory Care



Tajanique Watson
Memory Care
Activities Manager



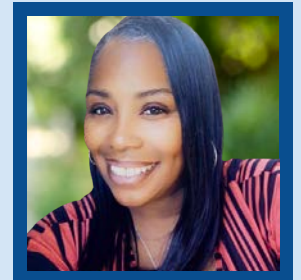
Yulia Pavlova
Chef



Felicia Pounds
Dining Room Manager



Vicki Vasconi
Resident Liaison



Rhodesia James
Activities Manager



Rich Hamai
Sales Assistant

Carlton
SENIOR LIVING
PLEASANT HILL - DOWNTOWN



Lisa Spivey
Sales Director

Transportation Guidelines



Doctor Shuttle

Tuesdays and Thursdays
10:00 AM -3:30 PM

48-hour notice required

Shuttle visits Pleasant Hill, Walnut Creek, Concord and Martinez



Outings and Scenic Drives

We offer a variety of scenic drives and outings every month. Scenic drives and outings will be listed on the activity schedule. Please note that all outings are subject to change.



Church & Shopping Shuttles

Church: Sundays 9 AM-12 PM

Transportation to local religious services

Shopping: Mondays 10 AM-11:30 AM

Transportation to stores in Downtown Pleasant Hill



Transportation Charges

Shuttle Rides (Regular Hours): FREE

Outside Shuttle Hours: \$13/half hour (30 min minimum), then \$6.50/15 minutes

Escort Service: \$30/hour (1-hour minimum), charged in 30-min increments after the first hour

How to Schedule:

Call the Front Desk and provide:

- Name & apartment number
- Appointment date, time, and address
- Physician's name & phone number
- If you'll bring a walker or wheelchair

Let us know if assistance is required:

Request a companion (fees apply) or confirm if a family member will meet you at the appointment.

RESIDENT

Spotlight and Legacy

Dennis Dunn was born in Detroit, MI. He moved to Oregon when his dad bought a Mayflower Movers franchise. Dennis remembers working for his father from the time he was about nine. "My dad told me he wasn't going to pay for any of my college, but he would give me a job. I sometimes worked ten hours a day in addition to my schoolwork." Dennis attended the University of Oregon, studying math and business. He is still a HUGE Ducks fan. GO DUCKS!! After college, Dennis joined the Navy. He began his service by flying a prop plane. He shared that within 15 minutes of sitting in the plane, the flight instructor had him flying the plane. "Put the engine up to 70, and when it hits that, pull the nose up! It was so exciting." After receiving his commission he moved on to training on a different plane. Unfortunately, that training didn't go as well. He received an honorable discharge and continued his commitment for a few more months completing miscellaneous assignments. A memorable one was working with a group of soldiers who needed to understand mathematical computations to complete their job. It took about a week, but he trained them all.

After he was discharged, Dennis got a job at Hills Brothers Coffee in San Francisco. "Everybody remembers the smell of the coffee when you came over the bridge!" He worked at Hills Brothers for about 22 years, until the business closed. He worked a series of jobs after Hills Brothers. Eventually an old colleague reached out to him to work for Meyers Corporation, the largest manufacturer of pots and pans in the world. He worked in the budgeting department until he retired.

As for his family life, Dennis and his now ex-wife Ann married and settled in Walnut Creek. They have two daughters, Sally and Lindsey and a son Roger.

The break-up of his marriage led to his love of cooking. "Ann was a good cook, so I never cooked until we split up." Dennis told me his favorite is his goulash recipe. He's given his cookbook to our activity director Rhodesia. The Recipe Rebels have tried a few of them in their almost weekly cooking class.

Dennis retired to Medford, Oregon. Hiking has been a passion, and he had many opportunities in Oregon. A memorable hike was to the top of Mt. McLaughlin, at 10,000 feet. Though he started in a parking area at 5,000 feet, it was still quite a feat to accomplish an elevation gain of 5,000 feet. Dennis also enjoys playing bridge.

Dennis' proudest legacy is his military service. He is writing his memories to ensure his family has the information for generations to come. "I'm not writing about how bad the drill instructors were. I want it to be positive! But I can say that through the difficulty, I came out of my time in the Navy a man." Dennis has a lot of great stories to tell. Come to the Veterans' Social and you may hear some more of them!



Dennis Dunn

April Happenings

Outings

Explore new places and enjoy some of our favorite spots.

Wednesday 4/2:

Spring Time Scenic Ride
Departure 11:00 AM

Wednesday 4/9:

Lazy Dog Restaurant
Departure: 11:15am

Wednesday 4/13:

Farmer's Market
Departure Time: 11:15am

Wednesday 4/16:

Martinez Marina walk
Departure 9:45am

Wednesday 4/23

Rocco's Pizzeria
Departure 11:00am

Wednesday 4/30:

Pleasant Hill Park Lunch Outing
Departure Time: 11:15am

Events

Every Tuesday - Happy Hour

3:30 PM - 4:30 PM

Every Friday - Happy Hour

3:30 PM - 4:30 PM

Theme Days

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

Sunday 4/20

Wear Pastels for Easter



Carlton University

April's Class Topic:

Parkinson's Disease

Join us:
Wednesday, April 30th
10:00 AM
in the Living Room

Follow Us!



CarltonSeniorLiving.com



CSLDOWNTOWNPLEASANTHILL



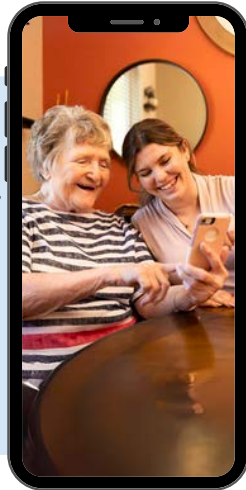
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@CARLTONSRSENIOR



CARLTON SENIOR LIVING



THURSDAY, APRIL 3

National Chocolate Mousse Day

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 12:45 Watch: School Of Chocolate (TR)
- 1:00 Name That Ticket Bingo (CR)
- 2:30 Watch: Andrea Bocelli Concert (LR)
- 3:30 Veterans' Social and Chocolates (TR)**
- 5:30 Resident Choice Movie (LR)

FRIDAY, APRIL 4

- 9:30 These Boots Walking Club (L)
- 10:30 Yoga & Funk Flex Fridays with Dom (LR)
- 12:45 Watch: Draft Day (TR)
- 1:00 Stacks Bingo (LR)
- 2:15 Games Corner: Jenga (CR)
- 3:30 Happy Hour with Todd (LR)**
- 5:30 Resident's Choice Movie (TR)
Seasonal Sports (LR)

TUESDAY, APRIL 1

April's Fools Day

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 10:30 Christ the King Community Mass (TR)
- 12:45 Watch: Alpha (TR)
- 1:00 Name That Ticket Bingo (CR)
- 2:15 Knitting and Crocheting (LR)
- 3:30 April Fool's Happy Hour with Jack (LR)**
- 5:30 Resident's Choice Movie (TR)

SATURDAY, APRIL 5

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 10:30 Gorgeous Nails Spa (CR)
- 12:45 Watch: Field of Dreams (TR)
- 1:00 Easy Come, Easy Go Bingo (CR)
- 2:15 Cozy Corner Reading Hour (TR)
- 3:30 Science For Seniors (CR)**
- 5:30 Resident's Choice Movie (TR)

WEDNESDAY, APRIL 2

- 9:30 These Boots Walking Club (L)
- 9:45 Spring Time Scenic Ride**
- 10:30 Fabulous Fitness (LR)
- 12:45 Watch: Babah (TR)
- 1:00 Gold Rush Bingo (CR)
- 2:00 Games Corner: Play Dominos (CR)
- 3:30 Recipe Rebels Cooking Club (LR)
- 5:30 Resident's Choice Movie (TR)

Location Key

(LR) Living Room

(CR) Craft Room

(TR) Theater Room

(BB) Balance Bar

(DR) Dining Room

(L) Lobby

(PDR) Private Dining Room



Activities are subject to change.

SUNDAY, APRIL 6

California Poppy Day

- 9:30 Devine Devotions Church Shuttles (L)
- 10:00 Morning Stretch (LR)
- 10:00 Farmer's Market Outing (L)
- 10:30 New Hope Church Sunday Service (TR)
- 10:45 Discussion: People & Places (LR)
- 12:45 Watch: Bonnie and Clyde (TR)
- 1:00 Lucky Spot Bingo (LR)
- 2:15 Cali Poppy Day Coloring for Adults (CR)
- 3:30 Sing Fit Journey - Springtime**

THURSDAY, APRIL 10

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 12:45 Watch: Smokey and the Bandit (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:30 Watch: Carlos Santana Concert (LR)
- 3:30 Finish That Phrase (LR)**
- 5:30 Resident's Choice Movie (TR)

MONDAY, APRIL 7

- 10:00 Safeway Shopping Shuttles (L)
- 10:00 Fitness Ball Workout (LR)
- 10:45 Word Games; Words in a Word (LR)
- 12:45 Watch: Geostorm (TR)
- 1:00 Razzle Dazzle Bingo (LR)
- 2:15 Games Corner: Dominos (LR)
- 3:30 Lucky Strikes Bowling (LR)**
- 5:30 Resident's Choice Movie (TR)

FRIDAY, APRIL 11

- 9:30 These Boots Walking Club (L)
- 10:30 Yoga & Funk Flex Fridays with Dom (LR)
- 12:45 Watch: The Breakfast Club (TR)
- 1:00 Stacks Bingo (LR)
- 2:15 Games Corner: Jigsaw Puzzles (CR)
- 3:30 Happy Hour with Todd (LR)**
- 5:30 Resident's Choice Movie (TR)
- Seasonal Sports (LR)

TUESDAY, APRIL 8

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 10:30 Christ The King Community Mass (TR)
- 12:45 Watch: Jack and the Giant Slayer (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Knitting and Crocheting (CR)
- 3:30 Happy Hour with Paul (LR)**
- 5:30 Resident Choice Movie (TR)

SATURDAY, APRIL 12

Passover Begins at Sundown/ Nat. Licorice Day

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 10:30 Gorgeous Nails Spa (CR)
- 12:45 Watch: Uncle Buck (TR)
- 1:00 Easy Come, Easy Go Bingo w/ Licorice (CR)
- 2:15 Cozy Corner Reading Hour (TR)
- 3:30 Crafty Creations (CR)**
- 5:30 Residents' Choice Movie (TR)

WEDNESDAY, APRIL 9

- 9:30 These Boots Walking Club (L)
- 10:30 Morning Stretch and Fitness Ball (LR)
- 11:15 Lazy Dog Lunch Outing (L)
- 12:45 Watch: K-9 (TR)
- 1:00 Gold Rush Bingo (LR)
- 2:15 Bee You Music Therapy (LR)**
- 3:30 Recipe Rebels Cooking Club (LR)
- 5:30 Resident's Choice Movie (TR)

Resident Council

Wednesday, Apr. 16th

10:30 AM | Craft Room

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

SUNDAY, APRIL 13

Palm Sunday and National Scrabble Day

- 9:30 Devine Devotions Church Shuttles (L)
- 10:00 Morning Stretch (LR)
- 10:30 New Hope Church Sunday Service (TR)
- 10:45 Discussion: People & Places (LR)
- 12:45 Watch: Banger (TR)
- 1:00 Lucky Spot Bingo (CR)
- 2:15 Play Scrabble or Coloring for Adults (CR)
- 3:30 Take a Musical Journey w/ Sing Fit (LR)
- 5:30 Resident's Choice Movie (TR)

THURSDAY, APRIL 17

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 12:45 Watch: Frozen Hot Boys (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:30 Tea Around The World w/ Lisa (LR)**
- 3:30 Finish That Phrase (CR)
- 5:30 Resident's Choice Movie (LR)

MONDAY, APRIL 14

- 10:00 Safeway Shopping Shuttles (L)
- 10:00 Fitness Ball Workout (LR)
- 10:30 Discussion: This Week in History (LR)
- 12:45 Watch: Test (TR)
- 1:00 razzle dazzle Bingo Bingo (LR)
- 2:15 Games Corner: Play Jenga (LR)**
- 3:30 Lucky Strikes Bowling (LR)
- 5:30 Resident Choice Movies (TR)

FRIDAY, APRIL 18

Good Friday

- 9:30 These Boots Walking Club (L)
- 10:30 Yoga & Funk Flex Fridays with Dom (LR)
- 12:45 Watch: American Sniper (TR)
- 1:00 Stacks Bingo (CR)
- 2:15 Games Corner: Checkers (CR)
- 3:30 Happy Hour with Todd (LR)**
- 5:30 Resident's Choice Movie (TR)
- Seasonal Sports (LR)

TUESDAY, APRIL 15

Tax Day

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 10:30 Christ The King Community Mass (TR)
- 12:45 Watch: The Addams Family (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Western TV Shows Trivia (LR)
- 3:30 Happy Hour with Jack (LR)**
- 5:30 Resident's Choice Movie (TR)

SATURDAY, APRIL 19

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 10:30 Gorgeous Nails Spa (CR)
- 12:45 Watch: Havoc (TR)
- 1:00 Easy Come, Easy Go Bingo (CR)
- 2:15 Discussion: This Week in the News (LR)
- 3:30 Bring in the Bunnies w/ Tradewinds (LR)**
- 5:30 Residents' Choice Movie (TR)

WEDNESDAY, APRIL 16

- 9:30 These Boots Walking Club (L)
- 9:45 Martinez Marina Walk (L)**
- 10:00 New Currents Destinations (LR)
- 10:30 Resident Council Meeting (CR)**
- 12:45 Watch: The Dad's Quest (TR)
- 1:00 Gold Rush Bingo (LR)
- 2:15 Games Corner: Scrabble (CR)
- 3:30 Recipe Rebels Cooking Club (LR)
- 5:30 Resident's Choice Movie (LR)



Salon

Salon Hours:
Tuesday and Friday,
by appointment only

Stop by the front desk for more
information about salon services.

The salon is located on the 2nd floor.

SUNDAY, APRIL 20

Easter Sunday - Wear Pastels

- 9:30 Devine Devotions Church Shuttles (L)
- 10:00 Morning Stretch (LR)
- 10:30 New Hope Church Sunday Service (TR)
- 10:45 Discussion: People & Places (LR)
- 11:30 Easter Brunch Begins (DR)
- 12:45 Watch: Peter Rabbit (TR)
- 1:00 Lucky Spot Bingo (CR)
- 2:15 Easter Eggs Coloring for Adults (CR)
- 3:30 Take a Journey with Sing Fit (CR)

THURSDAY, APRIL 24

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 12:45 Watch: The Courier (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Knitting and Crocheting (LR)
- 3:30 Life Changes Grief Session w/ Vicki (CR)
- 5:30 Resident's Choice Movie (LR)

MONDAY, APRIL 21

- 10:00 Safeway Shopping Shuttles (L)
- 10:00 Fitness Ball Workout (LR)
- 10:45 Word Games: Word in a Word (LR)
- 12:45 Watch: Black Mirror (TR)
- 1:00 Razzle Dazzle Bingo (LR)
- 2:15 Games Corner: Dominos (LR)
- 3:30 Lucky Strikes Bowling (LR)
- 5:30 Resident's Choice Movie (TR)

FRIDAY, APRIL 25

Arbor Day

- 9:30 These Boots Walking Club (L)
- 10:30 Yoga & Funk Flex Fridays with Dom (LR)
- 12:45 Watch: The Deal (TR)
- 1:00 Stack's Bingo (LR)
- 2:15 Quiet Corner: Reading Time (CR)
- 3:30 Happy Hour with Todd (LR)**
- 5:30 Residents' Choice Movie (TR)
- Seasonal Sports (LR)

TUESDAY, APRIL 22

Earth Day

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 10:30 Christ The King Community Mass (TR)
- 12:45 Watch: Our Planet II (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Explore Your Garden (CR/CY)
- 3:30 Happy Planet Happy Hour with Paul (LR)**
- 5:30 Resident Choice Movie (TR)

SATURDAY, APRIL 26

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 10:30 Gorgeous Nails Spa (CR)
- 12:45 Watch: Talk to Me (TR)
- 1:00 Easy Come, Easy Go Bingo (CR)
- 1:15 Tinkers and Thinkers Outing (L)
- 2:15 Good Times and Good Music (LR)
- 3:30 Crafty Creations (CR)**
- 5:30 Residents' Choice Movie (TR)

WEDNESDAY, APRIL 23

- 9:30 These Boots Walking Club (L)
- 10:30 Fabulous Fitness w/ Fitness Ball (LR)
- 11:00 Rocco's Pizzeria Outing (L)**
- 12:45 Watch: Ransom Canyon (TR)
- 1:00 Gold Rush Bingo (LR)
- 2:15 Bee You Music Therapy (LR)**
- 3:30 Cookies and Coffee Social (LR)
- 5:30 Resident's Choice Movie (TR)



SUNDAY, APRIL 27

- 9:30 Devine Devotions Church Shuttles (L)
- 10:00 Morning Stretch (LR)
- 10:30 New Hope Church Sunday Service (TR)
- 10:45 Discussion: People & Places (LR)
- 12:45 Watch: The Life List (TR)
- 1:00 Lucky Spot Bingo (CR)
- 2:00 Let's Play Bridge (TR)
- 2:15 Coloring for Adults (CR)
- 3:30 Take a Journey with Sing Fit (LR)
- 5:30 Resident's Choice Movie (TR)

MONDAY, APRIL 28

- 10:00 Safeway Shopping Shuttles (L)
- 10:00 Fitness Ball Workout (LR)
- 10:45 Discussion: This Week in History (LR)
- 12:45 Watch: Tall Girl (TR)
- 1:00 Razzle Dazzle Bingo (LR)
- 2:15 Games Corner: Dominos (LR)
- 3:30 Lucky Strikes Bowling (LR)
- 5:30 Resident's Choice Movie (TR)

TUESDAY, APRIL 29

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 10:30 Christ The King Community Mass (TR)
- 12:45 Watch: Downtown Abby (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Explore Your Garden (CR/CY)
- 3:30 Happy Hour with Paul (LR)**
- 5:30 Resident Choice Movie (TR)

WEDNESDAY, APRIL 30

- 9:30 These Boots Walking Club (L)
- 10:00 Carlton University Talk Parkinson's (LR)
- 11:00 Fabulous Fitness w/ Fitness Ball (LR)
- 12:45 Watch: Ransom Canyon (TR)
- 1:00 Gold Rush Bingo (LR)
- 2:15 Knitting and Crocheting (LR)**
- 3:30 Recipe Rebels Baking Club (LR)
- 5:30 Resident's Choice Movie (TR)



20th
APRIL

JOIN US FOR
**EASTER
BRUNCH**

Sunday, April 20, 2025
11:30am -1pm
in the Dining Room

2 Person Max/ \$30 PP

Rsvp at front desk by 4/18

HAPPY BIRTHDAY

- James S • April 2nd
- Sandra A • April 3rd
- Vicki A • April 4th
- Virginia A • April 5th
- Tony D • April 5th
- David S • April 6th
- Carolyn K • April 9th
- Charlene S • April 10th
- Leslie W • April 12th
- Milan M • April 16th
- Bernie I • April 26th
- Martha K • April 26th





April is Parkinson's Disease Awareness Month

Parkinson's disease (PD) is a neurodegenerative disorder of the nervous system. It occurs when brain cells that make dopamine, a chemical that coordinates movement, stop working or die. It is a chronic, progressive disease.

Parkinson's is the second-most common neurodegenerative disease, after Alzheimer's disease. About 1 million Americans are currently living with PD. Its exact cause is unknown, but research suggests that there are both genetic and environmental components. Age is the biggest risk factor for developing PD; it is most common in older adults. Rates of diagnosis have risen significantly in the past decade. This increase is aligned with the growing number of Americans who are aged 65 and older.

Symptoms generally develop slowly, often over the course of several years, and can vary widely from person to person. PD is commonly associated with its "motor" or movement symptoms, which typically include muscle stiffness, slowness of movement, and/or resting tremors. Some people may also experience trouble walking or difficulty with balance and coordination, especially as the disease progresses.

PD's "non-motor" or non-movement symptoms are not always visually obvious, but are wide ranging and can affect many bodily functions. They often begin occurring long before the "classic" motor symptoms of PD. Non-motor symptoms include mood changes, such as depression, anxiety, and apathy. Up to 30% of those living with Parkinson's report changes to their cognition, typically confusion, paranoia, and dementia. It can affect sleep patterns, causing fatigue and daytime sleepiness as well as insomnia. PD may also cause constipation, loss of smell, pain, and speech and swallowing issues.

There is currently no cure for Parkinson's disease. However, there are a variety of medications and therapies--including physical therapy, occupational therapy, speech therapy, and talk therapy--that may help ease symptoms. Research has shown that regular exercise and physical activity can significantly aid both motor and non-motor symptoms. PD symptoms vary widely from person to person, so treatment should be individually tailored to each patient's needs.

Living with Parkinson's can be challenging, but with proper symptom management and a flexible mindset, it is possible to maintain a "normal" lifestyle with good to great quality of life.