

♥♥ Carlton  
**CONCORD**

# Monthly Happenings and Highlights

A P R I L 2 0 2 6



Featured Residents:  
Jennifer M. and Howard S.

1700 Broadway St, Concord, California 94520 | (925) 686-1700

# Bistro News

## National Days

April 26

National Pretzel day

April 28

National Blueberry Pie Day



## Events

Easter Brunch with Dessert

Buffet

April 5

Farmers Market

April 16

Chefs Table with Camille

April 30

## A Culinary Journey Rooted in Passion and Precision

Chef Camille Bustos, CFM, is a chef whose career has been shaped not only by her culinary expertise but by an unwavering commitment to excellence. Describing herself in four words—efficient, organized, punctual, and professional—Camille has built a reputation as a dynamic leader in the food service industry, blending artistry with operational mastery.

Her culinary story began in San Francisco, where she earned her degree from the California Culinary Academy. From there, she ventured across continents, refining her craft in Switzerland at DCT International Hotel and Business Management School, and later in Germany at the Sweet Art International School, where she studied the intricate art of chocolate showpieces. These experiences abroad deepened her appreciation for global cuisine and inspired a lifelong pursuit of culinary innovation.

Camille's professional path is as diverse as it is impressive. She has helmed kitchens in universities, hospitals, and corporate dining rooms, including leadership roles at UC Berkeley, the Academy of Art University, and MountainView Hospital in Las Vegas. Her tenure with Guckenheimer saw her rise to Executive Chef, where she led operations at prestigious locations like the Wells Fargo Penthouse and the Wharton School of Business. Her work earned her multiple accolades, including "Unit of the Year" awards and the opportunity to serve elite clients such as Google, Microsoft, Dolby, and Lam Research.

In recent years, Camille has continued to evolve as a culinary leader. She served as Executive Chef at UNLV with Aramark, and later as Campus Executive Chef at the University of Idaho with Chartwells, where she won the 2023 "Battle of the Chefs." Today, she leads as Operations Manager and Executive Chef for Sodexo National Accounts, bringing her signature energy and precision to every plate.

Beyond the kitchen, Camille is a multilingual communicator fluent in English, Tagalog, Kapampangan, and conversational German. She's skilled in customer service, cost control, and hospitality management, and is deeply committed to mentoring culinary teams and fostering environments of growth and creativity.

Camille's journey is one of passion, discipline, and global perspective. Whether orchestrating a high-volume catering event or crafting delicate chocolate artistry, she brings heart and excellence to everything she does. Her goal is simple: to continue learning, sharing, and building successful teams that thrive together.



# April Happenings



## Meetings and Presentations

Wednesday 4/1: Activities Forum  
1:00 PM

Monday 4/6: Photo Booth, Meet & Greet  
I Heart Caregiver Services  
1:00 PM

Monday 4/13: Gratitude Journaling with  
Jenny  
11:00 AM

Monday 4/13: Center for the Elders  
Pace Tabling with Teddy  
11:30 - 12:30 PM

Tuesday 4/14: Suncrest Presents  
Parkinson's Awareness  
11:30 AM

Wednesday 4/15: Town Hall  
11:45 AM

Friday 4/24: Resident Council  
12:30 PM

## Events

Tuesdays: Cookie Social  
11:00 AM

Wednesday 4/1: Decoupage Easter Egg Craft  
11:00 AM

Sunday 4/5: Easter Day Brunch &  
Dessert Bar  
2:00 PM

Thursday 4/9: Cheers! Social Mixer  
Rock'n to the Oldies with Eddie  
1:00 PM

Thursday 4/16: Farmers Market in the  
Courtyard by Sodexo  
1:30 PM

Monday 4/20: Volunteer Appreciation Social  
12:00 PM

Thursday 4/9: Cheers! Social Mixer  
Dance Party with Tom  
2:00 PM

## Exercise Classes

Feel Free Fitness  
Mondays, Wednesdays & Fridays  
10:00 AM

Tuesdays & Thursdays  
Fitness with Robert  
10:00 AM

Zumba Saturdays  
10:00 AM

## Excursions

Monday 4/6: Graton Casino Departure  
Prior Sign-Up  
9:00 AM

Wednesday 4/15: Jack's Cantina Restaurant  
4:00 PM Departure Prior Sign-Up

Monday 4/27: Huckleberry's Restaurant  
10:00 AM Departure Prior Sign-Up

# Meet our *Leadership Team*



**Suja Oldenburg**  
Executive Assistant  
Tuesday - Saturday



**Jorge Lomeli**  
Maintenance Manager  
Tuesday - Saturday



**Marnée Gonsalves**  
Life Enrichment Coordinator  
Sunday - Thursday



**Natalie Earley**  
Sales Director  
Sunday - Thursday



**Camille Bustos**  
Bistro General Manager

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## Support Staff

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

**Drivers:** Leslie Pollock, Doyle Jackson, Jeff Durkin

**Maintenance:** Rafael Hernandez, Carlos  
Contreras, Joel Montano Godine

**Housekeeping:** Karen Medrano & Araceli  
Ramirez, Gabriela Pala Herrera Bernuy

**Overnight Supervisors:** Alfredo Aguilar & Jason  
Soriano

**The Bistro::** Fabiola Bernuy, Brayan Mendoza,  
Danny Esquivel, Febrous “Deo” Canos, Madalin  
Hernandez, Zsarrysse Puerto Jesus Martinez,  
Yasmin Massey, Nickolas Jessup, Jefferson  
Martinez, Jernice Moffet, Ailina Castro, Kalwinder  
Kaur.



# Transportation Guidelines



## Grocery Shopping

**Wednesdays**

**Complimentary**

9:00 AM - Trader Joe's

10:30 AM - Safeway

**Sign-Up at front desk**

All transportation services are offered on a first-come, first-served basis and are contingent upon driver availability. **A reservation must be made at least 48 hours in advance for any personal transportation requests.** Please obtain the necessary forms at the front desk or on 3rd floor next to Activity/Transportation Office.

## Personal Transportation

**Complimentary Transportation**

**Sunday:** Religious Gatherings in Concord

**Tuesday:** Destinations in Concord & Martinez

**Thursday:** Destinations in Pleasant Hill & Walnut Creek

**Earliest Departure Time - 9:00 AM**

**Latest Pick-Up Time - 3:00 PM**

*Destinations must be within a 10 mile radius of our community.*

Additional transportation is available at a flat rate.  
Pick up a transportation request form at the front desk.  
See Marnée for more details.

## Friday Loop Shuttle

**Advance reservations are encouraged; however, availability without a reservation will be determined on a first-come, first-served basis.**

Sign up at the Front Desk and specify the date and loop number (*one loop/day*).

### Loop #1

Loading: 9:45 AM  
Departure: 10:00 AM

#### A. Todos Santos

Arrival: 10:10 AM  
Pick Up: 11:15 AM

Dollar Tree (Concord), banks, barber/hair dresser, House of Bagels, Peets Coffee, and more!

#### B. Park and Shop

Arrival: 10:20 AM  
Pick Up: 11:30-11:45 AM

99 Ranch Market, UPS Store, Chick's Donuts, Grocery Outlet, and more!

### Loop #2

Loading: 12:30 PM  
Departure: 12:45 PM

#### C. Diamond Blvd

Arrival: 1:00 PM  
Pick Up: 2:30 PM

The Willows, Hobby Lobby, the Veranda, TJ Maxx, Home Depot, and more!

#### D. Pleasant Hill Shopping Center and Monument Blvd

Arrival: 1:15 PM  
Pick Up: 2:45-3:00 PM  
Kohl's Pick Up: 3:15-3:30

Target, Home Goods, Burlington Coat Factory, In-n-Out Burger, Kohl's, and more!

### Loop #3

Loading: 9:45 AM  
Departure: 10:00 AM

#### A. Walmart

Arrival: 10:20 -10:30 AM  
Pick Up: 11:45 AM

### Loop #4

Loading: 12:45 PM  
Departure: 1:00 PM

#### B. Sunvalley Mall

Arrival: 1:15 PM  
Pick Up: 2:30-2:45 PM

Nordstrom Rack, Macy's, JC Penny's, Mrs. Fields Cookies, Safeway, and more!

# Resident *Spotlight*

Judy C serves as our Resident Council President. In this capacity, she leads the council, oversees its operations, and acts as the primary liaison between residents and management.

As president, Judy bears the overall responsibility for managing the council's affairs, ensuring that our community aligns with the best interests of both residents and the council collectively. She guides council meetings, keeping discussions focused and productive, while ensuring that decisions and recommendations are made collaboratively and accurately recorded. Judy fosters participation from all the council members and maintains organization and structure throughout the meetings.

Moreover, she is the primary point of contact with our Life Enrichment Coordinator at Concord, Judy facilitates efficient communication between the council and management.

Judy is an attentive listener and is dedicated to serving your needs.



Judy C  
Resident Council President

# Happy Birthday

April 4 - Lee S.

April 6 - Richard H.

April 9 - Andy B.

April 10 - Esther D.

April 12 - Spencer L.

April 13 - Greg H.

April 15 - David S.

April 15 - Carole L.

April 21 - Susan P.

April 26 - Diane Mc.

April 30 - Beverly B.



## THURSDAY, APRIL 2

All Day Puzzles (AA)

All Day Ping Pong (W3)

10:00 AM - Seated Yoga with Robert (AA)

11:00 AM - Bible Study with Greg (CR)

11:00 AM - Learn to Play Mahjong with Joyce (W4)

6:30 PM - Sequence (CR)

## FRIDAY, APRIL 3

### Good Friday

All Day Puzzles (AA)

All Day Ping Pong (W3)

9:45 AM - Loop Shuttle 3 & 4 (LB)

10:00 AM - Feel Free Fitness (AA)

11:30 AM - Canasta with The Gang! (CR)

2:00 PM - Dime BINGO with Sal (AA)

6:30 PM - Mexican Train (CR)

## SATURDAY, APRIL 4

All Day Puzzles (AA)

All Day Ping Pong (W3)

10:00 AM - Zumba Fitness (AA)

12:00 PM - Rummy Cube with Viv (CR)

1:30 PM - Dime BINGO with Sal (AA)

6:30 PM - Game Night with Diana (CR) — BYOB

Welcome to the  
*Carlton Family*

Beverly "Bev" V

Lee F

Marjorie R

## WEDNESDAY, APRIL 1

### Passover Begins at Sunset

9:00 AM - Grocery Shopping: Trader Joe's (LB)

10:00 AM - Feel Free Fitness (AA)

10:30 AM - Grocery Shopping: Safeway (LB)

**11:00 AM - Decoupage Easter Egg Craft (AA)**

12:30 PM - Sharing our Stories with Lyn (CR)

**1:00 PM - Activities Forum (AA)**

2:00 PM - Hand & Foot Card Game Frenzy! (CR)

2:30 PM - Needlework Craze (LR)

6:30 PM - \$5.00 BINGO with Sal (AA)

# Activities Forum

**Wednesday, April 1st**

*1:00 PM - Activity Area*

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

## SUNDAY, APRIL 5

### Happy Easter!

All Day Puzzle Mania (AA)

Ping Pong Palooza (W3)

11:00 AM to 1:00 PM - **Easter Day Brunch and Dessert Buffet (B)**

1:00 PM - 3:00 PM - Bridge Battle Royale (CR)

2:00 PM - \$5.00 Bingo with Sal (AA)

## THURSDAY, APRIL 9

Puzzles Galore, All Day Long! (AA)

Ping Pong Palooza, All Day! (W3)

10:00 AM - Stretch and Chill: Seated Yoga with the Zen Master Robert (AA)

11:00 AM - Bible Study with Greg (CR)

11:00 AM - Mahjong Mayhem with Joyce (W4)

1:00 PM - Card Culture with Joyce (CR)

**1:00 PM - Social Mixer Rockin the Oldies with Eddie (B)**

6:30 PM - Sequence (CR)

## MONDAY, APRIL 6

All Day Puzzles (AA)

All Day Ping Pong (W3)

**9:00 AM - Graton Casino Departure Prior Sign-Up**

10:00 AM - Live 2 B Healthy Exercise (AA)

11:00 AM - Scrabble Game (CR)

**1:00 PM - Photo Booth, Meet & Greet provided by I Heart Caregiver Services (AA)**

6:30 PM - Left Center Right (CR)

## FRIDAY, APRIL 10

All Day Puzzles (AA)

All Day Ping Pong (W3)

9:45 AM - Loop Shuttle 1 & 2 (LB)

10:00 AM - Feel Free Fitness (AA)

11:30 AM - Canasta with The Gang! (CR)

2:00 PM - Dime BINGO with Sal (AA)

6:30 PM - Mexican Train (CR)

## TUESDAY, APRIL 7

All Day Puzzles (AA)

All Day Ping Pong (W3)

10:00 AM - Seated Yoga/Fitness with Robert (AA)

11:00 AM - Cookie Social (AA)

1:00 to 3:00 PM - Tripoley with The Gang! (CR)

6:30 PM - Dime BINGO with Sal (AA)

## SATURDAY, APRIL 11

All Day Puzzles (AA)

All Day Ping Pong (W3)

10:00 AM - Zumba Fitness (AA)

12:00 PM - Rummy Cube with Viv (CR)

1:30 PM - Bingo with Sal ! (B)

6:30 PM - Game Night with Diana (CR) — BYOB

## WEDNESDAY, APRIL 8

All Day - Puzzle Mania (AA)

All Day - Ping Pong (W3)

9:00 AM - Grocery Shopping: Trader Joe's (LB)

10:00 AM - Feel Free Fitness (AA)

10:30 AM - Grocery Shopping: Safeway (LB)

12:30 PM - Sharing our Stories with Lyn (CR)

2:00 PM - Hand & Foot Card Game! (CR)

2:30 PM - Needlework Circle (LR)

6:30 PM - \$5.00 BINGO with Sal (AA)

### Live 2 B Healthy Exercise has a new name!

*In your April newsletter, look for:*

## FEEL FREE FITNESS

The only change is the name!

Everything else will stay exactly the same: same instructors, same days and times, same class format.

## SUNDAY, APRIL 12

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
11:00 AM to 1:00 PM - Brunch in The Bistro (B)  
1:00 - 3:00 PM - Bridge Battle (CR)  
2:00 PM - \$5.00 BINGO with Sal (AA)

## THURSDAY, APRIL 16

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
10:00 AM - Seated Yoga with Robert (AA)  
11:00 AM - Bible Study with Greg (CR)  
11:00 AM - Learn to Play Mahjong with Joyce (W4)  
**1:30 PM - Farmers Market in the Courtyard (CY)**  
6:30 PM - Sequence (CR)

## MONDAY, APRIL 13

Puzzle Marathon (AA)  
All Day Ping Pong (W3)  
10:00 - AM Feel Free Fitness (AA)  
11:00 - AM Word Warriors Scrabble (CR)  
11:00 - AM Gratitude Journaling Jam with Jenny (AA)  
**11:30 - Center for the Elders Pace Tabling with Teddy (LB)**  
12:30 to 1:30 PM - Keeping in Touch: Family & Friends Greetings with Binnette (AA)  
**2:00 PM - Acrobatic Performance by Devon (B)**  
6:30 PM - Left Center Right (CR)

## FRIDAY, APRIL 17

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
9:45 AM - Loop Shuttle 3 & 4 (LB)  
10:00 AM - Feel Free Fitness (AA)  
11:30 AM - Canasta with The Gang! (CR)  
2:00 PM - Dime BINGO with Sal (AA)  
6:30 PM - Mexican Train (CR)

## TUESDAY, APRIL 14

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
10:00 AM - Seated Yoga/Fitness with Robert (AA)  
11:00 AM - Cookie Social (AA)  
11:30 AM - Suncrest Presents Parkinson's Awareness (CR)  
1:00 to 3:00 PM - Tripoley with The Gang! (CR)  
6:30 PM - Dime BINGO with Sal (AA)

## SATURDAY, APRIL 18

10:00 AM - Zumba Fitness (AA)  
12:00 PM - Rummy Cube with Viv (CR)  
1:00 PM - The Page Turners Book Club (CR)  
1:30 PM - Dime BINGO with Sal (AA)  
6:30 PM - Game Night with Diana (CR) — BYOB

## WEDNESDAY, APRIL 15

All Day - Puzzle Mania (AA)  
9:00 AM - Grocery Shopping: Trader Joe's (LB)  
10:00 AM - Feel Free Fitness (AA)  
10:30 AM - Grocery Shopping: Safeway (LB)  
11:45 AM - Town Hall (B)  
12:30 PM - Sharing our Stories with Lyn (CR)  
2:00 PM - Hand & Foot Card Game! (CR)  
2:30 PM - Needlework Circle (LR)  
**4:00 PM - Jack's Cantina Restaurant \$ Prior Sign-Up**  
6:30 PM - \$5.00 BINGO with Sal (AA)

## Town Hall

**Wednesday, April 15th**

*11:45 AM - Bistro*

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

## SUNDAY, APRIL 19

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
11:00 AM to 1:00 PM - Brunch in The Bistro (B)  
1:00 - 3:00 PM - Bridge Battle (CR)  
2:00 PM - \$5.00 BINGO with Sal (AA)

## THURSDAY, APRIL 23

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
10:00 AM - Seated Yoga with Robert (AA)  
**10:00 to 11:00 AM Community Room Closed**  
11:00 AM - Bible Study with Greg (CR)  
11:00 AM - Learn to Play Mahjong with Joyce (W4)  
**2:00 PM - Social Mixer Dance Party with Tom (B)**  
**2:30 to 4:00 PM Community Room Closed**  
6:30 PM - Sequence (CR)

## MONDAY, APRIL 20

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
Open Game Table (E4)  
10:00 AM - Feel Free Fitness (AA)  
11:00 AM - Scrabble (CR)  
**12:00 PM - Volunteer Appreciation Social (B)**  
2:00 PM - Dime BINGO with Sal (AA)  
6:30 PM - Left Center Right (CR)

## FRIDAY, APRIL 24

All Day Puzzles (AA)  
9:45 AM - Loop Shuttle 1 & 2 (LB)  
10:00 AM - Feel Free Fitness (AA)  
11:30 AM - Canasta with The Gang! (CR)  
**12:30 PM - Resident Council (AA)**  
2:00 PM - Dime BINGO with Sal (AA)  
6:30 PM - Mexican Train (CR)

## TUESDAY, APRIL 21

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
10:00 AM - Seated Yoga/Fitness with Robert (AA)  
11:00 AM - Cookie Social (AA)  
**12:00 PM - Kindness Stone Craft (AA)**  
1:00 to 3:00 PM - Tripoley with The Gang! (CR)  
6:30 PM - Dime BINGO with Sal (AA)

## SATURDAY, APRIL 25

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
10:00 AM - Zumba Fitness (AA)  
12:00 PM - Rummy Cube with Viv (CR)  
1:30 PM - Dime BINGO with Sal (AA)  
6:30 PM - Game Night with Diana (CR) — BYOB

## WEDNESDAY, APRIL 22

### Earth Day!

9:00 AM - Grocery Shopping: Trader Joe's (LB)  
10:00 AM - Feel Free Fitness (AA)  
10:30 AM - Grocery Shopping: Safeway (LB)  
12:30 PM - Sharing our Stories with Lyn (CR)  
2:00 PM - Hand & Foot Card Game! (CR)  
2:30 PM - Needlework Circle (LR)  
6:30 PM - \$5.00 Bingo with Sal (AA)

## Resident Council

**Friday, April 24th**  
*12:30 PM - Activity Area*

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

## SUNDAY, APRIL 26

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
11:00 AM to 1:00 PM - Brunch in The Bistro (B)  
1:00 to 3:00 PM - Bridge (CR)  
2:00 PM - \$5.00 BINGO with Sal (AA)

## THURSDAY, APRIL 30

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
10:00 AM - Seated Yoga with Robert (AA)  
11:00 AM - Bible Study with Greg (CR)  
11:00 AM - Learn to Play Mahjong with Joyce (W4)  
1:00 PM - Chef's Table (Demo) with Camille (B)  
6:30 PM - Sequence (CR)

## MONDAY, APRIL 27

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
10:00 AM - Feel Free Fitness (AA)  
**10:00 AM - Huckleberry's Restaurant \$ prior sign-up. (LB)**  
11:00 AM - Scrabble (CR)  
2:00 PM - Dime BINGO with Sal (AA)  
6:30 PM - Left Center Right (CR)

## Follow Us!



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## TUESDAY, APRIL 28

All Day Puzzles (AA)  
All Day Ping Pong (W3)  
10:00 AM - Seated Yoga/Fitness with Robert (AA)  
11:00 AM - Cookie Social (AA)  
1:00 to 3:00 PM - Tripoley with The Gang! (CR)  
6:30 PM - Dime BINGO with Sal (AA)



## Salon

**Tess - Fridays**

*Sign up at the Front Desk.*

**Kim - Wednesdays**

*Call for an appointment.*

925-686-6445



## WEDNESDAY, APRIL 29

9:00 AM - Grocery Shopping: Trader Joe's (LB)  
10:00 AM - Feel Free Fitness (AA)  
10:30 AM - Grocery Shopping: Safeway (LB)  
12:30 PM - Sharing our Stories with Lyn (CR)  
2:00 PM - Hand & Foot Card Game Frenzy! (CR)  
2:30 PM - Needlework Craze (LR)  
6:30 PM - \$5.00 BINGO with Sal (AA)

## Location Key

(LR) Living Room  
(B) Bistro  
(AA) Activity Area  
(CY) Courtyard  
(CR) Community Room  
(LB) Lobby  
(E3) 3<sup>rd</sup> Floor by Elevator  
(E4) 4th Floor by Elevator  
(W4) 4th Floor Library

*Activities and times are subject to change.*





## 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, later, 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.