



May 2026

The Carlton Times

Nourishing Mind, Body, and Soul



Pictured: CSL Downtown Pleasant Hill

Alexa and Your Carlton Community

Did you know that Alexa and Speak2 help your Carlton community's employees streamline their daily tasks?

Your Alexa device and its specialized Speak2 software are a tool for Carlton residents and employees. You may notice employees using your Alexa device to:

- Remind you about upcoming activities.
- Remind you about upcoming appointments or transportation requests.
- Share important community announcements.
- Announce when the mail has been delivered or that you have received a package.
- Ask about today's menu or activity schedule.
- Respond to care requests.
- Record care services.
- And more!

Help our employees help you! Please keep your Alexa device plugged in and powered on at all times.

Hi Pat, a package was delivered for you. It is at the front desk.



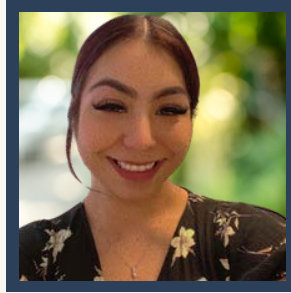
Questions about Alexa? Speak with your community's Resident Liaison or Activities Manager.



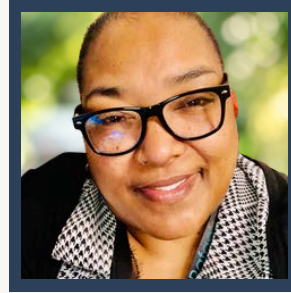
Meet The Management Team



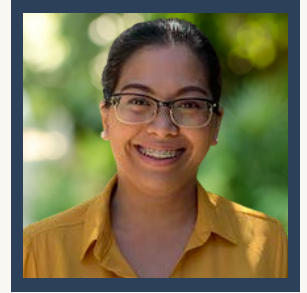
Tracey Ingleman
Executive Director



Aylin Barajas
Executive Assistant



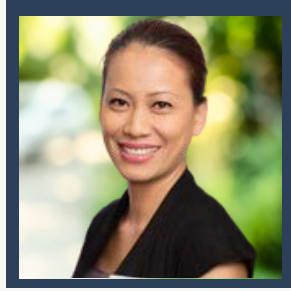
Sheila Roberts
Director of Resident
Services



Imee Nungay
Personal Care
Manager



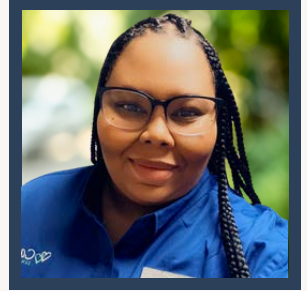
Ronaldo Carmelo
Maintenance Manager



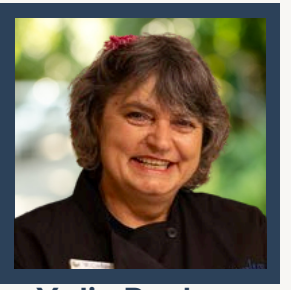
Janilyn Santos
Medication Manager



Vicki Vasconi
Resident Liaison



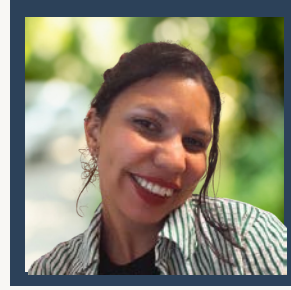
Tجانique Watson
Director of
Memory Care



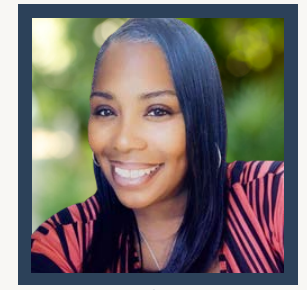
Yulia Pavlova
Chef



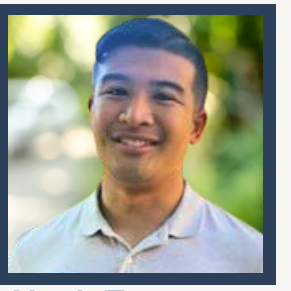
Felicia Pounds
Dining Room
Manager



Emily Paiva
Memory Care
Activity Manager



Rhodesia James
Assisted Living
Activities Manager



Noah Togonon
Sales Assistant



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: Wednesdays 1 PM-2:30 PM

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

Martha Kell was born on April 26, 1940, in Rome, a small city north of Atlanta. She was raised by her strong mother, Lois, who worked long days in a cotton mill, walking along the railroad tracks just to get to her job. Lois came from a large farming family in the area, and her strong work ethic shaped Martha from an early age. As the oldest of four siblings, alongside her brothers Glen and Lonnie and her younger sister Mary Francis, Martha naturally grew into a leadership role within her family.

Growing up, Martha's life was filled with energy, friendships, and a love for sports. She made many friends and stayed active, but her favorite memories were the moments she spent with her brothers, building strong bonds that lasted over time. Her education also played an important role in her development. She attended college at George Washington University, where she studied English and graduated. These early years helped shape her into someone who is exploratory, resilient, and inventive.

Martha's life took her far beyond her hometown. One of her most meaningful experiences was working with the United Service Organizations in Saigon during the Vietnam War, where she supported American soldiers. She helped install a telephone line that connected troops directly to their families back in the United States, offering comfort during difficult times. Her travels also brought her great joy, especially her visits to London and Paris, two cities she came to love deeply. Through these experiences, Martha embraced adventure and made meaningful contributions wherever she went.

Today, Martha finds happiness in simple and fulfilling routines, including attending exercise classes, caring for her puppy, and enjoying the music of Judy Garland, along with country and opera. She has a deep appreciation for Southern style food and the comfort it brings. As she reflects on her life, Martha encourages others to take advantage of opportunities whenever they arise. She hopes to be remembered as kind, adventurous, fun, and caring, a legacy that clearly shines through in the life she has lived.



Martha Kell



May Happenings



Outings

Friday 5/1: Age Well Senior Fair
Departure 10:15 AM

**Wednesday 5/6: Caspers
Lunch Outing**
Departure 11:15 AM

**Wednesday 5/13: May Scenic
Drive**
Departure 9:45 AM

**Friday 5/15: Nancy Roberts Art
Exhibit Martinez Library**
Departure 9:45 AM

**Wednesday 5/20 : Naan and
Curry Lunch Outing**
Departure 11:15 AM

**Wednesday 5/27: Spring Time
Scenic Ride**
9:45AM

Events

**Tuesday 5/5: Cinco De Mayo Happy
Hour w/ Sounds of Three**
3:30 PM

Thursday 5/7: Dorol as Elvis
3:30 PM

Sunday 5/10: Mother's Day Brunch
11:30 AM

**Sunday 5/10: Mother's Day Piano Recital
w/Piano Everyone**
3:30 PM

Thursday 5/14: Tradewinds
3:30 PM

**Wednesday 5/20: Wonderful
Wednesdays with Joyce**
3:30 PM

Theme Days

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

Monday 5/25: Memorial Day
Wear a red, white, or blue shirt.

Life Changes Support Group

Monday May 4th at 10:30 AM

Join us in the Craft Room for our
Support Group at 10:30am

Follow Us!



CarltonSeniorLiving.com



CSLDOWNTOWNPLEASANTHILL



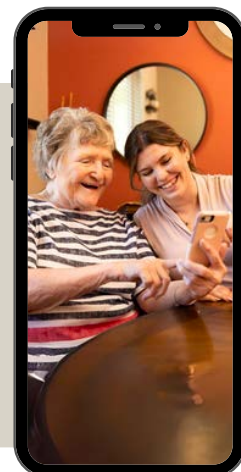
@CARLTONSENIORLIVING



@CARLTONSRSENIOR



CARLTON SENIOR LIVING



FRIDAY, MAY 1

- 9:30 These Boots Walking Club (L)
- 10:15 Age Well Senior Fair Outing (CR)
- 10:30 Funk Flex Fridays (LR)
- 12:45 Watch: Bohemian Rhapsody (TR)
- 1:00 Stacks Bingo (LR)
- 11:30 Good Friday at Christ the King (CR)
- 2:15 Jigsaw Puzzles and Dominos (LR)
- 3:30 Happy Hour w/ Todd (LR)**
- 5:30 Watch: Bohemian Rhapsody (TR)
Seasonal Sports (LR)

SATURDAY, MAY 2

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Gorgeous Nails Spa (CR)
- 12:45 Watch: Soul On Fire (TR)
- 1:00 Easy Come Easy Go Bingo (CR)
- 2:15 Discussion: This Week in the News (TR)
- 3:30 Crafty Creations w/ New Hope (CR)**
- 5:30 Watch: Soul On Fire (LR)

Location Key

- (LR) Living Room
- (CR) Craft Room
- (TR) Theater Room (2nd Floor)
- (CY) Court Yard
- (DR) Dining Room
- (L) Lobby
- (PDR) Private Dining Room



Activities and times are subject to change.

YOU ARE INVITED TO

MOTHER'S DAY

10
MAY

Brunch

SUNDAY

11:30 AM -1 PM

IN THE DINING ROOM

LIMITED TO 2 GUESTS

RSVP WITH FRONT
DESK MAY 8TH



SUNDAY, MAY 3

- 9:30 Divine Devotions Church Shuttles (TR)
- 9:45 New Hope Church Service (TR)
- 10:30 Discussion: Destinations (LR)
- 12:45 Watch: The Long Game (TR)
- 1:00 Lucky Spot Bingo (CR)
- 2:15 Spring Blossoms Coloring Pages (CR)**
- 3:30 Take a Journey with Sing Fit (CR)

MONDAY, MAY 4

- 9:30 These Boots Walking Club (L)
- 10:30 Discussions: Destinations (LR)
- 10:30 Life Changes Support Group (CR)**
- 12:45 Watch: Penguin Lessons (TR)
- 1:00 Razzle Dazzle Bingo (CR)
- 2:15 Let's Play Scrabble (LR)
- 3:30 Balloon Volleyball (CR)
- 5:30 Watch: Penguin Lessons (TR)
- 5:30 Seasonal Sports (LR)

TUESDAY, MAY 5

Cinco de Mayo

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Christ The King Community Mass (TR)
- 12:45 Watch: Que Viva Mexico (TR)
- 1:00 Gold Rush Bingo (CR)
- 2:15 Cinco de Mayo Discussion (LR)**
- 3:30 Cinco de Mayo w/ Sounds of Three (LR)
- 5:30 Watch: Que Viva Mexico (TR)
- 5:30 Seasonal Sports (LR)

WEDNESDAY, MAY 6

- 9:30 These Boots Walking Club (L)
- 10:30 Morning Stretch and Fab Fitness (LR)
- 11:15 Casper's Hotdogs Lunch Outing (L)
- 12:45 Watch: LBJ (TR)
- 1:00 Gold Rush Bingo (CR)
- 1:30 Shopping Shuttles (L)
- 2:15 Improv with Jaime (CR)
- 3:30 Recipe Rebels Taste Test (CR)**
- 5:30 Watch: LBJ (TR)

THURSDAY, MAY 7

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 12:45 Watch: My Girl (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Veteran's Social (CR)
- 2:15 Voter Registration Assistance (CR)
- 3:30 Dorol as Elvis Presley (LR)**
- 5:30 Watch: My Girl (LR)
- 5:30 Seasonal Sports (LR)

FRIDAY, MAY 8

- 9:30 These Boots Walking Club (L)
- 10:30 Funk Flex Fridays (LR)**
- 12:45 Watch: The Dig (TR)
- 1:00 Stacks Bingo (CR)
- 2:15 Let's Play Dominos (CR)
- 3:30 Happy Hour with Todd (LR)
- 5:30 Watch: The Dig (TR)
- 5:30 Seasonal Sports (LR)

SATURDAY, MAY 9

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Gorgeous Nails Spa (CR)
- 12:45 Watch: You Gotta Believe (TR)
- 1:00 Easy Come Easy Go Bingo (CR)
- 2:15 Let's Play Jenga or Scrabble (CR)
- 3:30 Watch: Downtown Abby (LR)**
- 5:30 Watch: You Gotta Believe (TR)
- 5:30 Seasonal Sports (LR)



Salon

Salon Hours:
Open Tuesdays & Fridays
By appointment only

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

The salon is located on the 2nd floor.



SUNDAY, MAY 10

Mother's Day

- 9:30 Devine Devotions Church Shuttles (L)
- 9:45 New Hope Church Sunday Service (TR)
- 11:00 Mother's In Evolution Discussion (LR)**
- 11:30 Mother Daughter Brunch (DR)
- 12:45 Watch: Just Go With It (TR)
- 1:00 Lucky Spot Bingo (CR)
- 2:15 Ball Dart Throwing (CR)
- 3:30 Piano Everyone Piano Recital (LR)
- 5:30 Watch: Just Go With It (TR)
- 5:30 Seasonal Sports (LR)

THURSDAY, MAY 14

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 12:45 Watch: Me Time (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Let's Play Dominos or Romicub (LR)
- 3:30 Rock n Roll with Tradewinds (LR)**
- 5:30 Watch: Me Time (TR)
- 5:30 Seasonal Sports (LR)

MONDAY, MAY 11

- 9:30 These Boots Walking Club (L)
- 10:30 Discussion: Who Am I (LR)
- 12:45 Watch: Along Came Poly (TR)
- 1:00 Razzle Dazzle Bingo (LR)
- 2:15 Spirit Care Ministry w/ Pstr Jeremiah(LR)
- 3:30 Take a Journey with Singfit (CR)**
- 5:30 Watch: Along Came Poly (TR)

FRIDAY, MAY 15

- 9:30 These Boots Walking Club (L)
- 9:45 Martinez Library Art Exhibit Outing (CR)
- 10:30 Funk Flex Fridays (LR)
- 12:45 Watch: How Do You Know (TR)
- 1:00 Stack's Bingo (LR)
- 2:15 Let's Play Dominos (CR)
- 3:30 Happy Hour with Todd (LR)**
- 5:30 Watch: How Do You Know (TR)
- Seasonal Sports (LR)

TUESDAY, MAY 12

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Christ The King Community Mass (TR)
- 12:45 Watch: The Magic Of Belle Isle (TR)
- 1:00 Gold Rush Bingo (LR)
- 2:15 Knitting and Crocheting (LR)
- 3:30 Happy Hour w/ Jack (LR)**
- 5:30 Watch : The Magic Of Belle Isle (TR)
- 5:30 Seasonal Sports (LR)

SATURDAY, MAY 16

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 B Healthy (LR)
- 10:30 Gorgeous Nails Spa (CR)
- 12:45 Watch: The Forge (TR)
- 1:00 Easy Come, Easy Go Bingo (CR)
- 2:15 Mag Block Building (CR)
- 3:30 Crafty Creations w/ Color Me Mine (CR)
- 5:30 Watch: The Forge (TR)

WEDNESDAY, MAY 13

- 9:30 These Boots Walking Club (L)
- 9:45 May Scenic Ride (CR)
- 10:30 Carlton University Class- Fort Ross (CR)
- 12:45 Watch: The Week Of (TR)
- 1:00 Gold Rush Bingo (LR)
- 1:30 Shopping Shuttles (LR)
- 2:15 Bee Music Therapy (CR)
- 3:30 Recipe Rebels - Bake Fresh Bread (CR)**
- 5:30 Watch: The Week Of (TR)

Welcome to the
Carlton Family

Helen Caves
Shirley Campbell
Nohora Terlet
Susan Enfield
Barbara Lee
Clare Herman
Mary Gilchrist

SUNDAY, MAY 17

- 9:30 Devine Devotions Church Shuttles (L)
- 9:45 New Hope Church Sunday Service (TR)
- 10:30 Discussion: Night At The Museum (LR)
- 12:45 Watch: Night At The Museum (TR)
- 1:00 Lucky Spot Bingo (LR)
- 2:15 Balloon Volleyball (LR)
- 3:30 General Knowledge Movie Trivia (LR)**
- 5:30 Watch: Night At The Museum (TR)
- 5:30 Seasonal Sports (LR)

THURSDAY, MAY 21

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 Be Heathy (LR)
- 12:45 Watch: ET (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Line Dancing With Rho (CR)
- 3:30 General Knowledge 60's Trivia (LR)**
- 5:30 Watch: ET (LR)
- 5:30 Seasonal Sports (LR)

MONDAY, MAY 18

- 9:30 These Boot Walking Club (L)
- 10:30 Discussion: This Day In History (LR)**
- 12:45 Watch: Karate Kid Legends (TR)
- 1:00 Razzle Dazzle Bingo (LR)
- 2:15 Play Connect Four (CR)
- 3:30 Balloon Volleyball (LR)
- 5:30 Watch: Karate Kid Legends (TR)
- 5:30 Seasonal Sports (LR)

FRIDAY, MAY 22

- 9:30 These Boots Walking Club (L)
- 10:30 Funk Flex Fridays (LR)**
- 12:45 Watch: Jurassic World (TR)
- 1:00 Stack's Bingo (LR)
- 2:15 Play Rummy (CR)
- 3:30 Happy Hour w/ Todd (LR)
- 5:30 Watch: Jurassic World (TR)
- 5:30 Seasonal Sports (LR)

TUESDAY, MAY 19

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Christ The King Community Mass (TR)
- 12:45 Watch: Bob Marley One Love (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Let's Play Scrabble (LR)
- 3:30 Happy Hour with Paul (LR)**
- 5:30 Watch: Bob Marley One Love (TR)
- 5:30 Seasonal Sports (LR)

SATURDAY, MAY 23

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Gorgeous Nails (CR)
- 12:45 Watch: Nonnas (TR)
- 1:00 Easy Come Easy Go Bingo (LR)
- 2:15 Play Scrabble or Connect Four (CR)
- 3:30 Science for Seniors (CR)**
- 5:30 Watch: Nonnas (TR)
- 5:30 Seasonal Sports (LR)

WEDNESDAY, MAY 20

- 9:30 These Boots Walking Club (L)
- 10:30 Morning Stretch and Fitness Ball (CR)
- 11:15 Naan and Curry Lunch Outing (LR)
- 12:45 Watch: Ghostbusters (TR)
- 1:00 Gold Rush Bingo (LR)
- 2:30 Tea Around the World with Lisa (DR)
- 3:30 Wonderful Wednesdays w/ Joyce (LR)**
- 5:30 Watch: Ghostbusters (TR)

Resident Council

Wednesday, April 27, 2026

3:30PM - Craft Room

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

SUNDAY, MAY 24

- 9:30 Devine Devotions Church Shuttles (L)
- 9:45 New Hope Church Sunday Service (TR)
- 10:30 Discussion: In The News (LR)
- 12:45 Watch: FatherHood (TR)
- 1:00 Lucky Spot Bingo (LR)
- 2:15 Wall Ball Dart Throwing (CR)
- 3:30 General Knowledge Trivia (LR)**
- 5:30 Watch: Fatherhood (TR)
- 5:30 Seasonal Sports (LR)

THURSDAY, MAY 28

- 9:30 These Boots Walking Club (L)
- 10:30 Live 2 Be Heathy (LR)
- 12:45 Watch: Glory (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Elder Song Sing Alongs (CR)
- 3:30 Nintendo Bowling (LR)**
- 5:30 Watch: Glory (LR)
- 5:30 Seasonal Sports (LR)

MONDAY, MAY 25

Memorial Day

- 9:30 These Boot Walking Club (L)
- 10:30 Discussion: Destinations (LR)
- 11:30 Memorial Day BBQ Lunch (DR)
- 12:45 Watch: Too Young the Hero (TR)
- 1:00 Razzle Dazzle Bingo (LR)
- 2:15 Crocheting with Janine (CR)
- 3:30 The Ultimate Sacrifice Discussion (LR)
- 5:30 Watch: Too Young the Hero (TR)
- 5:30 Seasonal Sports (LR)

FRIDAY, MAY 29

- 9:30 These Boots Walking Club (L)
- 10:30 Funk Flex Fridays (LR)**
- 12:45 Watch: Forest Gump (TR)
- 1:00 Stack's Bingo (LR)
- 2:15 Play Romicub (LR)
- 3:30 Happy Hour w/ Todd (LR)
- 5:30 Watch: Forest Gump (TR)
- 5:30 Seasonal Sports (LR)

TUESDAY, MAY 26

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Christ The King Community Mass (TR)
- 12:45 Watch: Anaconda (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Let's Play Jenga (CR)
- 3:30 Happy Hour with Jack (LR)**
- 5:30 Watch: Anaconda (TR)
- 5:30 Seasonal Sports (LR)

SATURDAY, MAY 30

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 11:15 Giants VS. Marlins Game (CR)
- 12:45 Watch: Harriet (TR)
- 1:00 Easy Come Easy Go Bingo (LR)
- 2:15 Play Scrabble or Connect Four (CR)
- 3:30 Science for Seniors (CR)**
- 5:30 Watch: Harriet (TR)
- 5:30 Seasonal Sports (LR)

WEDNESDAY, MAY 27

- 9:30 These Boots Walking Club (L)
- 9:45 Spring Time Scenic Drive (CR)
- 10:30 Morning Stretch and Fitness Ball (CR)
- 12:45 Watch: My Girl (TR)
- 1:00 Gold Rush Bingo (LR)
- 2:15 Bee Music Therapy (CR)
- 3:30 Resident Council (LR)**
- 5:30 Watch: My Girl (TR)
- 5:30 Seasonal Sports (LR)

SUNDAY, MAY 31

- 9:30 Devine Devotions Church Shuttles (L)
- 9:45 New Hope Church Sunday Service (TR)
- 10:30 Discussion: In The News (LR)
- 12:45 Watch: Mrs. Doubtfire (TR)
- 1:00 Lucky Spot Bingo (CR)
- 2:15 Wall Ball Dart Throwing (CR)
- 3:30 General Knowledge Trivia (LR)**
- 5:30 Watch: Mrs. Doubtfire (TR)
- 5:30 Seasonal Sports (LR)



May is Arthritis Awareness Month

Arthritis, or joint inflammation, is a common condition which causes pain and stiffness in the joints. Joints are where two bones meet, such as the elbow or knee.

There are several different types of arthritis, including osteoarthritis, gout, and rheumatoid arthritis. Osteoarthritis (OA) is the most common form, affecting millions of people worldwide. OA is caused by the damage or breakdown of the protective cartilage that cushions the ends of the bones. It is sometimes called “wear and tear” arthritis. It is most prevalent among older adults, especially older women. Additionally, those who have previous joint injuries, are obese, or have a family history of OA are at a higher risk.

While any joint can be affected, osteoarthritis commonly develops in the hands, knees, hips, and spine. Symptoms usually come on slowly and typically include joint pain, stiffness, and/or swelling, as well as changes in the mobility of a joint or a “grating” sensation when moving a joint.

Although there is no cure or reversal for OA, there are treatments and therapies which can reduce pain and help maintain mobility. Physical therapists can create personalized exercise routines to strengthen the muscles around the joints and increase flexibility. An occupational therapist can help identify ways to complete everyday tasks without putting extra stress on painful joints. Physicians often prescribe acetaminophen or over the counter nonsteroidal anti-inflammatory drugs to manage pain. Depending on the severity of a patient’s OA, doctors may recommend injections in the joints or joint replacement surgery.

Massage, acupuncture, and heat and cold therapy can help provide pain relief and improved blood flow without medication. Supportive devices, such as a cane, walker, and shoe inserts can provide stability and relieve pressure. For people who are overweight or obese, losing weight reduces pressure and wear on joints, particularly on weight bearing joints like the hips and knees.

Physical activity and exercise are also key in managing osteoarthritis and delaying its progression. “Low impact” activities that do not twist or put too much stress on the joints are best. This includes walking, swimming, water aerobics, yoga, tai chi, and seated exercise classes. Stretching, strength training, and balance exercise are all equally important. Every minute of activity counts and any activity is better than none at all!