



May 2026

The Carlton Times

Nourishing Mind, Body, and Soul



Pictured: CSL Downtown Pleasant Hill

3800 Walnut Avenue, Fremont, California 94538 | (510) 505-0555 | License # 015600118

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.

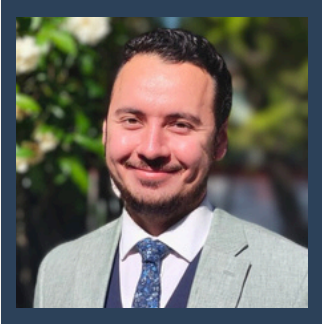
Hi Pat, a package was delivered for you. It is at the front desk.



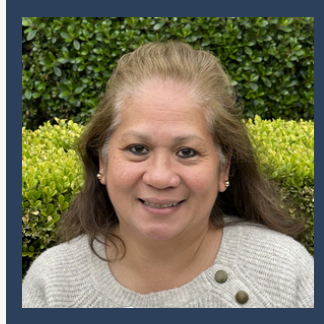
Questions about Alexa? Speak with your community's Resident Liaison or Activities Manager.



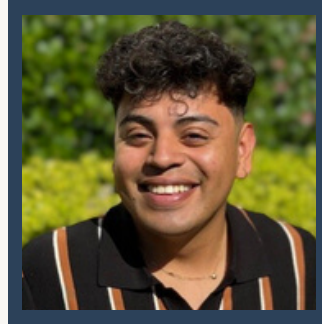
Meet The Management Team



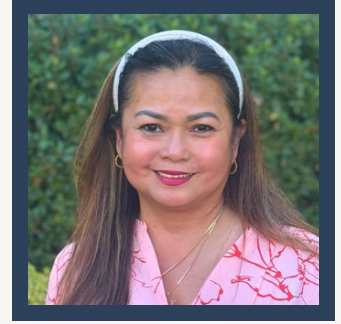
Gianni Amari
Executive Director
Monday - Friday



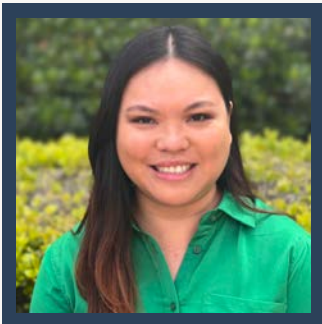
Cristina Pedagat
Executive Assistant
Sunday - Thursday



Cristian Cruz
Director of Resident Services
Tuesday-Saturday



Elisa Capulong
Care Manager
Sunday-Thursday



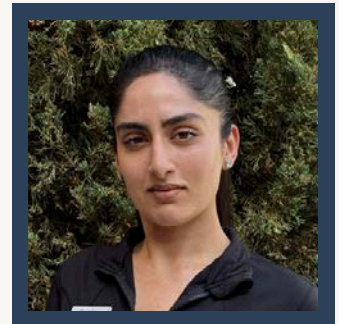
Bernadette Moya
Medication Manager
Sunday-Thursday



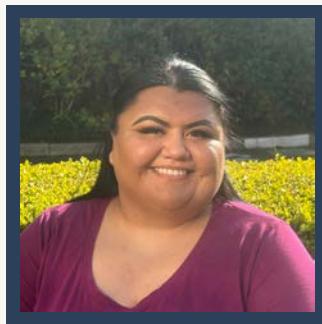
Philip Ebal
Activities Manager
Tuesday-Saturday



Dron Kumar
Maintenance Manager
Tuesday-Saturday



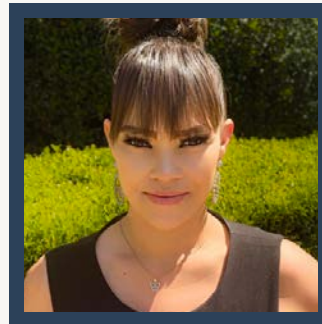
Wahida Nawabi
Resident Liason
Tuesday-Saturday



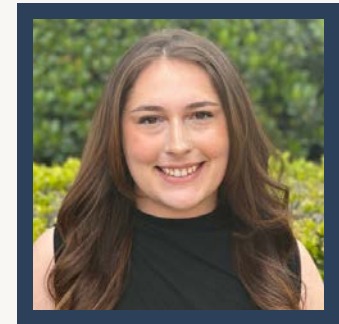
Reyna Lopez
Dining Room Manager
Sunday-Thursday



Hugo Esquivel
Executive Chef
Tuesday-Saturday



Olivia Allen
Sales Director
Tuesday-Saturday



Ashley Gibson
Sales Assistant
Sunday-Thursday

Transportation Guidelines



Doctor Shuttles

Tuesdays and Thursdays

Times: Drop-offs start at 9:00 AM,
final pick-up at 3:30 PM

Booking: 72-hour notice required

*Please be in lobby 30 minutes before
your scheduled departure time*



Concierge Rides

Arranged outside normal shuttle hours.

Must be requested 72 hours in advance
and approved by Activities Manager.

Charges apply.



Church and Shopping Shuttles

Church Services

Sundays, 9:00 AM–12:00 PM

Shopping Shuttle

Local store trips (check schedule for times)



Transportation Charges

Shuttle Rides: Free

Concierge Rides: \$15 per half
hour, with a half hour minimum.

How to Schedule:

Submit a Transportation Request Form to the front desk.

Trips are scheduled by the Activities Manager.

Questions about our transportation program?

Contact Philip Eballo, Activities Manager.



May Happenings



Outings

Monday 5/11: Shopping at Safeway (B)
10:30 AM

Wednesday 5/13: Scenic Drive San Jose Downtown (B)
10:00 AM

Monday 5/18: Shopping at Foodmax (B)
10:30 AM

Monday 5/25: Hop-On & Hop-Off Shopping Trip: Hub Fremont (B)
10:30 AM

Wednesday 5/27: Cheesecake Factory (B)
10:30 AM

Events

Friday 5/1: Happy Hour with Claudio (MPR)
3:00 PM

Friday 5/5: Happy Hour with Mariachi Trio Sol de Mexico (MPR)
3:00 PM

Friday 5/7: Mother's Pamper Treat Day Manicure & Face Masks (AR)
3:30 PM

Sunday 5/10: Mother's Day Brunch With Kimberlye Gold (DR)
11:30 - 2:00 PM

Friday 5/15: Happy Hour with Lito Bautista (Saxophone) (LR)
3:00 PM

Friday 5/22: Happy Hour with Bill & Co. (MPR)
3:00 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.

RESIDENT *Spotlight*

Marion was born in San Francisco at Mary's Help Hospital in the Mission, during a time when the world around her was not always kind. Growing up, she witnessed Anti-Asian discrimination firsthand, but in her family, resilience was stronger than prejudice. Her mother, who spoke Chinese, worked as a legal secretary for an immigration appeals attorney, helping those detained at Angel Island. Her father pursued his education at University of California, Berkeley, though opportunities were limited due to discrimination. Together, they built a life grounded in perseverance and determination, raising Marion alongside her two sisters and brother.

As a student at Galileo High School, Marion stood out. She graduated as an honors student in 1965, carrying with her a strong curiosity for learning. She often recalled attending school alongside O. J. Simpson, but her own path was defined not by fame, but by quiet dedication. She enjoyed all her subjects, though business captured her interest the most. Marion worked part time at Galileo's Lux Lab as librarian, that passion led her to City College of San Francisco, where Marion's determination truly took shape. While working full time in the International Trade business she supported herself financially and earned not just one, but eight associate degrees. It was an accomplishment she carried with pride—proof that hard work could open doors, even when the world tried to keep them closed.

Marion began her career doing simple office tasks—filing, typing orders, sorting mail—but she never stayed in one place for long. Her persistence led her into the world of international trade, where she built a career that would last for decades. Even today, she remains active in the business, recently trading goods like bulgur wheat. She chose a life of independence, never marrying or having children, and instead embraced the freedom to chart her own course. For 63 years, Marion lived in the same apartment in Chinatown, a place filled with memories and history. Eventually, she made a new chapter for herself at Carlton in December 2017. There, her sense of purpose continued to shine. Serving as Resident Council Secretary for five years, she used her shorthand skills to carefully record meeting minutes and kept her fellow residents informed by distributing newsletters and papers. Her presence became one of quiet reliability and kindness. Marion also found joy in connection and growth through Toastmasters, where she regularly attends meetings focused on public speaking. She values the opportunity to learn, share, and encourage others to find their voice.

Her story stretches even further back through generations. Her grandfather once owned a storefront in Plymouth, selling mining equipment in exchange for gold dust. The family lived in the back of the store, and he would travel all the way to San Francisco to trade that gold at the mint. Today, that very property stands as a historical landmark—a lasting symbol of the family's enduring legacy. Marion herself has become a cherished part of her own community's history, having been voted Resident of the Month twice, in 2024 and 2025. Her life is not defined by grand gestures, but by steady strength, independence, and the quiet impact she has made on those around her.



Marion Chan



Salon

Salon Hours:
Open Tuesdays

To book your appointment,
call Melissa at
(510) 449-1857.



Happy Birthday

May 5 - Patrick K.

May 17 - Janice R.

May 20 - Elaine T.

May 25 - Mai A.

May 25 - Christine P.



Welcome to the
Carlton Family

Helen Maloney
Patricia Morishige
Nikhil Kulkarni



May's Class Topic:
**Your Story Matters:
Creating a Legacy Book**

Monday, 11th at 1:00 PM
In the Activity Room

FRIDAY, MAY 1

9:00 - Coffee & Conversation (C)

9:30 - Feel Free Fitness (AR)

10:45 - Ceramic with Fetty (AR)

1:00 - Crafting Together:
Flower Origami (AR)

3:00 - Social Hour (LR)

6:00 - Evening Movie (TV)

Location Key

(AR) Activity Room
(BA) Back Area
(B) Bus/Outing
(C) Cafe
(DR) Dining Room
(GR) Game Room
(LIB) Library
(LR) Living Room
(MPR) Multipurpose Room
(TV) TV Room



Activities and times are subject to change.

SATURDAY, MAY 2

OPEN HOUSE (10:00AM - 1:00PM)

9:00 - Coffee & Conversation (C)

9:30 - Strength Training (AR)

10:30 - Mind Game: Charades &
Therapy Dog Visit - Grinch (AR)

12:00 - Movie Matinee & Pizza (TV)

2:00 - Bingo (AR)

3:30 - Painting - Sunflower (AR)

6:00 - Evening Movie (TV)

SUNDAY, MAY 3

8:00 - Coffee & Conversation (C)
9:00 - 12:30 - SIGN UP: Church Shuttle (B)
1:00 - Meditation (AR)
2:00 - Bingo (AR)
3:30 - *Crafting Together:*
Customize Photo frame with yarn (AR)
6:00 - Evening Movie (TV)

MONDAY, MAY 4

May the 4th Be With You!

9:00 - Coffee & Conversation (C)
9:30 - Feel Free Fitness (AR)
10:30 - SIGN UP: Shopping at Target Pacific Commons (B)
1:00 - Meditation (AR)
2:00 - News Currents (AR)
3:30 - Word Games: Words in Words (LR)
6:00 - Evening Movie (TV)

TUESDAY, MAY 5

Cinco De Mayo

9:00 - Coffee & Conversation (C)
9:30 - Chair Zumba with Fitness USA (AR)
10:30 - Documentary:
History of Cinco De Mayo (AR)
1:00 - Music Memories with Stacy (AR)
2:00 - Bingo (AR)
3:30 - Happy Hour
with Mariachi Trio Sol de Mexico (MPR)
6:00 - Evening Movie (TV)

WEDNESDAY, MAY 6

SENIOR LIVING SHOWCASE (1:00PM - 1:30PM)

9:00 - Bagels, Coffee, & Conversation (C)
9:30 - Feel Free Fitness (AR)
10:00 - 12:00: Weight & BP Checks
(Exercise Room, 2nd Floor, By Apt. 240)
10:30 - SIGN UP: Vasona Park (B)
1:00 - Fremont Library (LR)
1:00 - Word Game: Around the World (LR)
1:30 - Bible Study with Pastor Mark (LIB)
1:00 - Mind Game : Jeopardy (AR)
6:00 - Evening Movie (TV)

THURSDAY, MAY 7

9:00 - Coffee, & Conversation (C)
9:30 - Strength Training (AR)
10:30 - Culinary Activity: Pizza (C)
1:00 - Discussion / Trivia: Spring Flower (AR)
2:00 - Bingo (AR)
3:30 - Mother's Pamper Treat Day
Manicure & Face Masks (AR)
6:00 - Evening Movie (TV)

FRIDAY, MAY 8

9:00 - Coffee & Conversation (C)
9:30 - Feel Free Fitness (AR)
10:30 - Documentaries:
The Artemis Program (AR)
1:00 - *Crafting Together:*
3D Flower Frame (AR)
3:00 - Happy Hour with Claudio (MPR)
6:00 - Evening Movie (TV)

SATURDAY, MAY 9

9:00 - Coffee & Conversation (C)
9:30 - Strength Training (AR)
10:30 - Mind Game: Jeopardy &
Therapy Dog Visit - Grinch (AR)
12:00 - Movie Matinee & Pizza (TV)
2:00 - Bingo (AR)
3:30 - Painting:
Step-by-Step Masterpiece (AR)
6:00 - Evening Movie (TV)

Resident Meetings

Resident Council Meeting - Wed. 5/13
Resident Feedback Meeting - Wed. 5/20

*All meetings are held in the
Multipurpose Room at 3:00 PM*

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

SUNDAY, MAY 10

Mother's Day

- 9:00 - Coffee & Conversation (C)
- 9:00 to 12:30 - SIGN UP: Church Shuttle (B)**
- 11:30 - 2:00 - Mother's Day Brunch**
With Kimberlye Gold (DR)
- 2:00 - Bingo (AR)
- 3:30 - *Crafting together:*
Flower Arranging (AR)
- 6:00 - Evening Movie (TV)

THURSDAY, MAY 14

- 9:00 - Coffee, & Conversation (C)
- 9:30 - Strength Training (AR)
- 10:30 - Culinary Activity:
Graham Balls with Marshmallows (AR)
- 2:00 - Bingo (AR)
- 3:30 - Trivia: Memorial Day (AR)
- 6:00 - Evening Movie (TV)

MONDAY, MAY 11

- 9:00 - Coffee & Conversation (C)
- 9:30 - Feel Free Fitness (AR)
- 10:30 - SIGN UP: Shopping at Safeway (B)**
- 1:00 - Carlton University - (AR)
- 2:00 - News Currents (AR)
- 3:30 - Word Games: Around the World(LR)
- 6:00 - Evening Movie (TV)

FRIDAY, MAY 15

- 9:00 - Coffee & Conversation (C)
- 9:30 - Feel Free Fitness (AR)
- 11:00 - Ceramics with Fetty (AR)
- 1:30 - *Crafting Together:*
Customize bookmarks (AR)
- 3:00 - Happy Hour**
with Lito Bautista (Saxophone) (LR)
- 6:00 - Evening Movie (TV)

TUESDAY, MAY 12

- 9:00 - Coffee & Conversation (C)
- 9:30 - Chair Yoga with Priti (AR)
- 10:30 - Documentary: Rio De Janeiro, Brazil
Most Dangerous Cities(AR)
- 2:00 - Bingo (AR)
- 3:30 - Easy Action: Afternoon Stretch (AR)
- 6:00 - Evening Movie (TV)

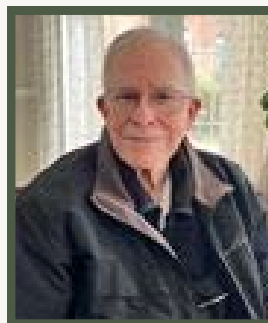
SATURDAY, MAY 16

- 9:00 - Coffee & Conversation (C)
- 9:30 - Strength Training (AR)
- 10:30 - Mind Game: Picture Memory &
Therapy Dog Visit - Grinch (AR)
- 12:00 - Movie Matinee & Pizza (TV)
- 2:00 - Bingo (AR)
- 3:30 - Painting: Paper Mosaic (AR)
- 6:00 - Evening Movie (TV)

WEDNESDAY, MAY 13

- 9:00 - Donuts, Coffee, & Conversation (C)
- 9:30 - Feel Free Fitness (AR)
- 10:30 - Food Committee Meeting (LIB)
- 10:00 - SIGN UP: Scenic Drive**
San Jose Downtown (B)
- 1:30 - Sing Along: Karaoke (AR)
- 3:00 - Resident Council Meeting (MPR)**
- 6:00 - Evening Movie (TV)

Resident of the Month



May 2026
Ray B.

*Would you like to nominate
one of your neighbors?
Nomination forms are
located in the mailroom.*

SUNDAY, MAY 17

8:00 - Coffee & Conversation (C)
9:00 to 12:30 - SIGN UP: Church Shuttle (B)
10:30 - Live Streaming:
Grace Church Fremont Service (TV)
1:30 - Meditation (AR)
2:00 - Bingo (AR)
3:30 - *Painting:*
Courtyard Scene Painting (BA)
6:00 - Evening Movie (TV)

MONDAY, MAY 18

8:00 - Coffee & Conversation (C)
9:30 - Feel Free Fitness (AR)
10:30 - SIGN UP:
Shopping at Foodmax (B)
1:00 - Word Games: Words in Words (LR)
2:00 - *News Currents (AR)*
3:30 - Guided Meditation (AR)
6:00 - Evening Movie (TV)

TUESDAY, MAY 19

9:00 - Coffee & Conversation (C)
9:30 - Zumba with Fitness USA (AR)
10:30 - Mexican Train Domino (AR)
1:00 - Music & Memories with Stacy (AR)
2:00 - Bingo (AR)
3:30 Easy Action: Corn Hole (AR)
6:00 - Evening Movie (TV)

WEDNESDAY MAY 20

9:00 - Donuts, Coffee, & Conversation (C)
9:30 - Feel Free Fitness (AR)
10:00 - Sign Up: Luncheon Party
Panda Express (DR)
1:30 - Bible Study with Pastor Mark (LIB)
3:00 - Resident Feedback Meeting (MPR)
6:00 - Evening Movie (TV)

THURSDAY MAY 21

9:00 - Coffee, & Conversation (C)
9:30 - Strength Training (AR)
11:00 - Culinary Activity: Fruit Salad (AR)
2:00 - Bingo (AR)
3:00 - Book Club (GR)
6:00 - Evening Movie (TV)

FRIDAY MAY 22

9:00 - Coffee & Conversation (C)
9:30 - Feel Free Fitness (AR)
10:30 - Documentaries:
Hiroshima - The Day Sky Fell (AR)
1:30 - Crafting Together:
Memorial Door Wreath (AR)
3:00 - Happy Hour with Bill & Co. (MPR)
6:00 - Evening Movie (TV)

SATURDAY, MAY 23

9:00 - Coffee & Conversation (C)
9:30 - Strength Training (AR)
10:30 - Mind Game: Yahtzee &
Therapy Dog Visit - Grinch (AR)
12:00 - Movie Matinee & Pizza (TV)
2:00 - Bingo (AR)
3:30 - *Painting: Together we Paint (AR)*
6:00 - Evening Movie (TV)

Follow Us!

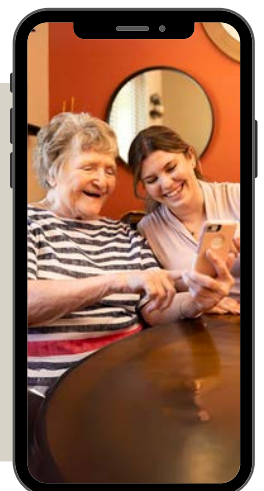
 CarltonSeniorLiving.com

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 [CARLTON SENIOR LIVING](https://www.linkedin.com/company/CARLTON SENIOR LIVING)



SUNDAY, MAY 24

8:00 - Coffee & Conversation (C)
9:00 to 12:30 - SIGN UP: Church Shuttle (B)
10:30 - Live Streaming:
Grace Church Fremont Service (TV)
1:00 - Meditation (AR)
2:00 - Bingo (AR)
3:30 - *Beading* (AR)
6:00 - Evening Movie (TV)

THURSDAY MAY 28

March Birthday Bash
9:00 - Coffee, & Conversation (C)
9:30 - Strength Training (AR)
10:30 - Culinary Activity: Turkey Wraps (AR)
2:00 - Bingo (AR)
3:30 - Wet Day with the Staff (BA)
4:30 - Resident Birthday Celebration (DR)
6:00 - Evening Movie (TV)

MONDAY, MAY 25

Memorial Day

8:00 - Coffee & Conversation (C)
9:30 - Feel Free Fitness (AR)
10:30 - SIGN UP: Hop-On & Hop-Off
Shopping Trip: Hub Fremont (B)
1:00 - Meditation (AR)
2:00 - News Currents (AR)
3:30 - Word Games: Words in Words (LR)
6:00 - Evening Movie (TV)

FRIDAY MAY 29

9:00 - Coffee & Conversation (C)
9:30 - Feel Free Fitness (AR)
10:30 - Documentaries:
Wild Brazil - land of 2 worlds(AR)
1:30 - Crafting Together:
Clay Molding(AR)
3:00 - Happy Hour (LR)
6:00 - Evening Movie (TV)

TUESDAY, MAY 26

9:00 - Coffee & Conversation (C)
9:30 - Easy Cardio:
Core and Back Workout (AR)
10:30 - Think and Play: Family Feud (AR)
2:00 - Bingo & Grand Prize Raffle (AR)
3:30 - Easy Action: Balloon Toss (AR)
6:00 - Evening Movie (TV)

SATURDAY, MAY 30

9:00 - Coffee & Conversation (C)
9:30 - Strength Training (AR)
10:30 - Mind Game: Yahtzee &
Therapy Dog Visit - Grinch (AR)
12:00 - Movie Matinee & Pizza (TV)
2:00 - Bingo (AR)
3:30 - Painting: Line Painting (AR)
6:00 - Evening Movie (TV)

WEDNESDAY MAY 27

9:00 - Donuts, Coffee, & Conversation (C)
9:30 - Feel Free Fitness (AR)
10:30 - SIGN UP: Cheesecake Factory (B)
1:30 - Sing Along (Karaoke) (AR)
3:30 - Wine Tasting / Social Hour (AR)
6:00 - Evening Movie (TV)

SUNDAY, MAY 31

8:00 - Coffee & Conversation (C)
9:00 to 12:30 - SIGN UP: Church Shuttle (B)
10:30 - Live Streaming:
Grace Church Fremont Service (TV)
1:00 - Meditation (AR)
2:00 - Bingo (AR)
3:30 - Arts and Craft with Reyna:
Wooden Bird House (AR)
6:00 - Evening Movie (TV)



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!