



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.

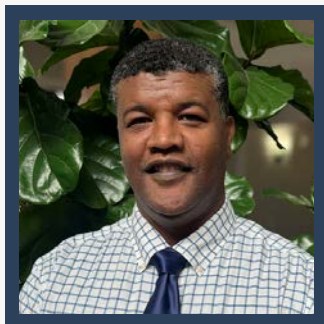
Hi Pat, a package was delivered for you. It is at the front desk.



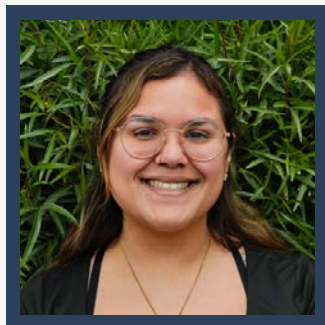
Questions about Alexa? Speak with your community's Resident Liaison or Activities Manager.



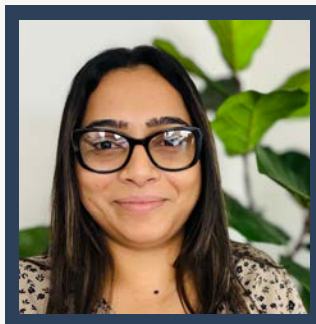
Meet The Management Team



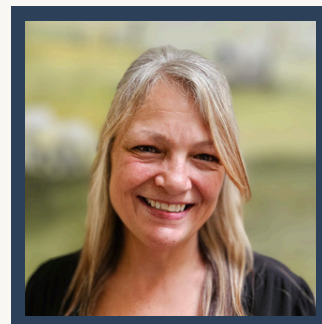
Manny Dirar
Executive Director



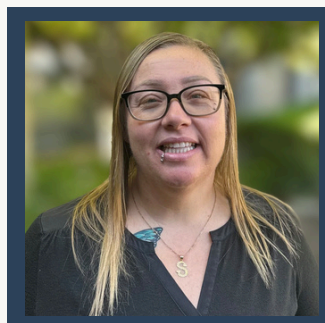
Paola Jasso-Ortiz
Executive Assistant



Sukhwans Samra
Director of Resident
Services



Kelly Smitley
Director of Memory
Care



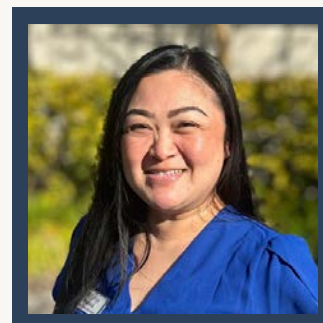
Sarah Nichols
Assisted Living Care
Manager



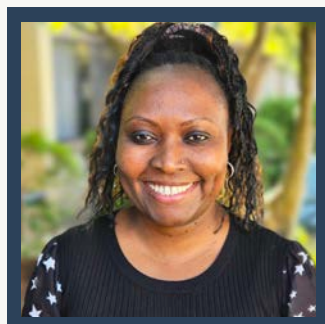
Gabby Sterba
Resident Liaison



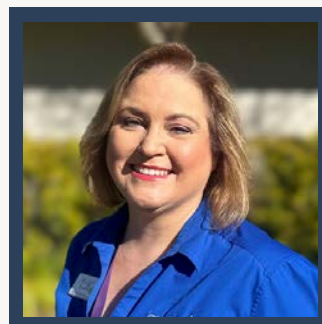
Darren Zinck
Chef



Monica Saelee
Dining Room Manager



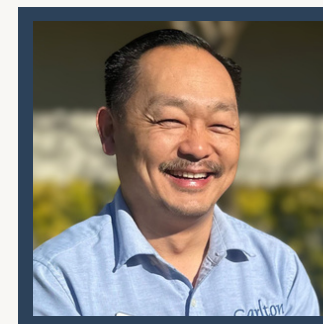
Mary Kingori
Medication Manager



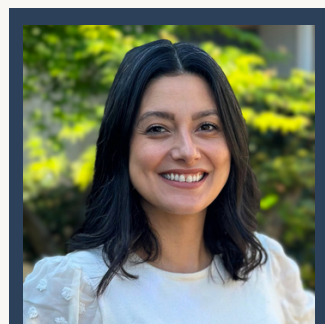
Cynthia Lipford
Assisted Living
Activities Manager



Rebecca Frieholtz
Memory Care
Activities Manager



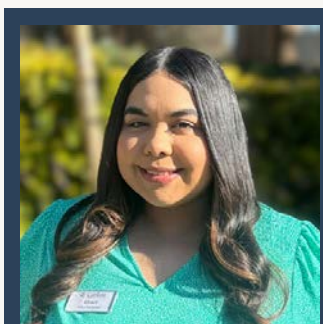
Tou Yang
Maintenance Manager



Vanessa Romero
Sales Director



Orangevale



Graciela Paz
Sales Assistant

Transportation Guidelines



Doctor Shuttle

Tuesdays, Thursdays, and limited Fridays

Drop offs start: 9:00 AM - Final Pickup: 4:00 PM

Driver unavailable from 11:30 AM to 12:30 PM

48-hour notice required

Subject to Cynthia's approval and driver availability



Outings and Scenic Drives

Monthly scenic drives and outings

Check the activity
schedule for details

Some may have associated costs



Church Shuttles

Sundays

Free transportation within a 10-
mile radius, 9:00 AM-12:30 PM.

Current Stops

Divine Savior Catholic Church, Redeemer
Covenant Church (others can be added).



Transportation Charges

Within 10 Miles

FREE

Outside 10 Miles

\$15/half hour (1-hour minimum), \$7.50
per quarter hour thereafter

How to Schedule:

1. Contact Cynthia or John (Driver):

Text: Cynthia (925-965-0146)

Email: clipford@carltonseniorliving.com & orangevaleactivities@carltonseniorliving.com

2. Request Form: Fill out at the Front Desk or Cynthia's office

May Happenings



Outings

Monday 5/4: Dairy Queen
1:45 PM

Wednesday 5/6: Walmart
10:30 AM

Friday 5/8: Wendy's
1:30 PM

Monday 5/11: Dollar Tree
2:00 PM

**Wednesday 5/13: Fair Oaks Senior
Luau**
10:45 AM

Monday 5/18: Ross Dress for Less
10:30 AM
Julian's Patisserie
1:30 PM

**Wednesday 5/20: Sacramento
State Historic Park**
10:30 AM

Friday 5/22: Pecan Park
1:30 PM

**Wednesday 5/27: O'Connor's
Wood Fire Grill**
10:30 AM

Friday 5/29: Gallery at 48 Natoma
1:30 PM

Events

Saturday 5/2: Carlton Open House
10:00 AM
Skip Morgan on Guitar
2:00 PM

Tuesday 5/5: Cherokee Childs Sings
10:30 AM

Wednesday 5/6: Alvin Soriaga Sings
3:30 PM

Saturday 5/9: Ben Martinez Sings
2:00 PM

Wednesday 5/13: Karaoke Happy Hour
3:30 PM

**Saturday 5/16: Darrell Effinger on
Guitar**
2:00 PM

Wednesday 5/20: Antonio on Violin
3:30 PM

Saturday 5/23: Curt Stoffel on Guitar
1:30 PM

Wednesday 5/27: Michelle Devol Sings
3:30 PM

Saturday 5/31: Jimmy Spero on Guitar
2:00 PM

Theme Days

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

Sunday 5/10: Mother's Day
Wear a floral shirt or blouse.

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

RESIDENT *Spotlight*

Janet Taylor has been living at Carlton of Orangevale for several years - you may know her from her stint as the Co-Chair of the Resident Council! Janet was born in Marysville near Yuba City and went to high school in Paradise which became famous for the devastating wildfire in 2018. While in high school, Janet became a cheerleader.

Janet's parents were from New York, and her father was in the Navy and became a physician. Janet comes from a large family of 9 children, and many of them worked in their father's office. In fact, all of Janet's sisters became nurses! The family was very musical; Janet and her father both sang and Janet also played piano for a time.

After high school, Janet went to Chico State and received a Master's in Sociology. She also received her teaching credentials. Both these achievements served her well in Janet's career as a probation officer. She loved her job and she found it especially rewarding to work with juveniles to show them the right path for their futures.

Janet has two sons and several grandchildren, and in her spare time enjoyed listening to soul music and sewing. In fact, Janet sewed some outfits for another lady to put on display, and later was able to keep those outfits. Janet also did some traveling and has fond memories of going to Hawaii, especially the island of Kauai.



Janet Taylor

Happy Birthday

Bonnie R - May 5th

Jean L - May 22nd

Don R - May 25th

Susan T - May 27th

Janet T - May 29th

Carmen C - May 30th

Sue K - May 30th



FRIDAY, MAY 1

- 9:30 - Morning Stretch (AR)
- 10:00 - Spintopia (AR)
- 11:00 - Morning Walk (L)
- 12:30 - SIGN UP: Chair Massages with Kevin (AR)**
- 1:00 -
- 1:30 - SIGN UP: Scenic Drive to Granite Bay and Beals Point (L)**
- 2:15 - Card Group: Twenty-One (AR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)



Welcome to the
Carlton Family

David B
Myrna D
Mavis A

SATURDAY, MAY 2

- 9:30 - Morning Stretch (AR)
- 10:00 - Carlton Open House with Live Music (LR)**
- 10:15 - Bean Bag Toss (LR)
- 11:00 - Morning Walk (LR)
- 1:00 - Games Corner: Scrabble (AR)
- 2:00 - Live! In the Living Room: Skip Morgan (LR)**
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)



Salon

Salon Hours:
Open Tuesdays

To book your appointment,
give Wendy a call at
(916) 412-2349.



Location Key

- (AR) Activities Room
- (CC) Central Courtyard
- (CY) Courtyard off Living Room
- (CR) Craft Room
- (DR) Dining Room
- (LR) Living Room
- (L) Lobby
- (PDR) Private Dining Room



Activities and times are subject to change.

SUNDAY, MAY 3

- 9:15 - SIGN UP: Church Shuttles Begin (L)
- 9:30 - Knee and Leg Strengthening (AR)
- 10:15 - Donuts and Trivia (LR)
- 11:00 - Morning Walk (L)
- 1:00 - SIGN UP: Scenic Drive to Barton and Laird Roads (L)**
- 1:30 - Who Am I: May Birthdays (AR)**
- 2:45 - It Happened in May (AR)**
- 3:30 - Bingo (AR)
- 6:30 - Evening Movie (AR)

THURSDAY, MAY 7

- 9:30 - Morning Stretch (AR)
- 10:00 - Mother's Day Tea and Games (AR)**
- 11:00 - Morning Walk (L)
- 1:00 - Ceramics with Susan (CR)**
- 2:00 - Feel Free Fitness (CR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

MONDAY, MAY 4

- 9:15 - Morning Walk (L)
- 10:00 - Worship Service (CR)
- 11:00 - Standing Balance (CR)
- 1:00 - Gentle Seated Exercises with Shauna (CR)
- 1:45 - SIGN UP: Ice Cream at Dairy Queen (L)**
- 2:00 - Signing Circle: American Songbook #2 (LR)**
- 3:30 - 10¢ Bingo (AR)
- 6:00 - Evening Movie (AR)

FRIDAY, MAY 8

- 9:30 - Morning Stretch (AR)
- 10:00 - Spintopia (AR)
- 11:00 - Morning Walk (L)
- 1:00 - Movement and Music with Alicia (AR)
- 1:30 - SIGN UP: Frosties at Wendy's (L)**
- 2:15 - Card Group: Uno (AR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

TUESDAY, MAY 5

Cinco de Mayo

- 9:30 - Morning Stretch (AR)
- 10:00 - Morning Walk (L)
- 10:30 - Live Music with Cherokee Childs (AR)**
- 11:00 - Podiatry Clinic (CR)**
- 1:00 - Craft: Margaritas and Mexican Tissue Paper Flowers (CR)**
- 2:00 - Feel Free Fitness (AR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

SATURDAY, MAY 9

- 9:30 - Morning Stretch (AR)
- 10:15 - Bean Bag Toss (LR)
- 11:00 - Morning Walk (L)
- 1:00 - Games Corner: Quirkle (AR)
- 2:00 - Sparkling Wine and Mimosas with Ben Martinez (LR)**
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

WEDNESDAY, MAY 6

- 9:30 - Morning Stretch (AR)
- 10:00 - Mixed Media Art with Matthew (CR)
- 10:30 - SIGN UP: Shopping at Walmart (L)**
- 11:15 - Morning Walk (L)
- 1:00 - What's Your Verdict? (LR)
- 1:30 - Balance for Life with Joan (CR)
- 2:00 - Destination of the Quarter: Brazil (AR)**
- 3:30 - Happy Hour with Alvin Soriaga (AR)**
- 6:00 - Evening Movie (AR)



Destination: 
BRAZIL

Join us to learn more about Brazilian history, culture, food, and more!

Departure: Wednesday, May 6th at 2:00 PM in the Activity Room

SUNDAY, MAY 10

Mother's Day

- 9:15 - SIGN UP: Church Shuttles Begin (L)
- 10:15 - Donuts Social (LR)
- 10:45 - Communion Service (PDR)
- 11:00 - Morning Walk (L)
- 11:30 - Mother's Day Brunch (DR)**
- 1:00 - SIGN UP: Scenic Drive to Winding Way and Sailor Bar (L)**
- 1:30 - Documentary: "Found" (2021) Rated PG (1h 38m)**
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie: (AR)

MONDAY, MAY 11

- 9:15 - Morning Walk (L)
- 10:00 - Worship Service (CR)
- 11:00 - Standing Balance (CR)
- 1:00 - Chair Exercises (CR)
- 2:00 - Singing Circle: 1950's Favorites (LR)
- 2:00 - SIGN UP: Shopping at Dollar Tree (L)**
- 3:30 - 10¢ Bingo (AR)
- 6:00 - Evening Movie (AR)

TUESDAY, MAY 12

- 9:30 - Morning Stretch (AR)
- 10:15 - Morning Discussion: Destination (AR)
- 11:00 - Stitching Circle (AR)
- 1:00 - Craft: Garden Stones (CC)**
- 2:00 - Feel Free Fitness (CR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

WEDNESDAY, MAY 13

- 9:30 - Morning Stretch (AR)
- 10:00 - Morning Discussion: This Week in History (AR)
- 10:45 - SIGN UP: Fair Oaks Senior Luau (L)**
- 11:00 - Morning Walk (L)
- 1:30 - Balance for Life with Joan (CR)
- 2:15 - Mexican Train Dominoes (CR)
- 3:30 - Karaoke Happy Hour (AR)**
- 6:00 - Evening Movie (AR)

THURSDAY, MAY 14

- 9:30 - Morning Stretch (CR)
- 10:00 - Morning Discussion: Time Capsule (AR)
- 10:30 - Carlton University: NASA Missions of the Mid 20th Century (AR)**
- 11:00 - Morning Walk (L)
- 1:00 - Voter Registration Event: Re-Register to Vote! (AR)**
- 2:00 - Feel Free Fitness (AR)
- 3:15 - Resident Council Meeting (AR)**
- 4:00 - Spintopia (AR)**
- 6:30 - Evening Movie (AR)

FRIDAY, MAY 15

- 9:30 - Morning Stretch (AR)
- 10:00 - SIGN UP:**
- 10:15 - Spintopia (AR)
- 11:00 - Morning Walk (L)
- 12:30 - SIGN UP: Chair Massages with Kevin (AR)**
- 1:00 - Who Am I? (AR)**
- 1:30 - SIGN UP: Scenic Drive to Lower Sunrise and American River (L)**
- 2:15 - Card Group: Twenty-One (AR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

SATURDAY, MAY 16

- 9:30 - Bean Bag Toss (LR)
- 10:15 - We LOVE Our Seniors Project with Rose Senior Placement (AR)**
- 1:00 - Games Corner: Yahtzee (AR)
- 2:00 - Live! In the Living Room: Darrell Effinger on Guitar (LR)**
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

Resident Council

Thursday, May 14th
3:15 PM - Activities Room

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

SUNDAY, MAY 17

9:15 - SIGN UP: Church Shuttles Begin (L)
9:30 - Knee and Leg Strengthening (AR)
10:15 - Donut Social (LR)
10:45 - Communion Service (PDR)
11:00 - Morning Walk (L)
1:00 - SIGN UP: Scenic Drive to Francisco Road (L)
1:30 - Hymn Singing with Sunrise Church (LR)
2:45 - Westminster Dog Show Slideshow (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

MONDAY, MAY 18

9:15 - Morning Walk (L)
10:00 - Worship Service (CR)
10:30 - SIGN UP: Shopping at Ross (L)
11:00 - Standing Balance (CR)
1:00 - Gentle Seated Exercises with Shauna (CR)
1:30 - SIGN UP: Pasteries at Julian's (L)
2:00 - Singing Circle: American Songbook #3 (LR)
3:30 - 10¢ Bingo (AR)
6:00 - Evening Movie (AR)

TUESDAY, MAY 19

9:30 - Morning Stretch (L)
10:15 - Morning Discussion: Destination (AR)
11:00 - Stitching Circle (AR)
1:00 - Craft: Volcano Model Part 1 (CR)
1:30 - Therapy Dogs Visit (LR)
2:00 - Feel Free Fitness (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

WEDNESDAY, MAY 20

9:30 - Morning Stretch (AR)
10:15 - Morning Discussion: This Week in History (CR)
10:30 - SIGN UP: Picnic Lunch at Old Sacramento State Historic Park (L)
11:00 - Morning Walk (L)
1:00 - Horserace Game (AR)
1:30 - Balance for Life with Joan (CR)
2:15 - Mexican Train Dominoes (CR)
3:30 - Happy Hour with Antonio (AR)
6:00 - Evening Movie (AR)

THURSDAY, MAY 21

9:30 - Morning Stretch (CR)
10:15 - Morning Discussion: Time Capsule (CR)
11:00 - Morning Walk (L)
1:00 - Craft: Volcano Model Part 2 (CR)
2:00 - Feel Free Fitness (LR)
3:30 - Bingo (AR)
6:30 - Evening Movie (AR)

FRIDAY, MAY 22

9:30 - Morning Stretch (AR)
10:15 - Spintopia (AR)
11:00 - Morning Walk (L)
1:00 - Movement and Music with Alicia (AR)
1:30 - SIGN UP: Afternoon Stroll at Pecan Park (L)
2:15 - Card Group: Poker (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

SATURDAY, MAY 23

9:30 - Morning Stretch (AR)
10:15 - Bean Bag Toss (LR)
11:00 - Morning Walk (L)
1:00 - Gardening Quiz (LR)
1:30 - Live! In the Living Room: Curt Stoffel (LR)
2:45 - Games Corner: Scattergories (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

Follow Us!



CarltonSeniorLiving.com



CSLORANGEVALE



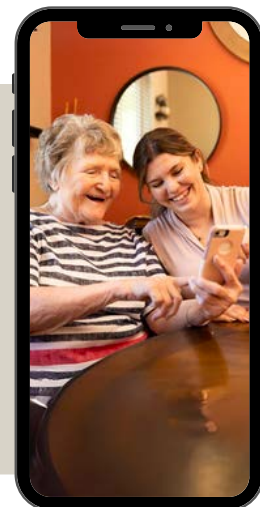
@CARLTONSENIORLIVING



@CARLTONSRSENIOR



CARLTON SENIOR LIVING



SUNDAY, MAY 24

9:15 - SIGN UP: Church Shuttles Begin (L)
9:30 - Knee and Leg Strengthening (AR)
10:15 - Donuts Social (LR)
10:45 - Communion Service (PDR)
11:00 - Morning Walk (L)
1:00 - What Am I? (AR)
2:15 - Celebration Nation: NASA (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie: "I'll See You in My Dreams" (2015) 1h 32m (Rated PG-13)

THURSDAY, MAY 28

9:30 - Morning Stretch (AR)
10:15 - Reviewing The June Calendar (LR)
11:00 - Morning Walk (L)
1:00 - Open Arts Studio (CR)
2:00 - Feel Free Fitness (LR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

MONDAY, MAY 25

Memorial Day

9:15 - Morning Walk (L)
10:00 - Worship Service (CR)
11:00 - Fallen Comrade Table (LR)
1:00 - Gentle Seated Exercises with Shauna (CR)
2:00 - Singing Circle: Patriotic Favorites (LR)
2:00 - SIGN UP: Scenic Drive to Folsom Marina and Folsom Point (L)
3:30 - 10¢ Bingo (AR)
6:00 - Evening Movie (AR)

FRIDAY, MAY 29

9:30 - Morning Stretch (AR)
10:15 - Spintopia (AR)
11:00 - Morning Walk (L)
1:00 - Trivia: Dynamic Duos, Orcas, Modern Art (AR)
1:30 - SIGN UP: Gallery at 48 Natoma (L)
2:15 - Card Group: Poker (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

TUESDAY, MAY 26

9:30 - Morning Stretch (L)
10:15 - Morning Discussion: Destination (AR)
11:00 - Morning Walk (L)
1:00 - Craft: May Flowers (CR)
2:00 - Feel Free Fitness (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

SATURDAY, MAY 30

9:30 - Morning Stretch (AR)
10:15 - Bean Bag Toss (LR)
11:00 - Morning Walk (L)
1:00 - Memorial Day at Arlington National Cemetery (AR)
2:00 - Live! In the Living Room: Jimmy Spero (LR)
2:45 - Games Corner: Scattergories (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

WEDNESDAY, MAY 27

Eid al-Adha Begins at Sundown

9:30 - Morning Stretch (AR)
10:15 - Science for Seniors: Volcanoes (AR)
10:30 - SIGN UP: Lunch at O'Connors Wood Fire Grill (L)
11:00 - Morning Walk (L)
1:00 - Resident Raffle Prizes (LR)
1:30 - Balance for Life with Joan (CR)
2:15 - Mexican Train Dominoes (CR)
3:30 - Birthday Celebration with Michelle Devol (AR)
6:00 - Evening Movie (AR)

SUNDAY, MAY 31

9:15 - SIGN UP: Church Shuttles Begin (L)
9:30 - Knee and Leg Strengthening (AR)
10:15 - Donuts and Trivia (LR)
10:45 - Communion Service (PDR)
11:00 - Morning Walk (L)
1:00 - SIGN UP: Scenic Drive to Old Town Folsom and Folsom Prison (L)
1:30 - Exploring the West Coast (AR)
2:45 - Famous Car Movie Matchup (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)



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!