



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.

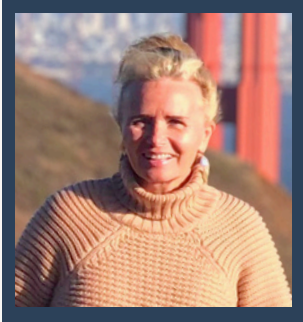
Hi Pat, a package was delivered for you. It is at the front desk.



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



Meet The Management Team



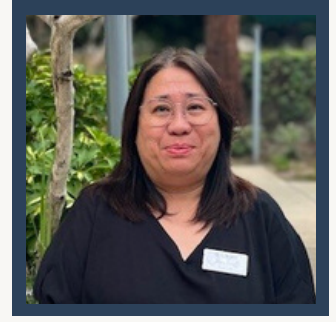
Angie Turin
Executive Director



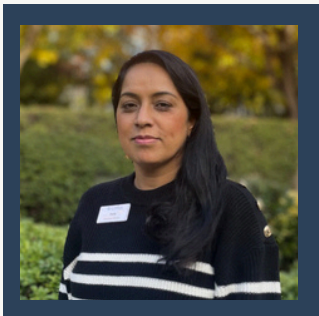
Sarah Vance
Executive Assistant



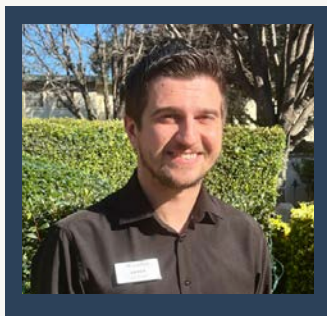
Evelyn Jensen
Director of Resident
Services



Mary Ann De Lara
Director of Memory Care



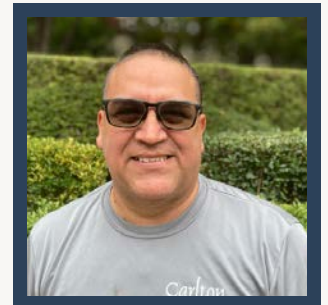
Pam Sidhu
Medication Manager



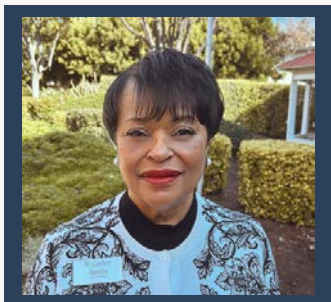
Jayden Bettencourt
Care Manager



Raj Gounder
Executive Chef



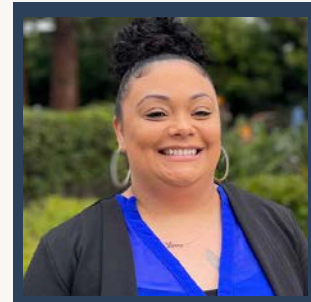
Jignacio "Nacho"
Maintenance Manager



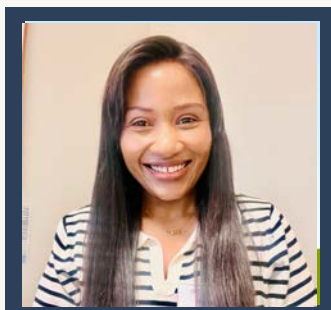
Shelia Rodriguez
Sales Director



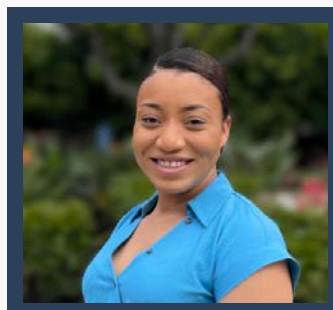
Yesenia Rubio
Sales Director



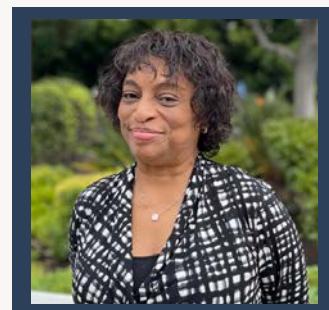
Lorina Hernandez
Dining Room Manager



Nonku Basile
Resident Liaison



Jordan Davis
MC Activities Manager



Rosalind "Roz" Davis
AL Activities Manager

Transportation Guidelines



Doctor Shuttles

Tuesdays & Thursdays, 10:00 AM–4:30 PM
Earliest departure is 9:30 AM

Tuesday Locations: San Leandro, Castro Valley & Union City

Thursday Locations: San Leandro, Oakland & Alameda

48-hour notice required.



Church Shuttle

Sundays, 9:00 AM–1:00 PM

We offer transportation to religious services in San Leandro on Sunday mornings. Residents attending church must be able to do so independently. See route schedule at the front desk.



Shopping Shuttle

Mondays at 9:45 & 10:15 AM

Weekly shuttle service to local stores, weather permitting. Contact the Assisted Living Activities Team for details.

Refer to the activity schedule for additional monthly outings and shopping trips.



Transportation Charges

San Leandro, Castro Valley, Union City, Oakland & Alameda: Free on service days!
Transportation Outside Service Areas and Service Days

Requests may be accommodated at the AL Activities Manager's discretion. See Summary of Services rates.

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



May Happenings



Outings

Monday 5/4: Shopping Shuttles
Safeway, CVS, Sprouts
9:45 AM & 10:15 AM

Monday 5/4: Dollar Tree Shopping
1:30 PM

Monday 5/11: Scenic Drive
1:15 PM

Monday 5/18: Coffee Club Outing
2:00 PM

**Wednesday 5/20: SL Farmer's
Market**
4:00 PM

**Wednesday 5/27: Ross Store
Shopping/Castro Valley**
10:30 AM

Events

**Saturday 5/2: Carlton
Open House**
10:00 AM - 1:00 PM

**Tuesday 5/5: Cinco de Mayo
Nacho Bar**
4:15 PM

**Sunday 5/10: Mother's Day
Family Brunch**
11:30 AM - 1:30 PM

**Wednesday 5/20: The Jazz
Therapists Perform**
1:30 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.

RESIDENT

Spotlight

Annabelle Thorpe was born and raised in England, spending most of her life in London, a city she cherishes. As the daughter of a hotelier in the years following the Second World War, Annabelle's childhood was anything but ordinary. Her father traveled across the country to restore hotels damaged by the war, and as the youngest child, she often accompanied him. This early exposure to change and resilience shaped her worldview. Although she is from England, movement has been a significant part of Annabelle's life. As an adult, she married an American, and when his family urged him to return home, she moved to the United States.

Since then, she has lived in the U.S. and raised two children—a son and a daughter—who now live in the Bay Area. While she appreciates the region's mild climate, she candidly feels it lacks the vibrancy of London and New York. Annabelle's experiences extend beyond England and America. She spent a few years living in Israel, where she has fond memories despite the hardships. She has also traveled extensively throughout the Western world and has always loved exploring different cultures, worldviews, lands, and lifestyles.

An avid reader and lifelong learner, Annabelle often carries a book with her and has read hundreds throughout her life. She enjoys painting, drawing, and music, and she loves the outdoors. Hiking is one of her favorite activities; she prefers to be outside rather than staying at home.

At the core of her life is a simple yet profound philosophy: to survive. Having witnessed the effects of war as a child, she developed a strong belief in perseverance amid destruction and division. Annabelle embodies a quiet strength, demonstrating that no matter what challenges arise, one can keep moving forward. Now living at Carlton Senior Living, Annabelle expresses her gratitude for the comfort and sense of home she has found there. Her journey through history, travel, and survival has made her life rich and meaningful, filled with beauty.



Annabelle Thorp

Happy Birthday

May 4 - Bill R.
May 4 - Poon Kin L.
May 5 - Helena C.
May 7 - Siu Lou Y.
May 10 - Walter B.
May 12 - Pansy M.
May 14 - Jeanette W.
May 18 - Albert L.
May 18 - Angela S.
May 19 - Steven Y.
May 20 - Mary R.
May 24 - Diane B.
May 25 - Shirley T.
May 26 - Palmira H.



Location Key



(LR) Living Room
(AR) Activities Room
(GR) Game Room
(C) Cafe
(VO) Outing
(DR) Dining Room
(PDR) Private Dining Room

Activities and times are subject to change.

FRIDAY, MAY 1

9:30 - Feel Free Fitness (LR)
10:30 - Who Wants to be a Millionaire? (AR)
1:00 - HOGO Word Game (AR)
1:15 - Words in a Word (LR)
1:30 - Bill's Smile Awhile (GR)
2:15 - Coffee Social (C)
3:00 - Bingo (LR)
6:00 - Evening Movie (AR)

SATURDAY, MAY 2

Carlton Open House

9:30 - Donuts & Coffee Social (LR)
9:45 - Ziv's Gentle Exercise (AR)
11:00 - Rosary Group (PDR)
11:00 - News Currents (AR)
1:00 - St. Leander's Prayer Service (GR)
1:30 - Documentary Hour (AR)
2:00 - Balloon Swat (LR)
3:00 - Bingo (LR)
4:15 - PM Exercise (AR)
6:00 - Evening Movie (AR)



Mother's Day Family Brunch

Sunday, May 10th
11:30am to 1:30pm

*You are cordially invited to
a fabulous brunch to honor
our beloved mothers.*



Family & Visitors:
\$30 for Adults
\$15 for Children
Age 5 and under free

RSVP to the Front Desk by 5/6



Salon

Salon Hours:
Open Wednesdays,
Thursdays, and Fridays

To book your appointment,
give us a call at
510-938-9992.



SUNDAY, MAY 3

9:00 - 10:00 - Church Shuttles (VO) -sign up
9:30 - Balance Fitness (LR)
10:30 - Wheel of Fortune (AR)
1:00 - St. Leander Prayer Service (GR)
1:30 - Afternoon Entertainment (LR)
2:00 - Independent Dominoes (GR)
3:00 - Bingo (LR)
4:00 - Video Quizzes (LR)
6:00 - Evening Movie (AR)

THURSDAY, MAY 7

9:30 - Balance Fitness 2.0 (LR)
10:30 - Nail Salon (LR)
10:30 - Chain Reaction (LR)
12:30 - Independent Bridge Group (GR)
1:00 - Independent Mahjong (GR)
1:30 - Bell Choir Practice (LR)
2:15 - Zumba Video Exercise (LR)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

MONDAY, MAY 4

9:30 - Feel Free Fitness (LR)
9:45 & 10:15 - Shopping Shuttles (VO) -sign up
10:30 - Memory Fitness (AR)
11:15 - Nintendo Bowling (AR)
12:30- Independent Bridge Group (GR)
1:00 - Play Rummikub (AR)
1:15 - Dollar Tree Shopping (VO)-sign up
1:30 - Balloon Swat (LR)
3:00 - Bingo (LR)
4:00 - Documentary Hour (AR)
6:00 - Evening Movie (AR)

FRIDAY, MAY 8

9:30 - Feel Free Fitness (LR)
10:30 - Who Wants to be a Millionaire? (LR)
1:00- HOGO Word Game (AR)
1:15 - Armchair Travel (LR)
1:30 - Bill's Smile Awhile (GR)
3:00 - Bingo (LR)
4:00 - Seated Line Dance ((LR)
6:00 - Evening Movie (AR)

TUESDAY, MAY 5

Cinco De Mayo

9:30 - Morning Stretch (LR)
10:30 - Group Crossword Puzzles (LR)
11:00 - Seated Basketball (LR)
12:30 - Strummin' Seniors Band Practice (LR)
2:15 - Iced French Vanilla Coffee (C)
3:00 - Bingo (LR)
4:15 - **Cinco de Mayo Nacho Social** (C)
6:00 - Evening Movie (AR)

SATURDAY, MAY 9

9:30 - Donuts & Coffee Social (LR)
9:45 - Ziv's Gentle Exercise (AR)
11:00 - News Currents (AR)
11:00 - Rosary Group (PDR)
1:30 - Afternoon Entertainment (LR)
3:00 - Bingo (LR)
4:15 - PM Exercise (AR)
6:00 - Evening Movie (AR)

WEDNESDAY, MAY 6

9:30 - Feel Free Fitness (LR)
10:30 - Sing Along with Jack (LR)
1:00 - Spirit Care Worship (LR)
1:30 - Book Club-Planning Meeting (AR)
2:00 - UNO Card Game (LR)
3:00 - Bingo (LR)
4:00 - Carlton Blackjack (LR)
4:15 - Farmer's Market (VO)-sign up
6:00 - Evening Movie (AR)

Welcome to the
Carlton Family

Margaret Dionne

SUNDAY, MAY 10

Mother's Day

- 9:00 - 10:00 - Church Shuttles (VO) -sign up
- 9:30 - Balance Fitness (LR)
- 10:30 - Wheel of Fortune (AR)
- 11:30 - **Mother's Day Family Brunch** (1st Flr)
- 2:00 - Independent Dominoes (GR)
- 2:30 - **Early Bingo** (LR)
- 3:30 - Netflix /A Little Help w/Carol Burnett (LR)
- 6:00 - Evening Movie (AR)

THURSDAY, MAY 14

- 9:30 - Balance Fitness 2.0 (LR)
- 10:30 - Resident Carlton University Class (AR)
- 12:30 - Independent Bridge Group (GR)
- 1:00 - Independent Mahjong (GR)
- 1:00-1:30 - Food Meeting (AR)
- 1:30 - Drum Exercise (LR)
- 3:00 - Bingo (LR)
- 4:15 - Happy Hour (LR)
- 6:00 - Evening Movie (AR)

MONDAY, MAY 11

- 9:30 - Feel Free Fitness (LR)
- 9:45 & 10:15 - Shopping Shuttles (VO) -sign up
- 10:30 - Memory Fitness (LR)
- 11:15 - Nintendo Bowling (AR)
- 12:30- Independent Bridge Group (GR)
- 1:00 - Play Rummikub (AR)
- 1:15 - Scenic Drive (VO)-sign up
- 1:30 - Bean Bag Toss Challenge (LR)
- 3:00 - Bingo (LR)
- 4:00 - Documentary Hour (AR)
- 6:00 - Evening Movie (AR)

FRIDAY, MAY 15

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Who Wants to be a Millionaire? (AR)
- 1:00- HOGO Word Game (AR)
- 1:15 - Armchair Travel (LR)
- 1:30 - Bill's Smile Awhile (GR)
- 2:15 - Root Beer Floats (C)
- 3:00 - Bingo (LR)
- 4:00 - Seated Line Dance Class (LR)
- 6:00 - Evening Movie (**AR**)

TUESDAY, MAY 12

- 9:30 - Morning Stretch (LR)
- 10:30 - Bell Choir Practice (LR)
- 11:00 - UNO Card Game (LR)
- 1:00 - Independent Mahjong (GR)
- 1:00 -Getting Artsy with Sindu (AR)
- 3:00 - Bingo (LR)
- 4:15 - Happy Hour (LR)
- 6:00 - Evening Movie (AR)

SATURDAY, MAY 16

- 9:30 - Donuts & Coffee Social (LR)
- 9:45 - Ziv's Gentle Exercise (AR)
- 11:00 - News Currents (AR)
- 11:00 - Rosary Group (PDR)
- 1:30 - Karaoke Sing Along w/Fili (LR)
- 3:00 - Bingo (LR)
- 4:15 - PM Exercise (AR)
- 6:00 - Evening Movie (AR)

WEDNESDAY, MAY 13

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Words in a Word (LR)
- 11:15 - Lunch Outing (VO) -sign up
- 1:00 - Spirit Care Worship (LR)
- 1:30 - TV Wordle (AR)
- 3:00 - Bingo (LR)
- 4:00 - Carlton Blackjack (LR)
- 4:15 - Standing Line Dancing (AR)
- 6:00 - Evening Movie (AR)

Town Hall Meeting

Thursday, May 21st
1:30 PM - Living Room

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

SUNDAY, MAY 17

9:00 - 10:00 - Church Shuttles (VO) -sign up
9:30 - Balance Fitness (LR)
10:30 - Wheel of Fortune (LR)
12:45 - Afternoon Movie Matinee (LR)
1:00 - St. Leander Prayer Service (GR)
1:15 - Scenic Drive (VO) -sign up
2:00 - Independent Dominoes (GR)
3:00 - Bingo (LR)
4:00 - Video Trivia Quizzes (LR)
6:00 - Evening Movie (AR)

THURSDAY, MAY 21

9:30 - Balance Fitness 2.0 (LR)
10:30 - Nail Salon (LR)
12:30 - Independent Bridge Group (GR)
1:00 - Independent Mahjong (GR)
1:00 - Blood Pressures & Weights (AR)
1:30 - Resident Town Hall Meeting (LR)
2:15 - Zumba Video Exercise (LR)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

MONDAY, MAY 18

9:30 - Feel Free Fitness (LR)
9:45 & 10:15 - Shopping Shuttles (VO) -sign up
10:30 - Memory Fitness (LR)
11:15 - Wii Bowling (AR)
12:30 - Independent Bridge Group (GR)
1:00 - Play Rummikub (AR)
1:30 - Balloon Swat (LR)
2:00 - Coffee Club Outing (VO) -sign up
3:00 - Bingo (LR)
4:00 - Documentary Hour (LR)
6:00 - Evening Movie (LR)

FRIDAY, MAY 22

9:30 - Feel Free Fitness (LR)
10:30 - Who Wants to be a Millionaire? (AR)
1:00 - HOGO Word Game (AR)
1:15 - Armchair Travel (LR)
1:30 - Bill's Smile Awhile (GR)
3:00 - Bingo (LR)
4:00 - Seated Line Dance Class (LR)
6:00 - Evening Movie (AR)

TUESDAY, MAY 19

9:30 - Morning Stretch (LR)
10:30 - Bell Choir Practice (LR)
10:30 - Colorful Creations (LR)
11:15 - UNO Card Game (LR)
12:30 - Strummin' Seniors Band Practice (CY)
1:00 - Independent Mahjong (GR)
2:00 - Iced Chai Tea (C)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

SATURDAY, MAY 23

9:30 - Donuts & Coffee Social (LR)
9:45 - Ziv's Gentle Exercise (AR)
11:00 - News Currents (AR)
11:00 - Rosary Group (PDR)
1:30 - Afternoon Entertainment (LR)
3:00 - Bingo (LR)
4:15 - PM Video Exercise (AR)
6:00 - Evening Movie (AR)

WEDNESDAY, MAY 20

9:30 - Feel Free Fitness (LR)
10:30 - Chair Volleyball (LR)
1:30 - The Jazz Therapists Perform (TBD)
3:00 - Bingo (LR)
4:00 - Carlton Blackjack (LR)
4:00 - Farmer's Market Outing (VO) -sign up
4:15 - Standing Line Dancing (AR)
6:00 - Evening Movie (AR)

Follow Us!

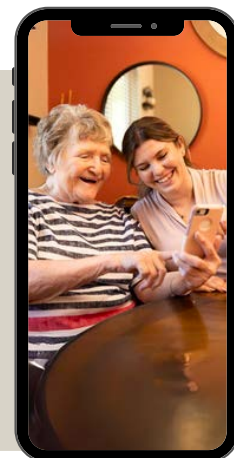
 CarltonSeniorLiving.com

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



SUNDAY, MAY 24

9:00 - 10:00 - Church Shuttles (VO) -sign up
9:30 - Balance Fitness (LR)
10:30 - Wheel of Fortune (LR)
12:45 - Afternoon Movie Matinee (AR)
1:00 - St. Leander Prayer Service (GR)
1:15 - Scenic Drive (VO)-sign up
2:00 - Independent Dominoes (GR)
3:00 - Bingo (LR)
4:00 - Video Trivia Quizzes (LR)
6:00 - Evening Movie (AR)

THURSDAY, MAY 28

9:30 - Balance Fitness (LR)
10:30 - Good Guess Game (LR)
12:30 - Independent Bridge Group (GR)
1:00 - Independent Mahjong (GR)
1:30 - Carlton Tea Party (AR)
2:15 - Zumba Video Exercise (LR)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

MONDAY, MAY 25

Memorial Day

9:30 - Balance Fitness (LR)***No Gloria Today**
9:45 & 10:15 - Shopping Shuttles (VO)-sign up
10:30 - Memory Fitness (LR)
11:15 - Wii Bowling (AR)
12:30- Independent Bridge Group (GR)
1:00 - Play Rummikub (AR)
1:30 - **Memorial Day Documentary** (AR)
"Air Force Elite: Thunderbirds"
3:00 - Bingo (LR)
6:00 - Evening Movie (AR)

FRIDAY, MAY 29

9:30 - Feel Free Fitness (LR)
10:30 - Who Wants to be a Millionaire? (AR)
1:00- HOGO Word Game (AR)
1:15 - Armchair Travel (LR)
1:30 - Bill's Smile Awhile (GR)
2:00 - Iced Hazelnut Coffee (C)
3:00 - Bingo (LR)
4:00 - Seated Line Dancing (LR)
6:00 - Evening Movie (AR)

TUESDAY, MAY 26

9:30 - Morning Stretch (LR)
10:30 - Bell Choir Practice (LR)
11:15 - UNO Card Game (LR)
1:00 - Independent Mahjong (GR)
1:30 - Bucket Golf (LR)
1:30 - Art with Kelley (AR)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

SATURDAY, MAY 30

9:30 - Donuts & Coffee Social (LR)
9:45 - Ziv's Gentle Exercise (AR)
11:00 - News Currents (AR)
11:00 - Rosary Group (PDR)
1:30 - Afternoon Entertainment (LR)
3:00 - Bingo (LR)
4:15 - PM Video Exercise (AR)
6:00 - Evening Movie (AR)

WEDNESDAY, MAY 27

9:30 - Feel Free Fitness (LR)
10:30 - Carlton Jeopardy (AR)
10:30 - Ross Store Shopping/CV (VO)-sign up
1:30 - Documentary Hour (LR)
3:00 - Bingo (LR)
4:00 - Carlton Blackjack (LR)
6:00 - Evening Movie (AR)

SUNDAY, MAY 31

9:00 - 10:00 - Church Shuttles (VO) -sign up
9:30 - Balance Fitness (LR)
10:30 - Wheel of Fortune (LR)
12:45 - Afternoon Movie Matinee (LR)
1:15 - Scenic Drive (VO)-sign up
2:00 - Independent Dominoes (GR)
3:00 - Bingo (LR)
4:00 - Video Trivia Quizzes (LR)
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!