



June 2026

The Carlton Times

Nourishing Mind, Body, and Soul



Pictured: CSL San Jose

Your Voice Matters

HELP SHAPE OUR COMMUNITY

**Carlton's Resident & Family
Satisfaction Survey is coming**

July 1-10

We look forward to hearing from residents and families as we continue shaping our community together.

Share your thoughts about your Carlton experience; your responses are anonymous unless you choose to share your contact information for follow-up.



Survey details will be provided by your community team.

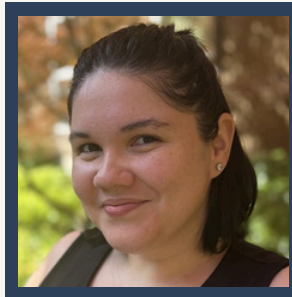


More information coming soon.

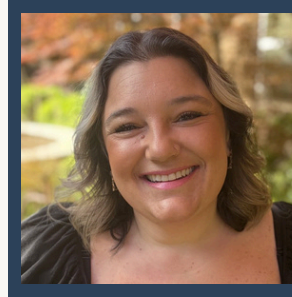
Meet The Management Team



Blaine Lyons
Executive Director
Monday-Friday



Diana Hernandez
Executive Assistant
Sunday - Thursday



Mina Kutulas
Director of Resident
Services
Tuesday-Saturday



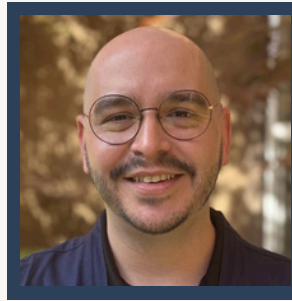
Lauren Andersen
Director of Memory Care
Sunday - Thursday



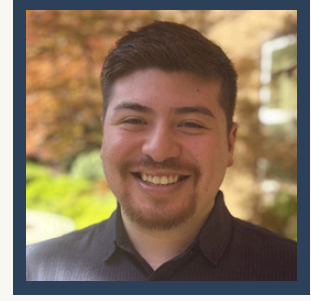
Jess Beck
Resident Liaison
Sunday-Thursday



Justus Eernisse
Maintenance Manager
Sunday-Thursday



Jesse Vasquez
AL Activities Manager
Sunday-Thursday



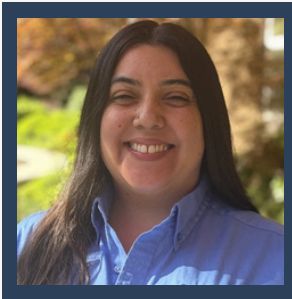
Louis Reyes
MC Activities Manager
Tuesday-Saturday



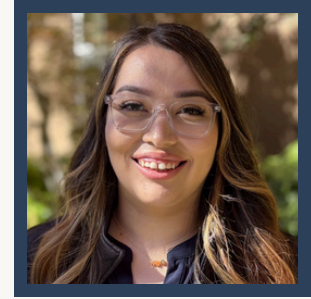
Janine Young
AL Care Manager
Sunday-Thursday



Edgar Gonzalez
Chef
Sunday - Thursday



Amanda Carrillo
Dining Room Manager
Tuesday-Saturday



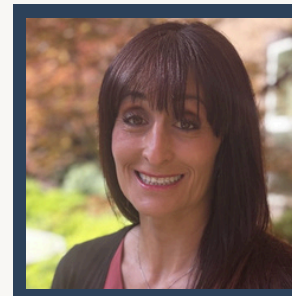
Diana Castillo
Medication Manager
Sunday - Thursday



Gina Williams
MC Care Manager
Tuesday - Saturday



Kiernan Donleavy
PM Supervisor
Sunday - Thursday



Misty Charles
Sales Manager
Tuesday-Saturday



Jolene Silveira
Sales Assistant
Sunday - Thursday

RESIDENT *Spotlight*

John Topinka: A Life Devoted to Family, Medicine, and Connection

A Father's Day tribute by his sons Mark and Rick, and Lorie. There's a phrase that captures John about as well as anything can: family was everything, and everything was family. For John Topinka — doctor, father, grandfather, brother, uncle, friend, and self-appointed finder of common ground with strangers on Greyhound buses at two in the morning - those words aren't just sentiment. They're a description of how he has actually lived his life. This June, as we celebrate Father's Day, it feels especially fitting to share his story.

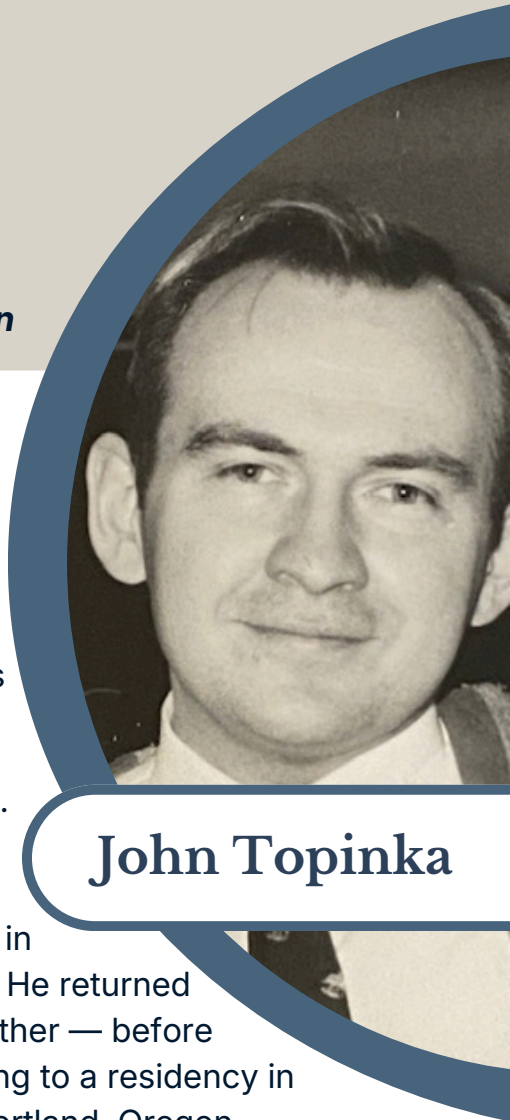
John has said that when he was very young, he wanted to be a fireman. That ambition was short-lived. By the time he was six or so, all he ever wanted to be was a doctor. After graduating from the University of Cincinnati Medical School, John interned at Highland Alameda Hospital in Oakland, California, then served two years with the U.S. Army in Korea. He returned to Cleveland for a year of general surgery residency — alongside his father — before completing a three-year internal medicine residency and finally switching to a residency in Ophthalmology. From 1974 until 2014, he practiced ophthalmology in Portland, Oregon.

John grew up in a tight-knit Cleveland family with deep roots on both sides: the Swedish Ericksons from Ashtabula, Ohio, on his mother's side, and the Czech Topinkas from Cleveland on his father's. The more the merrier, always. Welcoming new people in is a default setting for him. One of the most meaningful examples is his friend Mark Johnson, who has become something like a third son. Years ago in Portland, John invited Mark to live with him as a housemate during a tough chapter in Mark's life — and what began as that act of generosity grew into something much deeper. These days, much of John's warmth is directed toward his grandson, Avi, who lives in Davis with Rick and his family. John asks about Avi constantly and looks forward to the regular brunches and breakfasts he gets to share with them. If we had to choose words for John, they might be: loyal, loving, generous, talkative, inclusive, sentimental, tenacious, humble, capable, dedicated, hard-working, opinionated, gently stubborn — and above all, devoted.

To his sons, he has been a constant and loving father. To his patients across four decades, a steady and present physician. To his family, near and far, a tireless connector and keeper of ties. And to anyone who happens to find themselves seated next to him on a long bus ride, a friend by the next stop.

Happy Father's Day (Month), John. We are so glad to have you.

To delve deeper into John's fascinating life, we encourage you to visit the spotlight board on the first floor of our community, located across from the mailroom.



John Topinka

Transportation Guidelines



General Transportation

Monday–Friday, 9AM–4:30 PM
first-come, first-served.

48-hour notice required
subject to approval and availability.



Outings and Scenic Drives

Scenic Drives: Sundays at 3:15 PM

Monthly Outings: Check the activity schedule
and sign up at the Front Desk



Church Shuttles

Sign up with Jesse
Route details posted at the kiosk,
activity room, and Front Desk.

Other churches can be added
Just ask!



Transportation Charges

Davis City Limits
(Regular Hours): Free

Outside Davis / Before 9AM or After 4:30PM:
\$22.50 per half hour (1-hour minimum), then
\$11.25 per 15 minutes.

How to Schedule:

Text or Email Both:

Jesse: (530-902-1947) | jvasquez@carltonseniorliving.com
Vic Watson: (530-379-5045) | cpdpe2@carltonseniorliving.com

Or stop by the activities office on the 3rd floor!



June Happenings

Outings

Monday 6/1: Shopping At Target
9:30 AM

**Wednesday 6/10: Brunch At
High Hand Cafe**
10:00 AM

**Monday 6/15: Shopping At
Nugget**
9:30 AM

**Friday 6/19: Casino Outing To
Thunder Valley**
9:30 AM

**Wednesday 6/24: Outing To
Davis Farmer's Market/Yolo
Berry**
2:30 PM

**Monday 6/29: Shopping At
Trader Joe's**
9:30 AM

Events

**Saturday 6/10: Happy Hour
Concert Feat. Roland Jacobs**
4:00 PM

**Tuesday 6/17:
Happy Hour Concert Feat.
Tom Boyd**
11:00 AM - 2:00 PM

**Saturday 6/20:
Happy Hour Concert Feat.
Tune Up**
4:00 PM

**Sunday 6/21:
Father's Day Lunch BBQ**
11:00 AM - 2:00 PM

Theme Days

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

Tuesday 6/16: Rainbow Pride
Wear your favorite color!

Follow Us!



CarltonSeniorLiving.com



CARLTONSENIORLIVINGDAVIS



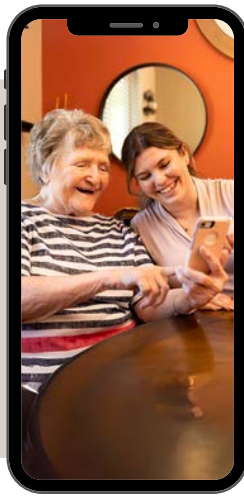
@CARLTONSENIORLIVING



@CARLTONSRSENIOR



CARLTON SENIOR LIVING



THURSDAY, JUNE 4

- 10:15 AM - Morning Walk (FD)
- 10:15 AM - Motion To Music Exercise With Katelynn (LR)
- 1:30 PM - Balance Bar Fitness (AR)
- 2:00 PM - Bridge (ST)
- 2:15 PM - Destination Of The Quarter: Brazil (AR)
- 3:00 PM - Cards & Board Games Corner (AR)
- 4:00 PM - Sing-A-Long With Daphna (LR)
- 5:45 PM - Movie: Shakespeare In Love (TR)

MONDAY, JUNE 1

Pride Month

- 9:30 AM - SIGN UP:
Target Shopping Shuttle (FD)
- 10:00 AM - Women's Bible Study (ST)
- 10:30 AM - Chair Yoga With Katie (LR)
- 1:00 PM - Feel Free Fitness (AR)
- 2:00 PM - Bridge (ST)
- 2:15 PM - Bean Bag Toss (LR)
- 3:15 PM - Cards & Board Games Corner (AR)
- 5:45 PM - Documentary: Beyond Stonewall: Exploring LGBTQ+ History Through The Smithsonian Archives (TR)

FRIDAY, JUNE 5

- 10:15 AM - News Currents (AR)
- 11:00 AM - Puzzling & Coloring Group (AR)
- 1:00 PM - Feel Free Fitness (AR)
- 2:00 PM - Mahjong (ST)
- 3:00 PM - Funny Money Bingo (AR)
- 4:00 PM - Word Games: Word In A Word (AR)
- 5:45 PM - Movie: Remarkably Bright Creatures (TR)

TUESDAY, JUNE 2

- 10:15 AM - Morning Walk (FD)
- 10:30 AM - Mindful Meditation With Katie (LR)
- 1:00 PM - Motion To Music Exercise With Katelynn (LR)
- 2:00 PM - Docuseries: Ancient Apocalypse - Once There Was A Flood (TR)
- 3:00 PM - Funny Money Bingo (AR)
- 4:00 PM - Trivia (AR)
- 5:45 PM - Movie: Fried Green Tomatoes (TR)

SATURDAY, JUNE 6

- 10:15 AM - Morning Stroll (FD)
- 1:00 PM - Mexican Train Dominos (AR)
- 1:30 PM - Matinee Movie:
The Glenn Miller Story (TR)
- 2:00 PM - Tastings With Elaine:
Alternative Yogurts (AR)
- 3:15 PM - Indoor Garden Cultivating (AR)
- 4:00 PM - Happy Hour Concert
Feat. Coldshot (LR)

WEDNESDAY, JUNE 3

- 10:15 AM - Morning Stroll (FD)
- 10:30 AM - Chair Yoga With Katie (LR)
- 11:00 AM - Nintendo Bowling (TR)
- 1:00 PM - Feel Free Fitness (AR)
- 2:00 PM - Resident Information Session (AR)
- 2:00 PM - Docuseries: Ancient Apocalypse - Survivor In A Time Of Chaos (TR)
- 3:00 PM - AL/MC Bean Bag Toss (LR)
- 4:00 PM - Happy Hour Sing-A-Long & Social (LR)
- 5:45 PM - Movie: James Bond - Goldeneye (TR)

Resident Information Session

Wednesday, June 3

2:00 PM - Activity Room

Resident Information Sessions are open to all community residents. Participate in sessions for community updates and to share your opinion.

SUNDAY, JUNE 7

9:00 AM - Early Morning Walk (FD)
10:00 AM - St. James Mass (TR)
12:45 AM - Davis Community Church Worship (AR)
1:00 PM - Balance Bar Fitness (AR)
2:00 PM - Matinee Movie:
The Pride Of The Yankees (TR)
3:00 PM - 25¢ Bingo (AR)
4:00 PM - Concert: Aurora Arts Ensemble (LR)

MONDAY, JUNE 8

10:00 AM - Women's Bible Study (ST)
10:30 AM - Chair Yoga With Katie (LR)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Bridge (ST)
2:15 PM - Bean Bag Toss (LR)
3:15 PM - Cards & Board Games Corner (AR)
5:45 PM - Documentary: Woodie Guthrie All-Star Tribute Concert 1970 (TR)

TUESDAY, JUNE 9

10:15 AM - Morning Walk (FD)
11:00 AM - Therapeutic Art With Matt (AR)
1:00 PM - Motion To Music Exercise With Katelynn (LR)
2:00 PM - Docuseries: Ancient Apocalypse - Sirius Rising (TR)
3:00 PM - Funny Money Bingo (AR)
4:00 PM - Trivia (AR)
5:45 PM - Movie: Mrs. Harris Goes To Paris (TR)

WEDNESDAY, JUNE 10

10:00 AM - SIGN UP: Lunch at High Hand Cafe (FD)
10:00 AM - St. James Mass (TR)
10:15 AM - Morning Stroll (FD)
10:30 AM - Mindful Meditation With Katie (LR)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Culinary Council With Amanda & Edgar (AR)
3:00 PM - Cards & Board Games Corner (AR)
4:00 PM - Happy Hour Concert Feat. Roland Jacobs (LR)
5:45 PM - Movie:
James Bond - Tomorrow Never Dies (TR)

THURSDAY, JUNE 11

10:15 AM - Morning Walk (FD)
10:15 AM - Motion To Music Exercise With Katelynn (LR)
11:00 AM - Grief Support Group (TR)
1:00 PM - Ceramics With Susan (AR)
2:00 PM - Bridge (ST)
3:00 PM - Cards & Board Games Corner (AR)
4:00 PM - Singing Circle (LR)
5:45 PM - Movie: Shall We Dance (TR)

FRIDAY, JUNE 12

10:15 AM - News Currents (AR)
11:00 AM - Puzzling & Coloring Group (AR)
11:00 AM - Morning Stoll (FD)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Mahjong (ST)
3:00 PM - Funny Money Bingo (AR)
4:00 PM - Word Games: A-Through-Z (AR)
5:45 PM - Movie: Motorcycle Diaries (TR)

SATURDAY, JUNE 13

10:15 AM - Morning Walk (FD)
1:00 PM - Mexican Train Dominos (AR)
1:30 PM - Matinee Movie:
Shane - 1953 Version (TR)
2:00 PM - Tastings With Elaine:
Purely Elizabeth Granola (AR)
3:15 PM - Indoor Garden Cultivating (AR)
4:00 PM - Happy Hour Social (LR)

Location Key



1st Floor

FD: Front Desk • CY: Courtyard
LR: Living Room • DR: Dining Room
PDR: Private Dining Room • CF: Cafe

2nd Floor

ST: Study • TR: Theater
DC: Fitness Center

3rd Floor

AR: Activity Room

Activities and times are subject to change.

SUNDAY, JUNE 14

Flag Day

9:00 AM - Early Morning Walk (FD)
10:00 AM - St. James Mass (TR)
11:45 AM - Davis Community Church (TR)
1:00 PM - Matinee Movie:
Magnificent Seven - 1960 Version (TR)
1:30 PM - Carlton Cooks:
Raspberry Danish Hawaiian Rolls (AR)
3:00 PM - 25¢ Bingo (AR)
4:00 PM - Flag Day Trivia (LR)

MONDAY, JUNE 15

9:30 AM - SIGN UP:
Shopping Shuttle To Nugget Market (FD)
10:00 AM - Women's Bible Study (ST)
10:30 AM - Chair Yoga With Katie (LR)
11:00 AM - Great Decisions:
The Third Nuclear Age - Trump, The Order,
And The Bomb (TR)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Bridge (ST)
2:15 PM - Bean Bag Toss (LR)
3:15 PM - Card & Board Games Corner (AR)
5:45 PM - Documentary:
Marty - Life Is Short (TR)

TUESDAY, JUNE 16

10:15 AM - Morning Walk (FD)
10:30 AM - Mindful Meditation With Katie (LR)
11:00 AM - Nintendo Bowling (TR)
1:00 PM - Motion To Music Exercise
With Katelynn (LR)
2:00 PM - Docuseries: Ancient Apocalypse -
Ghost Of A Drowned World (TR)
3:15 PM - Funny Money Bingo (AR)
4:15 PM - Trivia (AR)
5:45 PM - Movie: Splash (TR)

WEDNESDAY, JUNE 17

10:15 AM - Morning Stroll (FD)
10:30 AM - Morning Meditation With Katie (LR)
1:00 PM - Feel Free Fitness (AR)
2:15 PM - Crafts With Elaine: Anne Syer's Acrylic
Trinket Dish Project (AR)
4:00 PM - June Birthday Happy Hour Concert Feat.
Tom Boyd (LR)
4:00 PM - Word Games: Wordle (AR)
5:45 PM - Movie:
James Bond - The World Is Not Enough (TR)

THURSDAY, JUNE 18

10:15 AM - Motion To Music Exercise
With Katelynn (LR)
10:15 AM - Morning Stroll (FD)
11:00 AM - Puzzle & Coloring Group (AR)
1:00 PM - Balance Bar Fitness (AR)
1:30 PM - Mindful Meditation With Katie (LR)
2:00 PM - Bridge (ST)
4:00 PM - Singing Circle (LR)
5:45 PM - Movie: Temple Grandin (TR)

FRIDAY, JUNE 19

Juneteenth

9:30 AM - SIGN UP:
Outing To Thunder Valley Casino (FD)
10:15 AM - News Currents (AR)
11:00 AM - Carlton University With Emiliy
Tanaka (AR)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Mahjong (ST)
3:00 PM - Funny Money Bingo (AR)
4:00 PM - Word Games: Boggle (AR)
5:45 PM - Movie: 12 Years A Slave (TR)

SATURDAY, JUNE 20

10:15 AM - Morning Stroll (FD)
1:00 PM - Mexican Train Dominos (AR)
1:30 PM - Matinee Movie:
Bound For Glory (TR)
2:00 PM - Tastings With Elaine:
Built Protein Bars (AR)
3:15 PM - Indoor Garden Cultivating (AR)
4:00 PM - Happy Hour Concert Feat.
Tune Up (LR)



Connie's Salon

Salon Hours:
Tuesday - Thursday
9:00AM - 5:00PM

To book your appointment,
give Connie a call or text
at (916) 215-5493.



SUNDAY, JUNE 21

Father's Day | Summer Solstice

9:00 AM - Early Morning Walk (FD)
10:00 AM - St. James Mass (TR)
11:00 AM - Father's Day BBQ (CY/DR)
11:45 AM - Davis Community Church (TR)
1:00 PM - Matinee Movie:
Big Fish (TR)
1:30 PM - Balance Bar Fitness (AR)
3:00 PM - 25¢ Bingo (AR)
4:00 PM - Trivia (LR)

THURSDAY, JUNE 25

10:15 AM - Motion To Music Exercise With Katelynn (LR)
11:00 AM - Puzzle And Coloring Group (AR)
1:00 PM - Ceramics With Susan (AR)
1:30 PM - Chair Yoga With Katie (LR)
2:00 PM - Bridge (ST)
3:00 PM - Cards & Board Games Corner (AR)
4:00 PM - Singing Circle (LR)
5:45 PM - Movie:
First Wive's Club (TR)

MONDAY, JUNE 22

10:00 AM - Women's Bible Study (ST)
10:30 AM - Mindful Meditation With Katie (LR)
11:00 AM - Morning Stroll (FD)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Bridge (ST)
2:15 PM - Bean Bag Toss (LR)
3:15 PM - Card & Board Games Corner (AR)
5:45 PM - Documentary: Meru (TR)

FRIDAY, JUNE 26

10:15 AM - News Currents (AR)
11:15 AM - Morning Walk (FD)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Mahjong (ST)
3:15 PM - Funny Money Bingo (AR)
4:15 PM - Word Games: Wordle (AR)
5:45 PM - Movie: Ferrari (TR)

TUESDAY, JUNE 23

10:15 AM - Morning Walk (FD)
10:30 AM - Chair Yoga With Katie (LR)
11:00 AM - Nintendo Bowling (TR)
1:00 PM - Motion To Music Exercise With Katelynn (LR)
2:00 PM - Docuseries: Ancient Apocolypse - Legacy Of The Sages (TR)
3:15 PM - Funny Money Bingo (AR)
4:15 PM - Trivia (AR)
5:45 PM - Movie: Wild Mountain Thyme (TR)

SATURDAY, JUNE 27

10:15 AM - Balance Bar Fitness (AR)
11:00 AM - Puzzle & Coloring Group (AR)
1:00 PM - Afternoon Performance:
West Valley Chorus (LR)
1:00 PM - Mexican Train Dominos (AR)
1:30 PM - Matinee Movie:
Sea Of Glass (TR)
2:00 PM - Tastings With Elaine:
Tru-Fru Products (AR)
3:15 PM - Indoor Gardening Cultivating (AR)
4:00 PM - Happy Hour Concert Feat. Jon Spivack (LR)

WEDNESDAY, JUNE 24

10:15 AM - Morning Stroll (FD)
10:00 AM - St. James Communion (AR)
10:30 AM - Mindful Meditation With Katie (LR)
1:00 PM - Feel Free Fitness (AR)
2:15 PM - Crafts With Elaine: Open Crafts (AR)
2:30 PM - SIGN UP:
Outing To Davis Farmer's Market (FD)
4:00 PM - Happy Hour Social (LR)
5:45 PM - Movie:
James Bond - Die Another Day (TR)

Follow Us!



CarltonSeniorLiving.com



CARLTONSENIORLIVINGDAVIS



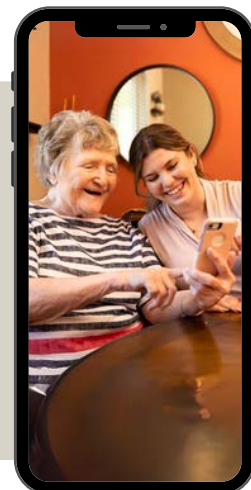
@CARLTONSENIORLIVING



@CARLTONSRSENIOR



CARLTON SENIOR LIVING



SUNDAY, JUNE 28

9:00 AM - Early Morning Walk (FD)
10:00 AM - St. James Mass (AR)
11:30 AM - Davis Community Church (AR)
1:30 PM - Carlton Cooks:
Fresh No-Bake Fruit Pie (AR)
3:00 PM - 25¢ Bingo (AR)
4:00 PM - Rummikub & Tech Assistance With
UC Davis Breaking Barriers (LR)
5:45 PM - Matinee Movie: Father Goose (TR)

Happy Birthday

Lanell S. - June 6
Rick W. - June 10
Jeff H. - June 12
Lori M. - June 13



MONDAY, JUNE 29

Memorial Day

9:30 AM - SIGN UP:
Shopping Shuttle To Nugget (FD)
10:00 AM - Women's Bible Study (ST)
11:00 AM - Memorial Day BBQ (CY/DR)
1:00 PM - Balance Bar Fitness (AR)
2:00 PM - Bridge (ST)
2:15 PM - Bean Bag Toss (LR)
3:15 PM - Card & Board Games Corner (AR)
5:45 PM - Documentary: Gorilla Story (TR)

Welcome to the
Carlton Family

Carolyn N.
Nancy W.
Alan B.
Carol W.
Nancy G.

TUESDAY, JUNE 30

10:15 AM - Morning Walk (FD)
11:00 AM - Nintendo Bowling (AR)
1:00 PM - Motion To Music Exercise With
Katelynn (LR)
2:00 PM - Ice Cream Sundae Social (AR)
3:00 PM - Funny Money Bingo (AR)
4:00 PM - Trivia (AR)
5:45 PM - Movie: Oklahoma! (TR)

Grief Support Group

Thursday, June 11th

Grief looks different for everyone,
and we encourage you to find
solace with us.

Join us in the Theater for our Grief
Support Group at 11:00 AM



Location Key

1st Floor

FD: Front Desk • CY: Courtyard
LR: Living Room • DR: Dining Room
PDR: Private Dining Room • CF: Cafe

2nd Floor

ST: Study • TR: Theater
DC: Fitness Center

3rd Floor

AR: Activity Room

Activities and times are subject to change.





Improve & Maintain Your Manual Dexterity

Have you noticed that it is harder to hold a pen or button a shirt than it used to be? Many older adults experience a decrease in “manual dexterity,” or the ability to coordinate hand and finger movements with precision and control. Changes in manual dexterity can have a big impact on both day-to-day tasks and hobbies. Health conditions like carpal tunnel syndrome, osteoarthritis, osteoporosis, and tremors can further reduce mobility, control, and grip strength.

Although these changes are generally a normal part of aging, there are many small exercises and activities which can help you maintain or even improve manual dexterity and hand strength.

Finger Lifts: Place your hand flat on a table. Try to lift each finger off the table, one at a time, then repeat. This can be challenging because our fingers often move together.

Finger Touches: Start by touching your index finger to your thumb. Next, touch your middle finger to your thumb. Continue until each finger has touched your thumb, then repeat. Gradually pick up the pace, if you are able to.

Towel Wringing: Lay a hand towel flat on a table. Using just one hand, crumple it into a ball.

Sorting: Scatter beads, buttons, coins, or other small items onto a table. Pick them up and sort them individually into small cups or from one side of a table to the other.

Clay Manipulation: Playing with putty, clay, or even playdough with grandkids can aid your dexterity. Roll it, shape it, squeeze it, and flatten it to engage the various muscle groups in your hands. If this is something you enjoy, try taking a ceramics class!

Grip Strengthening: Make a fist and squeeze as tight as you can, then hold for three to five seconds. Release slowly. Repeat several times daily on both hands.

In addition to exercises like those listed above, things like writing by hand, shuffling cards, jigsaw puzzles, knitting and crocheting, and origami can all be relaxing and enjoyable ways to work your hands.

Consistency and patience are key to maintaining and improving your dexterity: devote time to exercising and strengthening your hands and fingers every day.