



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.

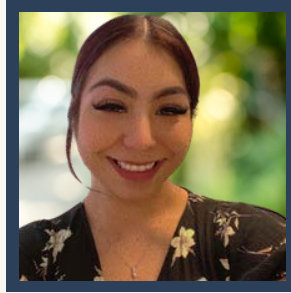


More information coming soon.

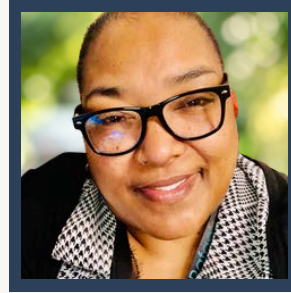
Meet The Management Team



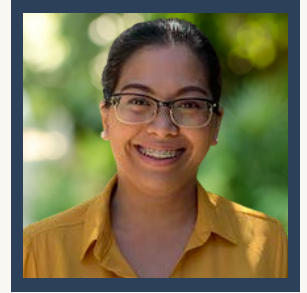
Tracey Ingleman
Executive Director



Aylin Barajas
Executive Assistant



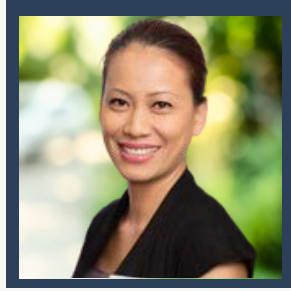
Sheila Roberts
Director of Resident
Services



Imee Nungay
Personal Care
Manager



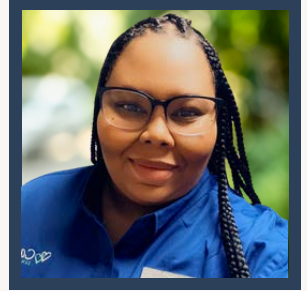
Ronaldo Carmelo
Maintenance Manager



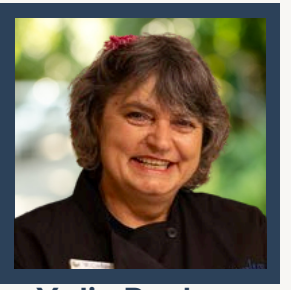
Janilyn Santos
Medication Manager



Vicki Vasconi
Resident Liaison



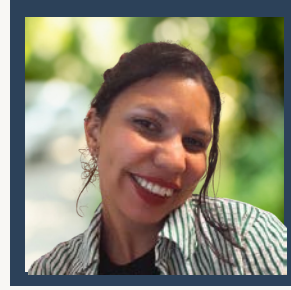
Tajanique Watson
Director of
Memory Care



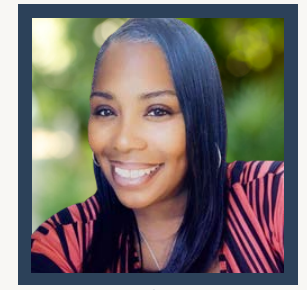
Yulia Pavlova
Chef



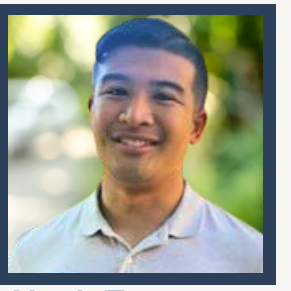
Felicia Pounds
Dining Room
Manager



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*

Jill Harcke was born on July 14, 1946, in Grand Rapids Michigan to Olive Crawford and James Harcke. Her mother worked as a model in New York City, while her father was an actor and traveling salesperson who spent much of his time on the road. Jill grew up on large farm properties surrounded by animals alongside her siblings Lyn, Pat, and Doug. Her favorite childhood memories were the simple moments spent together with family, a value that would remain at the center of her life.

She attended Eastern Michigan University, where she studied speech and drama. Creativity and connection became lifelong passions for her, especially through painting and music. Jill enjoys listening to singers perform at Carlton, having her family over to visit, and spending time painting, activities that continue to bring her joy and inspiration.

Her life was shared with her husband Bill and together they raised three sons, Joshua, Benjamin, and William. Family has always been the most important part of her life. She also holds fond memories of traveling, especially a road trip from Michigan to California and camping in Mendocino. Her favorite musicians include her own sons, Buddy Holly, James Taylor, and The Beatles, and she loves a good protein packed salad.

Three best words to describe her are inclusive, intuitive, and humorous. Her advice to others is to “take what is worth taking and throw the worst away.” One of Her favorite quotes is from her favorite mentor, John Muir that described family this way, “In my walks through the forests of humanity I find no family clump interwoven in root or branch then our own... As a family we are pretty firmly united. One tree in a close clump cannot very well fall.” She hopes to be remembered as someone who always made room for one more person, a reflection of the kindness and openness that have shaped her life.



Jill Harcke



June Happenings

Outings

Wednesday 6/3: Starbucks Coffee
10:00 AM

Wednesday 6/10: Bancroft Garden
10:00 AM

Wednesday 6/17: Don Chai Outing
11:15 AM

Wednesday 6/24: Spring Scenic Ride
10:00 AM

Saturday 1/3: Oakland Zoo
10:00 AM

**Saturday 6/27: Pleasant Hill
Farmers Market**
10:00 AM

Saturday 1/3: Oakland Zoo
10:00 AM

Theme Days

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

Day 6/13: Rainbow Theme Day
Wear your favorite color.

Events

**Tuesday Happy Hours with
Jack and Paul**
3:30 PM

6/5: Music with Nonoy Vovar
3:30 PM

**Saturday 6/20: Pre- Father's
Day Giant's Watch Party**
1:20 PM (Bingo Cancelled)

**Sunday 6/21: Father's Day
Beatles Tribute with
Drew Harrison**
3:30 PM

**Wednesday 6/24: Wonderful
Wednesday's with Joyce**
3:30 PM

**Thursday 6/25: Andrea Bocelli
Tribute w/ Chris Pucci**
3:30 PM

**Saturday 6/27: Good Times
with
Hoot and Holler**
3:30 PM

Saturday 6/30: Brazilian Music
3:30 PM

Life Changes Support Group

Mondays

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



THURSDAY, JUNE 4

Pride Day - Wear Your Favorite Color

- 9:30 Pride Parade (L)**
- 10:30 Feel Free Fitness (LR)
- 12:45 Watch: A Secret Love (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Veteran's Social (CR)
- 3:30 Fun with Word Games (LR)
- 5:30 Watch: A Secret Love (LR)
- 5:30 Seasonal Sports (LR)

MONDAY, JUNE 1

Pride Month Begins

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

FRIDAY, JUNE 5

- 9:30 These Boots Walking Club (L)
- 10:30 Funk Flex Fridays (LR)
- 12:45 Watch: Safe Haven (TR)
- 1:00 Stacks Bingo (LR)
- 2:15 Jigsaw Puzzles and Dominos (LR)
- 3:30 Happy Hour w/ Cesar Vivar (LR)**
- 5:30 Watch: Safe Haven (TR)
- Seasonal Sports (LR)

TUESDAY, JUNE 2

2026 Primary Elections

- 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 Sting (TR)
- 1:00 Gold Rush Bingo (CR)
- 2:15 Let's Play Jenga (LR)**
- 3:30 Happy Hour with Jack (LR)
- 5:30 Watch: The Sting (TR)
- 5:30 Seasonal Sports (LR)

SATURDAY, JUNE 6

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Gorgeous Nails Spa (CR)
- 12:45 Watch: La Bamba (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: La Bamba (LR)

WEDNESDAY, JUNE 3

- 9:30 These Boots Walking Club (L)
- 10:30 Morning Stretch and Fab Fitness (LR)
- 11:15 Starbuck's Coffee Outing (CR)
- 12:45 Watch: One Flew Over the Cuckoo's Nest (TR)
- 1:00 Gold Rush Bingo (CR)
- 1:30 Shopping Shuttles (L)
- 2:15 Let's Scrabble (CR)
- 3:30 Love Conquers All Craft w/Vitas (CR)**
- 5:30 Watch: One Flew Over (TR)

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.

SUNDAY, JUNE 7

- 9:30 Divine Devotions Church Shuttles (TR)
- 9:45 New Hope Church Service (TR)
- 10:30 Discussion: Destinations (LR)
- 12:45 Watch: Angel Eyes (TR)
- 1:00 Lucky Spot Bingo (CR)
- 2:15 Summer Flowers Coloring Pages (CR)**
- 3:30 Take a Journey with Sing Fit (CR)
- 5:30 Watch: Angel Eyes (TR)

THURSDAY, JUNE 11

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 12:45 Watch: The Swimmers (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Veteran's Social (CR)
- 3:30 Fall Prevention Talk w/ Robert (LR)**
- 5:30 Watch: The Swimmers (LR)
- 5:30 Seasonal Sports (LR)

MONDAY, JUNE 8

- 9:30 These Boots Walking Club (L)
- 10:30 Discussions: Destinations (LR)
- 10:30 Life Changes Support Group (CR)**
- 12:45 Watch: Hitch (TR)
- 1:00 Razzle Dazzle Bingo (CR)
- 2:15 Spirit Care Ministries w/ Pastr. Jeremiah (LR)
- 3:30 Balloon Volleyball (LR)
- 5:30 Watch: Hitch (TR)
- 5:30 Seasonal Sports (LR)

FRIDAY, JUNE 12

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

TUESDAY, JUNE 9

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Christ The King Community Mass (TR)
- 12:45 Watch: Wild Mountain Thyme (TR)
- 1:00 Gold Rush Bingo (CR)
- 2:15 Improv with Jaime (CR)**
- 3:30 Happy Hour with Paul (LR)
- 5:30 Watch: Wild Mountain Thyme (TR)
- 5:30 Seasonal Sports (LR)

SATURDAY, JUNE 13

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

WEDNESDAY, JUNE 10

- 9:30 These Boots Walking Club (L)
- 10:30 Morning Stretch and Fab Fitness (LR)
- 11:15 Ruth Bancroft Garden Outing (CR)
- 12:45 Watch: Click (TR)
- 1:00 Gold Rush Bingo (CR)
- 1:30 Shopping Shuttles (L)
- 2:15 Bee You Music Therapy (CR)
- 3:30 Recipe Rebels Taste Test (CR)**
- 5:30 Watch: Click (TR)



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, JUNE 14

Flag Day

- 9:30 Devine Devotions Church Shuttles (L)
- 9:45 New Hope Church Sunday Service (TR)
- 11:00 Flag Day Trivia and Coloring Pages (LR)**
- 12:45 Watch: Bobby Kennedy for President (TR)
- 1:00 Lucky Spot Bingo (CR)
- 2:15 Ball Dart Throwing (CR)
- 3:30 The Honorable Color Guard Discussion (LR)
- 5:30 Watch: Bobby Kennedy for President (TR)
- 5:30 Seasonal Sports (LR)

THURSDAY, JUNE 18

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 12:45 Watch: Deepwater Horizon (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Tea Around the World - Brazil (DR)
- 3:30 General Knowledge Trivia (LR)**
- 5:30 Watch: Deepwater Horizon (TR)
- 5:30 Seasonal Sports (LR)

MONDAY, JUNE 15

- 9:30 These Boots Walking Club (L)
- 10:30 Discussion: Who Am I (LR)
- 10:30 Life Changes Support Group (CR)
- 12:45 Watch: Fried Green Tomatoes (TR)
- 1:00 Razzle Dazzle Bingo (LR)
- 2:15 Baloon Volleyball (LR)
- 3:30 Take a Journey with Singfit (CR)**
- 5:30 Watch: Fried Green Tomatoes (TR)

FRIDAY, JUNE 19

Juneteenth

- 9:30 These Boots Walking Club (L)
- 10:30 Funk Flex Fridays (LR)
- 12:45 Watch: Black Patriots (TR)
- 1:00 Stack's Bingo (LR)
- 2:15 Black Cowboys Discussions (CR)
- 3:30 Happy Hour with Todd (LR)**
- 5:30 Watch: Black Patriots (TR)
- Seasonal Sports (LR)

TUESDAY, JUNE 16

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

SATURDAY, JUNE 20

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Gorgeous Nails Spa (CR)
- 12:45 Watch: Mango (TR)
- 1:00 Easy Come, Easy Go Bingo (CR)
- 1:20 Pre- Father's Day Watch Party - SF
Giant's Vs. The Miami Marlins (LR)
- 5:30 Watch: Mango (TR)

WEDNESDAY, JUNE 17

- 9:30 These Boots Walking Club (L)
- 10:30 Fabulous Fitness and Ball Workout (LR)
- 11:15 Tacos Don Chai Restuarant Outing (CR)
- 12:45 Watch: The Last Laugh (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 Last Laugh (TR)

Welcome to the
Carlton Family

Rita Duarte
Jack Kessler
Margaret Silva
Melanie Affolter

SUNDAY, JUNE 21

Father's Day

- 9:30 Devine Devotions Church Shuttles (L)
- 9:45 New Hope Church Sunday Service (TR)
- 10:30 Watch: Evolution of Dad (LR)
- 11:30 Father's Day Brunch (DR)
- 12:45 Watch: Dad Wanted
- 1:00 Lucky Spot Bingo (LR)
- 2:15 Balloon Volleyball (LR)
- 3:30 Beatles Tribute with Drew Harrison (LR)**
- 5:30 Watch: Dad Wanted (TR)

THURSDAY, JUNE 25

- 9:30 These Boots Walking Club (L)
- 10:30 Free Feel Fitness (LR)
- 12:45 Watch: The Breakfast Club (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Enjoy 60's Rick n Roll Music (LR)
- 3:30 Andrea Bocelli Tribute - Chris Pucci (LR)**
- 5:30 Watch: The Breakfast Club (LR)
- 5:30 Seasonal Sports (LR)

MONDAY, JUNE 22

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

FRIDAY, JUNE 26

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

TUESDAY, JUNE 23

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Christ The King Community Mass (TR)
- 12:45 Watch: Set It Up (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: Set It Up (TR)
- 5:30 Seasonal Sports (LR)

SATURDAY, JUNE 27

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Gorgeous Nails (CR)
- 12:45 Watch: Dumb and Dumber (TR)
- 1:00 Easy Come Easy Go Bingo (LR)
- 2:15 Play Scrabble or Connect Four (CR)
- 3:30 Good Music with Hoot and Hooper (CR)**
- 5:30 Watch: Dumb and Dumber (TR)
- Seasonal Sports (LR)

WEDNESDAY, JUNE 24

- 9:30 These Boots Walking Club (L)
- 10:00 Summer Time Scenic Drive (CR)
- 10:30 Morning Stretch and Fitness Ball (CR)
- 12:45 Watch: Marc by Sophia (TR)
- 1:00 Gold Rush Bingo (LR)
- 2:30 Bee You Music Therapy (DR)
- 3:30 Resident Council (CR)**
- 5:30 Watch: Marc by Sophia (TR)

Resident Council

Wednesday, June 24, 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, JUNE 28

- 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: Steel Magnolias (TR)
- 1:00 Lucky Spot Bingo (LR)
- 2:15 Wall Ball Dart Throwing (CR)
- 3:30 General Knowledge Trivia (LR)**
- 5:30 Watch: Steel Magnolias (TR)
- 5:30 Seasonal Sports (LR)

MONDAY, JUNE 29

- 9:30 These Boot Walking Club (L)
- 10:30 Discussion: Who Am I (LR)
- 10:30 Life Changes Support Group (CR)
- 12:45 Watch: Jumanji (TR)
- 1:00 Razzle Dazzle Bingo (LR)
- 2:15 Crocheting with Janine (CR)
- 3:30 Take a Journey with Sing Fit (LR)
- 5:30 Watch: Jumanji (TR)

TUESDAY, JUNE 30

- 9:30 These Boots Walking Club (L)
- 10:30 Feel Free Fitness (LR)
- 10:30 Christ The King Community Mass (TR)
- 12:45 Watch: Bad News Bears (TR)
- 1:00 Name That Ticket Bingo (LR)
- 2:15 Destination Presentation: Brazil (CR)
- 3:30 Happy Hour w/ Brazilian Band (LR)**
- 5:30 Watch: Bad News Bears (TR)
- 5:30 Seasonal Sports (LR)

Volunteer Activity

We're excited to welcome volunteers to our community!

Volunteers will join us once a month to help with activities, crafts, and building connections.

Join us on Fridays for Happy Hour or Saturdays for Crafty Creations

Happy Birthday

June 2 - Joneil. H

June 3 - Syamala R.

June 4 - Nancy F.

June 7 - Suzanne J.

June 15 - Paul S.

June 17 - Diana F.

June 19 - Norma M.

June 19 - John N.

June 20 - June W.

June 21 - Joan A.



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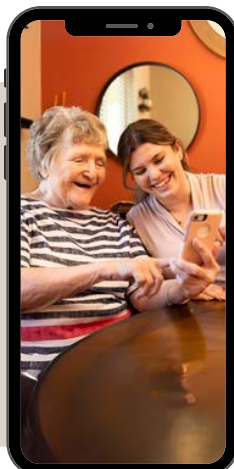
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CARLTON SENIOR LIVING



Destination:

BRAZIL



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

Departure: Tuesday, June 30th at 2:15 PM in the Craft Room



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.