



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.

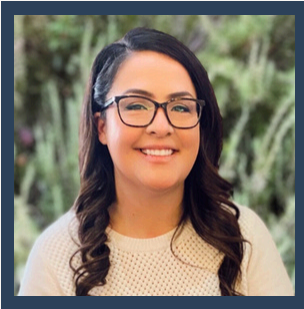


Survey details will be provided by your community team.

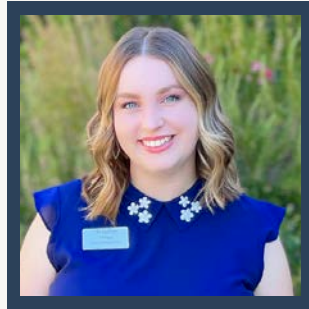


More information coming soon.

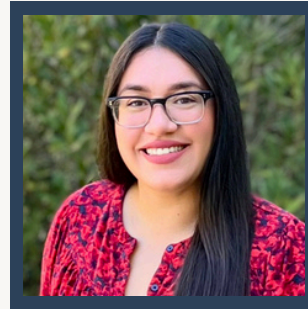
Meet The Management Team



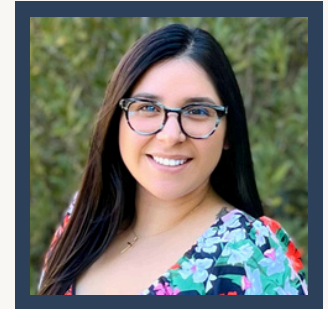
JENNELL REVERA
Executive Director



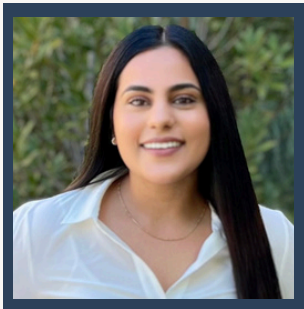
OLIVIA STERBA
Executive Assistant



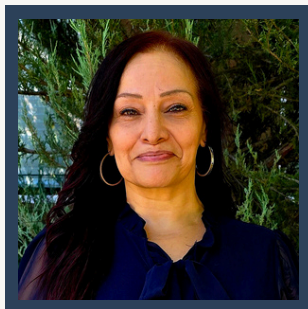
ANDREA QUINTANILLA
Director of Resident
Services



EVANGELINE RODRIGUEZ
Director of Memory
Care



GURLEEN KAUR
Medication Manager



AUDREY COTERA
MC Care Manager



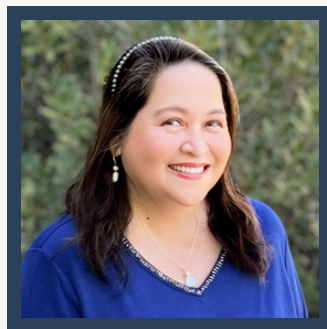
GEORGINA SPIDELL
AL Care Manager



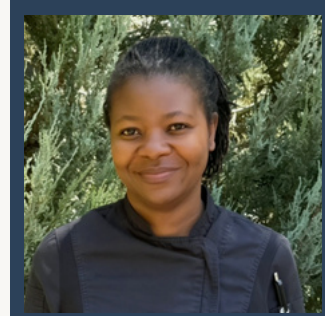
JOCILYN VARGAS
Resident Liaison



MONEAR AWWAD
Maintenance Manager



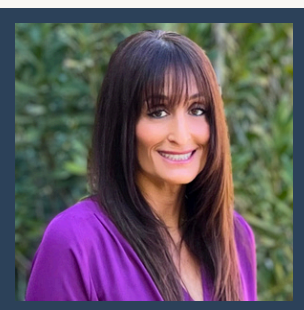
JULIA JOHNSON
Activities Manager



KULEZA MLIA
Chef



AZALEA NEGRETE
Dining Room Manager



MISTY CHARLES
Sales Director



KRYSTAL SALVADOR
Sales Assistant

Transportation Guidelines



Doctor Shuttle

Tuesdays and Thursdays
10:30 AM - 2:30 PM
(*driver unavailable at 11:00 AM*)

72-hour notice required
Subject to availability



Concierge Service

Limited non-medical transportation
Subject to driver availability and
manager approval

Carlton Escorts are not available for
Concierge appointments



Church, Shopping, and Bank Shuttles

Church Shuttle: Sundays by appointment

Bank Shuttle: Wednesdays by appointment

*Check the activity schedule for shopping
shuttle times and destinations*



Transportation Charges

Within 10 Miles
FREE

Outside 10 Miles
\$45 flat rate (one way)

Additional charges apply for personal escorts
See Summary of Services for details

How to Schedule:

Submit a request slip at the Front Desk at least 72 hours
(3 days) in advance

Requests subject to driver availability and manager approval

Questions? Contact Julia Johnson, Community Activities Manager

RESIDENT *Spotlight*

Verena and Ray have shared a remarkable life together since marrying in June 1961. Born in the Netherlands in 1938, Verena met Ray—a Lansing, Michigan native born in 1931—through a mutual friend who noticed their shared connection to her home country, where Ray had previously spent five months abroad. This year, the couple is celebrating their 65th wedding anniversary, a milestone they share with their three children and five grandchildren.

Their professional lives were defined by a dedication to international service and education. Verena studied languages at the University of Connecticut before earning a master's in international studies from Montana State University. Ray's academic journey took him from Cornell, where he studied botany, to Michigan State for his master's, and finally to Montana State for a doctorate in agricultural economics. Together, they worked with the International Agricultural Development Council, serving in Mexico, New York, and Ethiopia, and training Peace Corps volunteers.

Beyond their shared missions, both maintained deep personal passions. Verena, a third-generation weaver, taught the craft to students for over 20 years and sold many of her original pieces. Ray's career in agriculture led him to projects in the Philippines and Vietnam, eventually concluding with 20 years at the California Department of Food and Agriculture. Even in retirement, they remained active in their community: Verena served as the president of a United Nations chapter in Davis for 28 years, while Ray continued his lifelong love of plants as a member of the Davis Flower Arrangers and pursued an enduring passion for photography.



**Verena & Ray
Borton**



June Happenings

Events

Mondays in June
Father's Day Cocktails
3:00 PM, Activity Room

Sunday, June 21
Father's Day BBQ
Serenade by Andy Leong
11:00AM - 1:00PM

Wednesday, June 24
Father's Day Bingo
2:00 PM, Activity Room

Friday, June 26
Carlton University Class
1:30 PM, Activity Room

Monday, June 29
Forum on American Revolution
3:00 PM, Activity Room

Tuesday Evening Concert
6:00 PM - 7:00 PM, Living Room
June 2: Richard March
June 9: Rick Turnage
June 16: Andrii Liesnyi
June 23: Antonio Mihutz
June 30: Jimmy Spero

Saturday Happy Hour
3:00 PM - 4:00 PM, Living Room
June 6: Chaz Steffan
June 13: Gary Mendoza
June 20: The Songbirds
June 27: Beny Rivers

Outings

Wed, June 3: Scenic Drive to Lodi
Leaving at 1:30PM

Sat, June 6: Shuttle to Dollar Tree
Leaving at 10:45AM

Sun, June 7: Sac Rivercats Game
Leaving at 11:00 PM

Wed, June 10: Michael David Winery
Leaving at 10:15 AM

**Wed, June 10: Scenic Drive to
Gunther's Ice Cream**
Leaving at 2:00 PM

Sat, June 13: Shuttle to Walmart
Leaving at 10:45 AM

Wed, June 24: Bacon & Butter
Leaving at 9:30AM

Sun, June 28: Shuttle to Safeway
Leaving at 1:00 PM

Sun, June 28: Il Fornaio
Leaving at 4:30 PM

Theme Days

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

Saturday 6/13: Pride Month
Wear Favorite Rainbow Color

Welcome to the
Carlton Family

Patricia & Stephen B.
William B.
Elizabeth & Robert G.
Van M.
Kim V.

THURSDAY, JUNE 4

- 10:00 Feel Free Fitness (AR)
- 10:30 Boggle (AR)
- 11:00 Morning Stroll (FD)
- 1:00 Bingo (AR)
- 3:00 **Baking: S'mores Fudge Brownies (AR)**
- 4:15 Movies & Popcorn (AR)
- 6:00 Father of the Year (TV)

MONDAY, JUNE 1

Pride Month

- 10:00 Strength Training (CR)
- 10:30 Diamond Art Hour (AR)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **Cocktail: Boozy Cherry Coke Float (AR)**
- 4:00 Scategories (AR)
- 6:00 Daughters (TV)

FRIDAY, JUNE 5

- 10:00 Chair Fitness (CR)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **Gel Room Freshener (AR)**
- 4:15 Current Events Discussion (AR)
- 6:00 Me Time (TV)

TUESDAY, JUNE 2

- 9:30 Legion of Mary Prayer Hour (IR)
- 10:00 Feel Free Fitness (CR)
- 10:00 Scrabble (AR)
- 10:45 Morning Stroll (FD)
- 11:00 Early Morning Bingo (AR)
- 1:15 Bookmobile Visit (FD)
- 3:00 **Ceramics Class with Susan (AR)**
- 4:00 **Rummikub with Ruth (AR)**
- 6:00 **Evening Concert with Richard M. (LR)**

SATURDAY, JUNE 6

- 10:00 Feel Free Fitness (CR)
- 10:00 Ladies' Fireplace Chat (LR)
- 10:45 **Shuttle: Dollar Tree (FD)**
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **Happy Hour with Chaz Steffan (LR)**
- 6:00 Little Fockers (TV)

WEDNESDAY, JUNE 3

- 10:00 Chair Fitness (AR)
- 10:30 Meet Your Neighbor (AR)
- 11:00 Morning Stroll (FD)
- 1:30 **Scenic Drive: Lodi (FD)**
- 1:30 Bingo (AR)
- 3:00 **Summer Watermelon Lip Scrub (AR)**
- 4:00 **Texas Hold 'Em with Ralph (AR)**
- 4:30 A to Z Word Game: Perfume Scents (AR)
- 6:00 Sleepless in Seattle (TV)

Resident Meetings

Resident Council: Tues., June 9

Food Committee: Wed., June 10

*All meetings are held in the
TV Room (2nd Floor) at 2:30 PM*

Resident Meetings are open to all community residents. Participate to hear community updates and to share your opinion.

SUNDAY, JUNE 7

- 9:00 Sunday Communion Services (TV)
- 10:00 Chair Fitness (CR)
- 11:00 Morning Stroll (FD)
- 11:00 **Outing: Sac River Cats Game (FD)**
- 1:30 Bingo (AR)
- 3:00 **Watercolor Painting with DAD (AR)**
- 4:15 Afternoon Stretch (AR)
- 6:00 Old Dads (TV)

THURSDAY, JUNE 11

- 10:00 Feel Free Fitness (CR)
- 10:30 Boggle Game (AR)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **Therapeutic Art Painting (AR)**
- 4:15 Movies & Popcorn (AR)
- 6:00 Sweet Girl (TV)

MONDAY, JUNE 8

- 10:00 Strength Training (CR)
- 10:30 Diamond Art Hour (AR)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **Cocktail: Blueberry Mojito (AR)**
- 4:30 Scattegories (AR)
- 6:00 Father Soldier Son (TV)

FRIDAY, JUNE 12

- 10:00 Chair Fitness (CR)
- 10:30 Let's Play Domino! (FD)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **Summer Bracelets (AR)**
- 4:15 Current Events Discussion (AR)
- 6:00 My Father's Violin (TV)

TUESDAY, JUNE 9

- 9:30 Legion of Mary Prayer Hour (IR)
- 10:00 Feel Free Fitness (CR)
- 10:00 Scrabble (AR)
- 10:45 Morning Stroll (FD)
- 11:00 Early Bingo (AR)
- 1:00 **Parkinson's Support Meeting (AR)**
- 2:30 **Resident Council Meeting (TV)**
- 3:00 **Baking: Glazed Strawberry Cookies (AR)**
- 4:00 **Rummikub with Ruth (AR)**
- 6:00 **Evening Concert with Rick T. (LR)**

SATURDAY, JUNE 13

- 10:00 Feel Free Fitness (CR)
- 10:00 Ladies' Fireplace Chat Time (LR)
- 10:45 **Shuttle: Walmart (FD)**
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **Happy Hour with Gary Mendoza (LR)**
- 6:00 Prodigal Husband (TV)

WEDNESDAY, JUNE 10

- 10:00 Chair Fitness (CR)
- 10:15 **Outing: Michael David Winery (FD)**
- 10:30 Morning Stroll (FD)
- 11:00 Early Morning Bingo (AR)
- 2:00 **Scenic Drive: Gunther's Ice Cream (FD)**
- 2:30 **Food Committee Meeting (TV)**
- 3:00 **Dad's Air Diffuser Freshener (AR)**
- 4:00 **Texas Hold 'Em with Ralph (GR)**
- 4:30 A to Z Word Game: Ice Cream Flavors (AR)
- 6:00 Lili (TV)



Father's Day
BBQ

Sunday, June 21st

RSVP: (916)714-2404
with your residents' name, number of
guests and time slot
before **June 13th, Saturday**

SUNDAY, JUNE 14

Flag Day

- 9:00 Sunday Communion Services (TV)
- 10:00 Chair Fitness (CR)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **American Flag Canvas (AR)**
- 4:15 Afternoon Stretch (AR)
- 6:00 Searching (TV)

THURSDAY, JUNE 18

- 10:00 Feel Free Fitness (CR)
- 10:00 Boggle Game (AR)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **Speak2 Workshop with Jocilyn (AR)**
- 4:15 Movies & Popcorn (AR)
- 6:00 News of the World (TV)

MONDAY, JUNE 15

- 10:00 Strength Training (CR)
- 10:30 **Music Therapy with Danielle (LR)**
- 10:30 Diamond Art Hour (AR)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **Cocktail: Long Island Iced Tea (AR)**
- 4:30 Scattogories (AR)
- 6:00 Tyson's Run (TV)

FRIDAY, JUNE 19

Juneteenth

- 10:00 Chair Fitness (CR)
- 10:30 Morning Stroll (FD)
- 11:00 Early Bingo (AR)
- 12:45 **Juneteenth Movie: Harriet (AR)**
- 3:00 **Father's Day Centerpiece (AR)**
- 4:15 Current Events Discussion (AR)
- 6:00 Life of a King (TV)

TUESDAY, JUNE 16

- 9:30 Legion of Mary Prayer Hour (IR)
- 10:00 Feel Free Fitness (CR)
- 10:00 Scrabble (AR)
- 11:00 Morning Stroll (FD)
- 1:00 Bingo (AR)
- 3:00 **Baking: Choco Espresso Cupcakes (AR)**
- 4:00 **Rummikub with Ruth (AR)**
- 6:00 **Evening Concert with Andrii (LR)**

SATURDAY, JUNE 20

- 10:00 Feel Free Fitness (CR)
- 10:00 Ladies' Fireplace Chat Time (LR)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **Happy Hour with the Songbirds (LR)**
- 6:00 Dragon: Bruce Lee Story (TV)

WEDNESDAY, JUNE 17

- 10:00 Chair Fitness (CR)
- 10:00 Meet your Neighbor (AR)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **June Birthday Party (AR)**
- 4:00 **Texas Hold 'Em with Ralph (GR)**
- 4:30 A to Z Word Game: Vibrant Colors (AR)
- 6:00 Sabrina (1954) (TV)

Volunteer with us!

Sundays at 3:00 PM in the Activity Room

June 7 | Watercolor Painting with Dad

June 14 | American Flag Canvas

June 21 | Card Games with Dad

June 28 | Rainbow Tie-Dye Shirt

RSVP to jjohnson@cartlonseniorliving.com
at least 3 days before your chosen volunteer day.

SUNDAY, JUNE 21

Father's Day

- 9:00 Sunday Communion Services (TV)
- 10:00 Chair Fitness (CR)
- 10:30 Morning Stroll (FD)
- 11:00 **Father's Day BBQ (LR/DR)**
Music by Andy Leong (LR)
- 1:00 Bingo (AR)
- 2:30 **Card Games with Dad (AR)**
- 4:15 Afternoon Stretch (AR)
- 6:00 A Father's Miracle (TV)

THURSDAY, JUNE 25

- 10:00 Feel Free Fitness (CR)
- 10:30 Morning Stroll (FD)
- 11:00 Early Morning Bingo
- 2:00 **Silver Strummers Ukelele Music (LR)**
- 3:00 **Therapeutic Art Painting (AR)**
- 4:15 Movies & Popcorn (AR)
- 6:00 You've Got Mail (TV)

MONDAY, JUNE 22

- 10:00 Strength Training (CR)
- 10:30 Diamond Art Hour (AR)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 2:30 Pop & Chat (AR)
- 3:00 **Cocktail: California Dreamin' (AR)**
- 4:30 Scattegories (AR)
- 6:00 On Golden Pond (TV)

FRIDAY, JUNE 26

- 10:00 Chair Fitness (CR)
- 10:45 Morning Stroll (FD)
- 11:00 Early Morning Bingo (AR)
- 1:30 **Carlton University Class (AR)**
- 3:00 **Ocean-in-a-Bottle (AR)**
- 4:15 Current Events Discussion (AR)
- 6:00 Let Him Go (TV)

TUESDAY, JUNE 23

- 9:30 Legion of Mary Prayer Hour (IR)
- 10:00 Feel Free Fitness (CR)
- 10:00 Scrabble (AR)
- 11:00 Morning Stroll (FD)
- 1:00 Bingo (AR)
- 3:00 **Baking: Sugar-Free Texas Bites (AR)**
- 4:00 **Rummikub with Ruth (AR)**
- 6:00 **Evening Concert with Antonio (LR)**

SATURDAY, JUNE 27

- 10:00 Feel Free Fitness (CR)
- 10:00 Ladies' Fireplace Chat Time (LR)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **Happy Hour with Beny Rivers (LR)**
- 6:00 Champions (TV)

WEDNESDAY, JUNE 24

- 9:30 **Outing: Bacon & Butter (FD)**
- 10:00 Music & Motion (CY)
- 10:00 Meet your Neighbor (AR)
- 11:00 Morning Stroll (FD)
- 2:00 **Father's Day Bingo (AR)**
- 4:00 **Texas Hold 'Em with Ralph (GR)**
- 4:30 A to Z Word Game: Drinks (AR)
- 6:00 **Board Games with EG Girl Scouts (AR)**

Location Key

1st Floor

FD: Front Desk • CY: Courtyard
LR: Living Room • DR: Dining Room
PDR: Private Dining Room
AR: Activity Room • WC: Wellness Center

2nd Floor

TV: Theater • GR: Game Room
IR: Inspiration Room • CR: Craft Room
Lib: Library • HS: Hair Salon
HWO: Health & Wellness Office



Activities and times are subject to change.

SUNDAY, JUNE 28

- 9:00 Sunday Communion Services (TV)
- 10:00 Chair Fitness (CR)
- 10:30 **Book Club with Sarah (AR)**
- 11:00 Morning Stroll (FD)
- 1:00 **Shuttle: Safeway (FD)**
- 1:30 Bingo (AR)
- 3:00 **Rainbow Tie-Dye Shirt (AR)**
- 4:15 Afternoon Stretch (AR)
- 4:30 **Outing: Il Fornaio (FD)**
- 6:00 The Foreigner (TV)

MONDAY, JUNE 29

- 10:00 Strength Training (CR)
- 10:30 Diamond Art Hour (AR)
- 11:00 Morning Stroll (FD)
- 1:30 Bingo (AR)
- 3:00 **Forum on American Revolution (AR)**
- 4:30 Scattegories (AR)
- 5:30 **Dementia Support Meeting (TV)**

TUESDAY, JUNE 30

- 9:30 Legion of Mary Prayer Hour (IR)
- 10:00 Feel Free Fitness (CR)
- 10:00 Scrabble (AR)
- 11:00 Morning Stroll (FD)
- 1:00 Bingo (AR)
- 3:00 **Baking: Coconut Macaroons (AR)**
- 4:00 **Rummikub with Ruth (AR)**
- 6:00 **Evening Concert with Jimmy S.(LR)**

Physical Therapy

Therapy Hours:
Monday, Wednesday, Friday
9:00 AM to 1:00 PM



To book your appointment,
contact Dave directly at
(916) 955-4151.

Dementia Support Meeting

Monday, June 29th
5:30 PM
Theater, 2nd Floor

RSVP: JOCILYN
jvargas@carltonseniorliving.com

Happy Birthday

June 5 - Art T.

June 8 - Mike H.

June 11 - Lynn C.



Salon

Salon Hours:
Sunday, Tuesday,
Wednesday, Saturday
7:00 AM to 4:30 PM

To book your appointment,
contact Karen directly at
(916) 801-5789.



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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.