



June 2026

# The Carlton Times

Nourishing Mind, Body, and Soul



Pictured: CSL San Jose

# Your Voice Matters

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## HELP SHAPE OUR COMMUNITY

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**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.

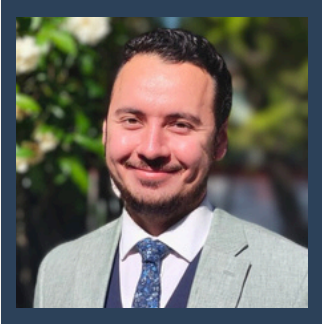


Survey details will be provided by your community team.

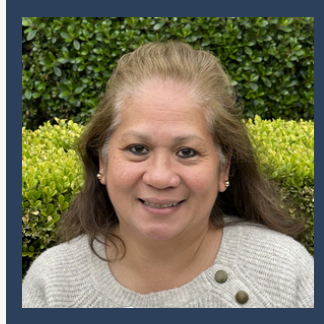


More information coming soon.

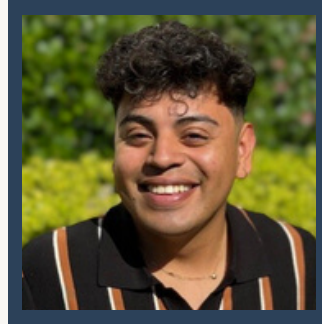
# Meet The Management Team



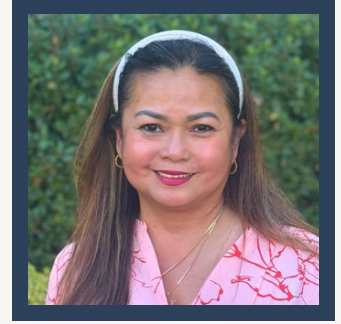
**Gianni Amari**  
Executive Director  
*Monday - Friday*



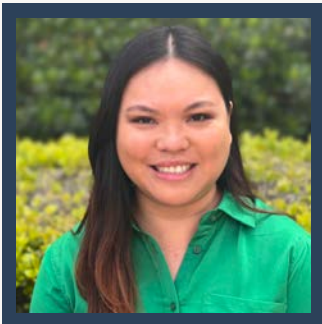
**Cristina Pedagat**  
Executive Assistant  
*Sunday - Thursday*



**Cristian Cruz**  
Director of Resident Services  
*Tuesday-Saturday*



**Elisa Capulong**  
Care Manager  
*Sunday-Thursday*



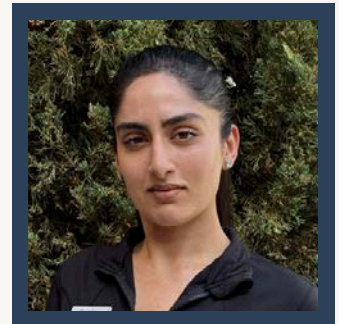
**Bernadette Moya**  
Medication Manager  
*Sunday-Thursday*



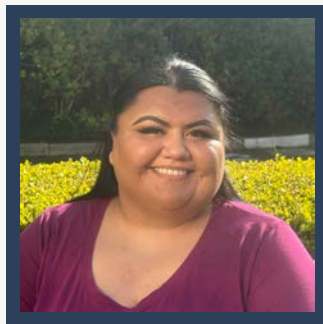
**Philip Ebal**  
Activities Manager  
*Tuesday-Saturday*



**Dron Kumar**  
Maintenance Manager  
*Tuesday-Saturday*



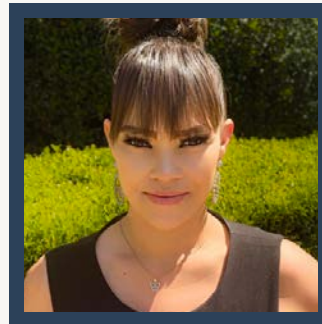
**Wahida Nawabi**  
Resident Liaison  
*Tuesday-Saturday*



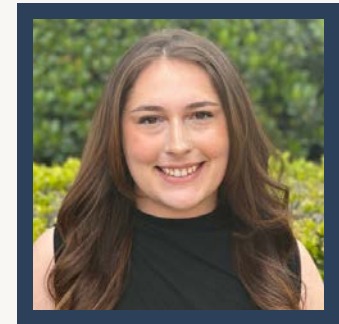
**Reyna Lopez**  
Dining Room Manager  
*Sunday-Thursday*



**Hugo Esquivel**  
Executive Chef  
*Tuesday-Saturday*



**Olivia Allen**  
Sales Director  
*Tuesday-Saturday*



**Ashley Gibson**  
Sales Assistant  
*Sunday-Thursday*

# Transportation Guidelines



## Doctor Shuttles

**Tuesdays and Thursdays**

**Times:** Drop-offs start at 9:00 AM,  
final pick-up at 3:30 PM

**Booking: 72-hour notice required**

*Please be in lobby 30 minutes before  
your scheduled departure time*



## Concierge Rides

Arranged outside normal shuttle hours.

Must be requested 72 hours in advance  
and approved by Activities Manager.

Charges apply.



## Church and Shopping Shuttles

**Church Services**

Sundays, 9:00 AM–12:00 PM

**Shopping Shuttle**

Local store trips (check schedule for times)



## Transportation Charges

**Shuttle Rides:** Free

**Concierge Rides:** \$15 per half  
hour, with a half hour minimum.

## How to Schedule:

Submit a Transportation Request Form to the front desk.

Trips are scheduled by the Activities Manager.

**Questions about our transportation program?**

**Contact Philip Eballo, Activities Manager.**



# June *Happenings*

## Outings

**Monday 6/1: Shopping at Target**  
10:30 AM

**Wednesday 6/3: Rose Garden**  
**San Jose**  
10:00 AM

**Monday 6/8: Shopping at**  
**Walmart**  
10:30 AM

**Wednesday 6/10: Walk & Dine at**  
**Pier 39 - San Francisco**  
10:00 AM

**Friday 6/12: Cantour Museum**  
10:00 AM

**Monday 6/15: Shopping at**  
**Foodmax**  
10:30 AM

**Wednesday 6/17: Fremont**  
**Library**  
11:00 AM

**Monday 6/22: Shopping at**  
**Safeway**  
10:30 AM

**Wednesday 6/24: Minigolf at**  
**Golfland Milpitas**  
10:00 AM

**Monday 6/29: Shopping at**  
**Dollar Tree**  
10:30 AM

## Events

**Tuesday 6/2: In Service**  
Taking Care of Your Back with Suncrest  
Licensed Nurse  
10:30 AM

**Friday 6/5: Happy Hour with Lito**  
**(Saxophone)**  
3:00 PM

**Friday 6/12: Happy Hour with**  
**Kimberlye Gold**  
3:00 PM

**Friday 6/18: Quarterly Destination: Brazil**  
(Experiencing Brazil with Carlton Angels)  
3:30 PM

**Friday 6/19: Pizza / Beer & Billiards**  
**with Olivia**  
3:30 PM

**Sunday 6/21: Father's Day Lunch**  
**with Lito Bautista (Saxophone)**  
3:30 PM

**Thursday 6/25: 1950's Day / Birthday Bash /**  
**Summer Concerts**

**Friday 6/26: Happy Hour with Angel the**  
**Harpist**  
3:00PM

## Theme Days

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

**Day 6/30: Rainbow Theme Day**  
Wear your favorite color.

# RESIDENT *Spotlight*



**Nancy Nastasi**

In 1931, during a difficult time in American history, a little girl named Nancy was born in Youngstown, Ohio. The Great Depression made life uncertain for many families, and Nancy's family moved often while she was growing up. When she was just two years old, they moved to the East Side of Manhattan, beginning a new chapter in a busy city full of life and challenges. Nancy's parents both worked hard to support the family. Her older sister, who was seven years older, made a great sacrifice by staying home from school to help care for young Nancy. Even at a young age, Nancy learned the importance of family, love, and looking after one another. When World War II began, both of Nancy's parents joined the war effort by working at a defense plant. Her father became a skilled welder, while her mother also worked long hours helping support the country during wartime. Nancy witnessed firsthand what dedication and perseverance looked like.

After the war, the family moved once again—this time to Long Island. After years of living in apartments, having a home with a backyard felt magical to Nancy. It was a place where memories could grow. Nancy graduated from Mapham High School in 1949. She loved subjects involving travel and reporting and dreamed of becoming a newspaper reporter someday. Although financial struggles prevented her from attending college right away, Nancy never stopped learning. Later in life, she attended Nassau Community College and earned a social degree in secretarial studies, proving that it is never too late to pursue education and growth.

Right after high school, Nancy began working in Lower Manhattan for ATT in the sales and services department, back in the days before computers and modern technology. The world was very different then—telephone switchboards connected calls by hand, and every task required patience and precision. Nancy worked hard throughout most of her life, taking on various jobs and always carrying herself with grace and determination. Then came one of the greatest blessings of her life.

In 1955, Nancy married Charlie, the love of her life. Their wedding was elegant and formal, complete with a sit-down dinner where no children under 18 were allowed. It was a beautiful celebration of love. Afterward, the newlyweds traveled to Bermuda for their honeymoon—a place so meaningful to them that they returned there again for their 50th wedding anniversary decades later. Together, Nancy and Charlie built a loving family. They raised two children, their daughter Carol and their son Michael. Nancy also became a godmother to Susan, whom she lovingly calls her "Second Blessing." Today, Nancy is also proud to have four grandchildren who continue her family's story.

Charlie's career eventually brought unexpected adventures into Nancy's life. After serving in Japan following the war, Charlie later worked for Grumman Aerospace, where projects connected to aviation and even the moon lander brought exciting opportunities. His work eventually brought the family from the East Coast all the way to California. One special memory Nancy cherishes deeply was flying to Rome to meet Charlie while he was overseas for work. Leaving her mother to care for the home and children, Nancy embarked on an unforgettable journey through Italy with her husband. Together, they explored beautiful cities, experienced new cultures, and created memories that would last forever. Today, Nancy is relatively new to Carlton, but her warmth and kindness have already touched many lives. Friendly, personable, and welcoming, she has a natural gift for making people feel seen and valued. She enjoys attending creative writing classes every Tuesday at Lake Elizabeth and participates in Bible study with her daughter.



# Salon

Salon Hours:  
Open Tuesdays

To book your appointment,  
call Melissa at  
(510) 449-1857.



## THURSDAY, JUNE 4

**LET'S WEAR BLUE TODAY!**

9:00 - Coffee, & Conversation (C)

9:30 - Strength Training (AR)

**10:30 - Culinary Activity:**

**Watermelon (Agua Fresca) (CA)**

2:00 - Bingo (AR)

3:30 - Trivia: Summer Olympics (AR)

6:00 - Evening Movie (TV)

## MONDAY, JUNE 1

9:00 - Coffee & Conversation (C)

9:30 - Feel Free Fitness (AR)

**10:30 - SIGN UP: Shopping at Target (B)**

10:30 - Board games (Scrabble) (AR)

1:00 - Meditation (AR)

2:00 - News Currents (AR)

3:30 - Painting (AR)

6:00 - Evening Movie (TV)

## FRIDAY, JUNE 5

9:00 - Coffee & Conversation (C)

9:30 - Feel Free Fitness (AR)

**10:00 - 12:00 - Sign Up:**

**Errands Day Trip (B)**

10:45 - Ceramics with Fetty (AR)

1:00 - Current News (AR)

**3:00 - Happy Hour with  
Lito (Saxophone)(LR)**

6:00 - Evening Movie (TV)

## TUESDAY, JUNE 2

9:00 - Coffee & Conversation (C)

9:30 - Exercise with Fitness USA (AR)

**10:30 - In- Service:  
Taking Care of Your Back with  
Suncrest Licensed Nurse (AR)**

2:00 - Bingo (AR)

3:30: Mind Game: Jeopardy (AR)

6:00 - Evening Movie (TV)

## SATURDAY, JUNE 6

9:00 - Coffee & Conversation (C)

9:30 - Strength Training (AR)

10:30 - Card Game: BlackJack (AR)

12:00 - Movie Matinee & Pizza (TV)

2:00 - Bingo (AR)

3:30 - Words in Word (LR)

6:00 - Evening Movie (TV)

## WEDNESDAY, JUNE 3

9:00 - Bagels, Coffee, & Conversation (C)

9:30 - Feel Free Fitness (AR)

**10:00 - 12:00: Weight & BP Checks  
(Exercise Room, 2<sup>nd</sup> Floor, By Apt. 240)**

**10:00 - SIGN UP: Rose Garden (B)**

10:30 - Manicure Day (AR)

**1:00 - Fremont Library (LR)**

**1:30 - Bible Study with Pastor Mark (LIB)**

3:30 - Social Hour (LR)

6:00 - Evening Movie (TV)

## Location Key

(AR) Activity Room

(BA) Back Area

(B) Bus/Outing

(C) Cafe

(DR) Dining Room

(GR) Game Room

(LIB) Library

(LR) Living Room

(MPR) Multipurpose Room

(TV) TV Room

*Activities and times are subject to change.*



## SUNDAY, JUNE 7

9:00 - Coffee & Conversation (C)  
**9:00 to 12:30 - SIGN UP: Church Shuttle (B)**  
10:30 : Guess the Tune (AR)  
10:30 : Church Live Stream (TV)  
2:00 - Bingo (AR)  
**3:30 - Crafting together:**  
**Customize Water Bottle with Reyna (AR)**  
6:00 - Evening Movie (TV)

## MONDAY, JUNE 8

9:00 - Coffee & Conversation (C)  
9:30 - Feel Free Fitness (AR)  
**10:30 - SIGN UP: Shopping at Walmart (B)**  
10:30 - Board games: Train Dominos (AR)  
1:00 - Meditation (AR)  
2:00 - News Currents (AR)  
3:30 - Painting (AR)  
6:00 - Evening Movie (TV)

## TUESDAY, JUNE 9

9:00 - Coffee & Conversation (C)  
9:30 - Morning Exercise with Priti (AR)  
10:30 - Creative Writing: Haiku (AR)  
2:00 - Bingo (AR)  
3:30: Mind Game: Family Feud (AR)  
6:00 - Evening Movie (TV)

## WEDNESDAY, JUNE 10

9:00 - Donuts, Coffee, & Conversation (C)  
9:30 - Feel Free Fitness (AR)  
**10:00 - SIGN UP: Walk & Dine @ Pier 39 (SF) (B)**  
10:30 - Flower Arranging (AR)  
1:00 - Music & Memories with Stacy (AR)  
2:00 - Crafting together:  
Front Door Blossoms(AR)  
**3:00 - RESIDENT COUNCIL MEETING (MPR)**  
6:00 - Evening Movie (TV)

## THURSDAY, JUNE 11

**LET'S WEAR SNEAKERS TODAY!**  
9:00 - Coffee, & Conversation (C)  
9:30 - Strength Training (AR)  
**10:30 - Culinary Activity:**  
**Pineapple (Agua Fresca) (CA)**  
2:00 - Bingo (AR)  
3:30 - Trivia: Let's talk about Sneakers (AR)  
6:00 - Evening Movie (TV)

## FRIDAY, JUNE 12

9:00 - Coffee & Conversation (C)  
9:30 - Feel Free Fitness (AR)  
**10:00 - SIGN UP:**  
**CANTOUR MUSEUM (B)**  
1:00 - Current News (AR)  
**3:00 - HAPPY HOUR WITH**  
**KIMBERLYE GOLD (AR)**  
6:00 - Evening Movie (TV)

## SATURDAY, JUNE 13

9:00 - Coffee & Conversation (C)  
9:30 - Strength Training (AR)  
10:30 - Card Game: Texas Holdem Poker &  
Therapy Dog Visit - Grinch (AR)  
12:00 - Movie Matinee & Pizza (TV)  
2:00 - Bingo (AR)  
3:30 - Words in Word (LR)  
6:00 - Evening Movie (TV)

## Resident Meetings

**Resident Council Meeting - Wed. 6/10**  
**Resident Feedback Meeting - Wed. 6/17**

*All meetings are held in the  
Multipurpose Room at 3:00 PM*

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

## SUNDAY, JUNE 14

### *Flag Day*

- 9:00 - Coffee & Conversation (C)
- 9:00 to 12:30 - SIGN UP: Church Shuttle (B)**
- 10:30 : Guess the Tune (AR)
- 10:30 : Church Live Stream (TV)
- 2:00 - Bingo (AR)
- 3:30 - Crafting together: Sumer Tie Dye (AR)
- 6:00 - Evening Movie (TV)

## THURSDAY, JUNE 18

### *Quarterly Destination: Discover Brazil / Let's Wear Green & Yellow!*

- 9:00 - Coffee, & Conversation (C)
- 9:30 - Strength Training (AR)
- 10:30 - Destination Presentation: Brazil (AR)**
- 2:00 - Brazilian Bingo (AR)**
- 3:30 - Experiencing Brazil: Flavors, Culture & Carlton's Angel Performance (MPR)**
- 6:00 - Evening Movie (TV)

## MONDAY, JUNE 15

- 9:00 - Coffee & Conversation (C)
- 9:30 - Feel Free Fitness (AR)
- 10:30 - SIGN UP: SHOPPING AT FOODMAX (B)**
- 10:30 - Board games: Yahtzee (AR)
- 1:00 - Meditation (AR)
- 2:00 - News Currents (AR)
- 3:30 - Painting (AR)
- 6:00 - Evening Movie (TV)

## FRIDAY, JUNE 19

### *Juneteenth*

- 9:00 - Coffee & Conversation (C)
- 9:30 - Feel Free Fitness (AR)
- 10:00 - 12:00 - SIGN UP: ERRANDS DAY TRIP (B)**
- 10:45 - Ceramics with Fetty (AR)
- 1:00 - PIZZA / BEER & BILLARDS WITH OLIVIA (GR)**
- 3:00 - HAPPY HOUR WITH CLAUDIO (MPR)**
- 6:00 - Evening Movie (TV)

## TUESDAY, JUNE 16

- 9:00 - Coffee & Conversation (C)
- 9:30 - Exercise with Fitness USA (AR)
- 10:30 - Creative Writing: Dear Me (AR)
- 2:00 - Bingo (AR)
- 3:30: Mind Game: Around the World (LR)
- 6:00 - Evening Movie (TV)

## SATURDAY, JUNE 20

- 9:00 - Coffee & Conversation (C)
- 9:30 - Strength Training (AR)
- 10:30 - Card Game: Black Jack & Therapy Dog Visit - Grinch (AR)
- 12:00 - Movie Matinee & Pizza (TV)
- 2:00 - Bingo (AR)
- 3:30 - Words in Word (LR)
- 6:00 - Evening Movie (TV)

## WEDNESDAY, JUNE 17

- 9:00 - Donuts, Coffee, & Conversation (C)
- 9:30 - Feel Free Fitness (AR)
- 10:30 - FOOD COMMITTEE MEETING (LIB)**
- 11:00 - SIGN UP: FREMONT LIBRARY (B)**
- 1:30 - BIBLE STUDY WITH PASTOR MARK (LIB)**
- 3:00 - RESIDENT FEEDBACK MEETING (MPR)**
- 6:00 - Evening Movie (TV)



*Destination:*   
**BRAZIL**

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

Departure: Thursday, June 18th at 3:30PM in the Multipurpose Room

## SUNDAY, JUNE 21

### Father's Day

- 9:00 - Coffee & Conversation (C)
- 9:00 to 12:30 - SIGN UP: Church Shuttle (B)**
- 10:30 : Church Live Stream (TV)
- 11:30 - 1:30 - Father's Day Luch  
with Lito Bautista (Saxophone) (DR)**
- 2:00 - Bingo (AR)
- 3:30 - Crafting together:  
Floral Embroidery (AR)
- 6:00 - Evening Movie (TV)

## THURSDAY, JUNE 25

### 1950 / Birthday Bash 1950s Dress-Up Day

- 9:00 - Coffee, & Conversation (C)
- 9:30 - Strength Training (AR)
- 10:30 - Documentary : 100 Forgotten  
Memories of Life in 1950s America (AR)
- 2:00 - 1950 Bingo (AR)
- 3:30 - Trivia: 1950's
- 4:30 - Resident Birthday Celebration (DR)**
- 6:00 - Summer Concert (CY)
- 6:00 - Evening Movie (TV)

## MONDAY, JUNE 22

- 9:00 - Coffee & Conversation (C)
- 9:30 - Feel Free Fitness (AR)
- 10:30 - SIGN UP: Shopping at Safeway (B)**
- 10:30 - Board games: Loteria  
(Mexican Bingo) (AR)
- 1:00 - Meditation (AR)
- 2:00 - News Currents (AR)
- 3:30 - Painting (AR)
- 6:00 - Evening Movie (TV)

## FRIDAY, JUNE 26

- 9:00 - Coffee & Conversation (C)
- 9:30 - Feel Free Fitness (AR)
- 10:00 - 12:00 - Sign Up:  
Errands Day Trip (B)**
- 1:00 - Current News (TV)
- 3:00 - Happy Hour  
with Angel the Harpist (MPR)**
- 6:00 - Evening Movie (TV)

## TUESDAY, JUNE 23

- 9:00 - Coffee & Conversation (C)
- 9:30 - Exercise with Priti (AR)
- 10:30 - Creative Writing:  
My Perfect Morning  
(Describing the Ideal Relaxing Morning) (AR)
- 2:00 - Bingo (AR)
- 3:30: Mind Game: Charades (AR)
- 6:00 - Evening Movie (TV)

## SATURDAY, JUNE 27

- 9:00 - Coffee & Conversation (C)
- 9:30 - Strength Training (AR)
- 10:30 - Around the World &  
Therapy Dog Visit - Grinch (LR)
- 12:00 - Movie Matinee & Pizza (TV)
- 2:00 - Bingo (AR)
- 3:30 - Words in Word (LR)
- 6:00 - Evening Movie (TV)

## WEDNESDAY, JUNE 24

- 9:00 - Donuts, Coffee, & Conversation (C)
- 9:30 - Feel Free Fitness (AR)
- 10:00 - SIGN UP: Minigolf @ Golfland  
with Wahida (B)**
- 10:30: Wine Tasting (AR)
- 1:00 - Music & Memories with Stacy (AR)
- 2:00 - Crafting together:  
Mosaic Coasters (AR)
- 3:30 - Social Hour (LR)
- 6:00 - Evening Movie (TV)

## Resident of the Month



June 2026  
*Carol O.*

*Would you like to nominate  
one of your neighbors?  
Nomination forms are  
located in the mailroom.*

## SUNDAY, JUNE 28

- 9:00 - Coffee & Conversation (C)
- 9:00 to 12:30 - SIGN UP: Church Shuttle (B)**
- 10:30 - Guess the Tune (AR)
- 10:30 - Church Live Stream (TV)
- 2:00 - Bingo (AR)
- 3:30 - Crafting together:  
    Beading with Elisa (AR)
- 6:00 - Evening Movie (TV)

## MONDAY, JUNE 29

- 9:00 - Coffee & Conversation (C)
- 9:30 - Feel Free Fitness (AR)
- 10:30 - SIGN UP:  
    SHOPPING AT DOLLAR TREE (B)**
- 10:30 - Board games:  
    Snakes & Ladders Social (AR)
- 1:00 - Meditation (AR)
- 2:00 - News Currents (AR)
- 3:30 - Painting (AR)
- 6:00 - Evening Movie (TV)

## TUESDAY, JUNE 30

- 9:00 - Coffee & Conversation (C)
- 9:30 - Strength Training (AR)
- 10:30 - Creative Writing:  
    The Best Job I Ever Had (AR)
- 2:00 - Bingo & Grand Prize Raffle (AR)
- 3:30: Mind Game: Around the World (AR)
- 6:00 - Evening Movie (TV)

## 1950s Experience

Thursday, June 25

Wear 1950s  
fashion.



All Carlton residents and employees are encouraged to dress for the occasion

## Happy Birthday

- June 5 - Ron B.
- June 6 - Patricia K.
- June 10 - Margarita G.
- June 16 - Toni T.
- June 18 - Michiko N.
- June 19 - Nikhil K.
- June 23 - David G.
- June 23 - Nhan Y.
- June 26 - Eva B.



## Follow Us!

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



## ERRANDS DAY TRIP

**Time:** 10:00 AM - 12:00 NN  
**Location:** Within a 5-mile radius  
(local community destinations)

*Important:*

*Sign-up is required to reserve your spot. Spaces are limited, so early registration is encouraged.*





## *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.