



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.

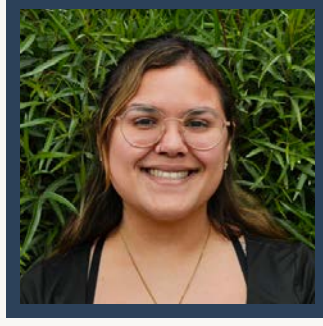


More information coming soon.

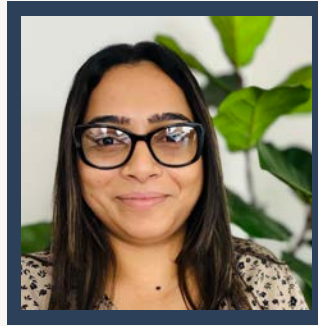
Meet The Management Team



Manny Dirar
Executive Director



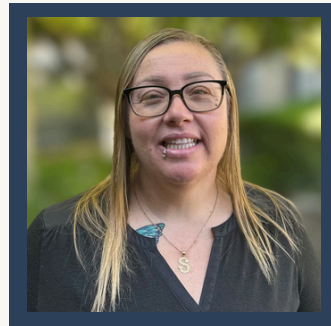
Paola Jasso-Ortiz
Executive Assistant



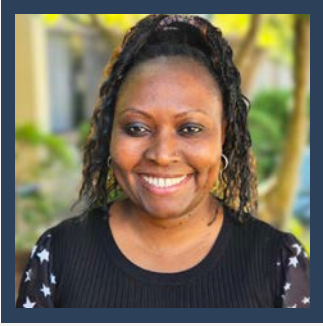
Sukhwans Samra
Director of Resident
Services



Kelly Smitley
Director of Memory
Care



Sarah Nichols
Assisted Living Care
Manager



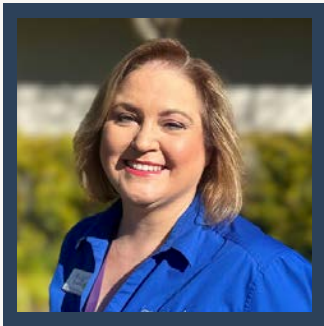
Mary Kingori
Medication Manager



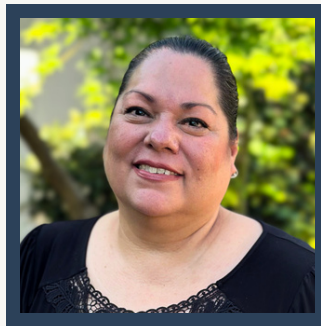
Darren Zinck
Chef



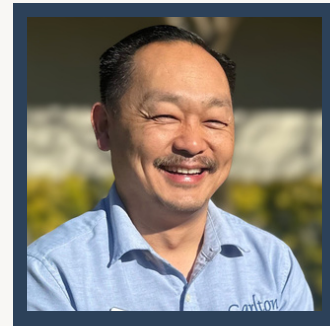
Monica Saelee
Dining Room Manager



Cynthia Lipford
Assisted Living
Activities Manager



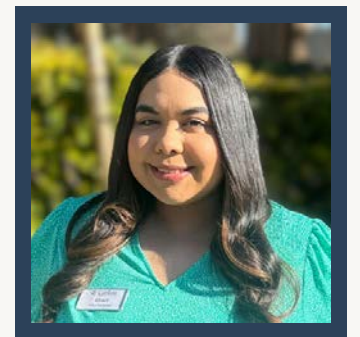
Rebecca Frieholtz
Memory Care
Activities Manager



Tou Yang
Maintenance Manager



Vanessa Romero
Sales Director



Graciela Paz
Resident Experience Specialist

Transportation Guidelines



Doctor Shuttle

Tuesdays and Thursdays

Drop offs start: 9:00 AM - Final Pickup: 4:00 PM

Driver unavailable from 11:30 AM to 12:30 PM

48-hour notice required

Subject to Cynthia's approval and driver availability



Outings and Scenic Drives

Monthly scenic drives and outings

Check the activity schedule for details

Some June have associated costs



Church Shuttles

Sundays

Free transportation within a 10-mile radius, 9:00 AM-12:30 PM.

Current Stops

Divine Savior Catholic Church, Redeemer Covenant Church (others can be added).



Transportation Charges

Within 10 Miles

FREE

Outside 10 Miles

\$15/half hour (1-hour minimum), \$7.50 per quarter hour thereafter

How to Schedule:

1. Contact Cynthia or John (Driver):

Text: Cynthia (925-965-0146)

Email: clipford@carltonseniorliving.com & orangevaleactivities@carltonseniorliving.com

2. Request Form: Fill out at the Front Desk or Cynthia's office



June Happenings



Events

Wednesday 6/3: Beny Rivers
3:30 PM

Saturday 6/6: Pete Schroeder
2:00 PM

**Wednesday 6/10: Karaoke
Happy Hour**
3:30 PM

**Saturday 6/13: Rickey
Hammonds**
2:00 PM

Wednesday 6/17: Tommy T
3:30 PM

Saturday 6/20: Chaz Steffan
2:00 PM

**Wednesday 6/24: Tavern
Companions**
3:30 PM

Saturday 6/27: Kim Myers
2:00 PM

Outings

Monday 6/1: Dollar Tree
1:45 PM

Wednesday 6/3: Walmart
10:30 AM

Wednesday 6/10: Baskin-Robbins
10:00 AM

Wednesday 6/24: Library Outing
10:00 AM

Theme Days

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

**Wednesday 6/24: Rainbow
Theme Day**
Wear your favorite color.

RESIDENT *Spotlight*

Please give a warm Carlton welcome to Donna Lisbon! Donna was born in Visalia, California, and she and her younger sister grew up in “a nice big house.” Donna’s grandparents raised pigs, and later chickens, on their 80-acre farm, and Donna and her younger sister would help their grandmother make homemade sausage! Donna also remembers taking the train all the way from nearby Hanford to San Francisco, which took several hours. She loved the ride, though, and enjoyed seeing all the fancy hats and dresses the big-city ladies would wear.

After high school, Donna went to Fresno State University and later became a teacher. She said she was drawn to the profession because she loved the kids! Donna taught 1st grade for a while, and then spent many years teaching kindergarten. After her children were born, Donna went into substitute teaching and later received her credentials for special education.

Donna enjoyed traveling and more than once went all the way to Germany to visit distant relatives. She also went to Hawaii several times. In addition to traveling, Donna enjoys trying different kinds of food, and from her mother inherited a special fondness for See’s Candy. Donna is an early-bird and likes to keep busy and be helpful. She enjoys people and music and played several different instruments in her earlier days.

Donna has several good friends from her school days that she still keeps in touch with. She is also the proud mother of two daughters, and also has one grandson and one granddaughter.



Donna Lisbon

Welcome to the
Carlton Family

Arlene C.

THURSDAY, JUNE 4

- 9:00 - Garden Group (CC)
- 10:15 - Morning Discussion: Time Capsule (AR)
- 11:00 - Morning Walk (L)
- 1:00 - Ceramics with Susan (CR)
- 2:00 - Feel Free Fitness (CR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

MONDAY, JUNE 1

Pride Month

- 9:15 - Morning Walk (L)
- 10:00 - Worship Service (CR)
- 11:00 - Standing Balance (CR)
- 1:00 - Gentle Seated Exercises with Shauna (CR)
- 1:45 - SIGN UP: Dollar Tree (L)**
- 2:00 - Signing Circle: Country Favorites (LR)**
- 3:30 - 10¢ Bingo (AR)
- 6:00 - Evening Movie (AR)

FRIDAY, JUNE 5

- 9:30 - Morning Walk (L)
- 10:00 - Spintopia (AR)
- 11:00 - Name That Person: First Ladies, Famous Firsts, and Songs (AR)**
- 1:00 - Afternoon Stretch (AR)
- 2:00 - Card Group: Twenty-One (AR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

TUESDAY, JUNE 2

- 9:00 - Morning Walk (AR)
- 10:15 - Morning Discussion: Destination (AR)
- 11:00 - Celebration Nation: Pride Month (AR)**
- 1:00 - Art: Rainbow with Clouds (CR)**
- 2:00 - Feel Free Fitness (AR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

SATURDAY, JUNE 6

- 9:30 - Morning Walk (L)
- 10:15 - Bean Bag Toss (LR)
- 11:00 - Mid Morning Stretch (AR)
- 1:00 - Games Corner: Scrabble (AR)
- 2:00 - Live! In the Living Room: Skip Morgan (LR)**
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

WEDNESDAY, JUNE 3

- 9:00 - Morning Walk (AR)
- 10:15 - Morning Discussion: This Week in History (AR)
- 10:30 - SIGN UP: Shopping at Walmart (L)**
- 11:00 - June Jeopardy Trivia (LR)
- 1:00 - On The Whiteboard: 5 Names, 5 Jobs, 5 Places (LR)**
- 1:30 - Balance for Life with Joan (CR)
- 2:15 - Mexican Train Dominoes (CR)
- 3:30 - Happy Hour with Beny Rivers (AR)**
- 6:00 - Evening Movie (AR)

Location Key

- (AR) Activities Room
- (CC) Central Courtyard
- (CY) Courtyard off Living Room
- (CR) Craft Room
- (DR) Dining Room
- (LR) Living Room
- (L) Lobby
- (PDR) Private Dining Room



Activities and times are subject to change.

SUNDAY, JUNE 7

- 9:15 - SIGN UP: Church Shuttles Begin (L)
- 10:15 - Donuts Social (LR)
- 11:00 - Morning Walk (L)
- 1:00 - SIGN UP: Folsom Marina & Folsom Point (L)**
- 1:30 - Sunday Documentary: "Apollo 11" (2019) Rated G (1h 32m) (AR)**
- 3:30 - Bingo (AR)
- 6:30 - Evening Movie (AR)

THURSDAY, JUNE 11

- 9:00 - Garden Group (CC)
- 10:15 - Morning Discussion: Time Capsule (AR)
- 11:00 - Morning Walk (L)
- 1:00 - Craft: Terracotta Windchime (CR)**
- 2:00 - Feel Free Fitness (CR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

MONDAY, JUNE 8

- 9:15 - Morning Walk (L)
- 10:00 - Worship Service (CR)
- 11:00 - Standing Balance (CR)
- 1:00 - Gentle Seated Exercises with Shauna (CR)
- 1:45 - SIGN UP: Scenic Drive to Barton and Laird Roads (L)**
- 2:00 - Signing Circle: American Songbook #1 (LR)**
- 3:30 - 10¢ Bingo (AR)
- 6:00 - Evening Movie (AR)

FRIDAY, JUNE 12

- 9:30 - Morning Walk (L)
- 10:00 - Spintopia (AR)
- 11:00 - That's "MAN"-iacal (AR)**
- 1:00 - Movement and Music with Alicia (AR)
- 2:15 - Card Group: Uno (AR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

TUESDAY, JUNE 9

- 9:00 - Morning Walk (L)
- 10:15 - Morning Discussion: Destination (AR)
- 11:00 - Stitching Circle (AR)
- 1:00 - Craft: Rainbow Tie-Dye Shirts (CR)**
- 2:00 - Feel Free Fitness (AR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

SATURDAY, JUNE 13

- 9:30 - Morning Walk (L)
- 10:15 - Bean Bag Toss (LR)
- 11:00 - Mid Morning Stretch (AR)
- 1:00 - Games Corner: Quirkle (AR)
- 2:00 - Live! In the Living Room: Rickey Hammonds (LR)**
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

WEDNESDAY, JUNE 10

- 9:00 - Morning Walk (AR)
- 10:15 - Morning Discussion: This Week in History (AR)
- 10:30 - SIGN UP: Baskin-Robbins (L)**
- 11:00 - Cruising Trivia (AR)
- 1:00 - Using Your Alexa Device (LR)**
- 1:30 - Balance for Life with Joan (CR)
- 2:15 - Mexican Train Dominoes (CR)
- 3:30 - Karaoke Happy Hour (AR)**
- 6:00 - Evening Movie (AR)

Follow Us!



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CSLORANGEVALE



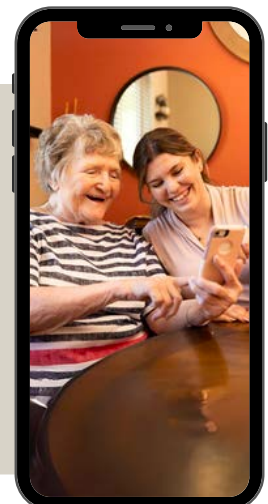
@CARLTONSENIORLIVING



@CARLTONSRSENIOR



CARLTON SENIOR LIVING



SUNDAY, JUNE 14

Flag Day

- 9:15 - SIGN UP: Church Shuttles Begin (L)
- 10:15 - Donuts Social (LR)
- 10:45 - Communion Service (PDR)
- 11:00 - Morning Walk (L)
- 1:00 - SIGN UP: Scenic Drive to Winding Way and Sailor Bar (L)**
- 1:30 - Hymn Singing with Sunrise Church (LR)**
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

THURSDAY, JUNE 18

- 9:00 - Garden Group (CC)
- 10:15 - Morning Discussion: Time Capsule (AR)
- 11:00 - Morning Walk (L)
- 1:00 - Ceramics with Susan (CR)**
- 2:00 - Feel Free Fitness (CR)
- 3:15 - Resident Council Meeting (CR)**
- 4:00 - Spintopia (CR)**
- 6:30 - Evening Movie (AR)

MONDAY, JUNE 15

- 9:15 - Morning Walk (L)
- 10:00 - Worship Service (CR)
- 11:00 - Standing Balance (CR)
- 1:00 - Gentle Seated Exercises with Shauna (CR)
- 2:00 - Singing Circle: Old Time Favorites (LR)
- 3:30 - 10¢ Bingo (AR)
- 6:00 - Evening Movie (AR)

FRIDAY, JUNE 19

Juneteenth

- 9:30 - Morning Walk (L)
- 10:15 - Spintopia (AR)
- 11:00 - What Am I? (L)**
- 1:00 - Juneteenth: Black Cowboys (AR)**
- 2:15 - Card Group: Twenty-One (AR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

TUESDAY, JUNE 16

- 9:00 - Morning Walk (L)
- 10:15 - Morning Discussion: Destination (AR)
- 11:00 - Stitching Circle (AR)
- 1:00 - What Am I? (AR)**
- 1:30 - Therapy Dogs (LR)**
- 2:00 - Feel Free Fitness (CR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

SATURDAY, JUNE 20

- 9:30 - Morning Walk (L)
- 10:15 - Bean Bag Toss (LR)
- 11:00 - Mid Morning Stretch (AR)
- 1:00 - Games Corner: Yahtzee (AR)
- 2:00 - Live! In the Living Room: Chaz Steffan on Guitar (LR)**
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

WEDNESDAY, JUNE 17

- 9:00 - Morning Walk (L)
- 10:15 - Morning Discussion: This Week in History (AR)
- 11:00 - Random Trivia (AR)
- 1:00 - On the Whiteboard: Word Within a Word (LR)**
- 1:30 - Balance for Life with Joan (CR)
- 2:15 - Mexican Train Dominoes (CR)
- 3:30 - Happy Hour with Tommy T (AR)**
- 6:00 - Evening Movie (AR)

Resident Council

Thursday, June 18th

3:15 PM - Craft Room

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

SUNDAY, JUNE 21

Happy Father's Day!

- 9:15 - SIGN UP: Church Shuttles Begin (L)
- 9:30 - Knee and Leg Strengthening (AR)
- 10:15 - Donut Social (LR)
- 10:45 - Communion Service (PDR)
- 11:00 - Morning Walk (L)
- 1:00 - TV Fathers (AR)**
- 2:00 - Beer, Pretzels, And Live Music (AR)**
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

THURSDAY, JUNE 25

- 9:00 - Garden Group (CC)
- 10:15 - Science for Seniors: Rainbows (CR)**
- 11:00 - Morning Walk (L)
- 1:00 - Art: Sailboat Paint-Along Part 2 (CR)**
- 2:00 - Feel Free Fitness (CR)
- 3:30 - Bingo (AR)
- 6:30 - Evening Movie (AR)

MONDAY, JUNE 22

- 9:15 - Morning Walk (L)
- 10:00 - Worship Service (CR)
- 10:30 - Baby Bunnies Visit (LR)**
- 11:00 - Standing Balance (CR)
- 1:00 - Gentle Seated Exercises with Shauna (CR)
- 2:00 - Singing Circle: American Songbook #3 (LR)
- 3:30 - 10¢ Bingo (AR)
- 6:00 - Evening Movie (AR)

FRIDAY, JUNE 26

- 9:30 - Morning Walk (L)
- 10:15 - Spintopia (AR)
- 11:00 - Carlton University: Topic TBD (AR)**
- 1:00 - Movement and Music with Alicia (AR)
- 2:15 - Card Group: Poker (AR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

TUESDAY, JUNE 23

- 9:00 - Morning Walk (L)
- 10:15 - Morning Discussion: Destination (AR)
- 11:00 - Stitching Circle (AR)
- 1:00 - Art: Sailboat Paint-Along Part 1 (AR)**
- 2:00 - Feel Free Fitness (AR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

SATURDAY, JUNE 27

- 9:30 - Morning Walk (L)
- 10:15 - Bean Bag Toss (LR)
- 11:00 - Mid Morning Stretch (AR)
- 1:00 - Gardening Quiz (LR)
- 1:30 - Live! In the Living Room: Curt Stoffel (LR)**
- 2:45 - Games Corner: Scattergories (AR)
- 3:30 - Bingo (AR)
- 6:00 - Evening Movie (AR)

WEDNESDAY, JUNE 24

- 9:00 - Morning Walk (L)
- 10:15 - Morning Discussion: This Week in History (AR)
- 10:30 - SIGN UP: Library Outing (L)**
- 11:00 - More June Jeopardy Trivia (AR)
- 1:00 - Rainbow Sno-Cones (LR)**
- 1:30 - Balance for Life with Joan (CR)
- 2:15 - Mexican Train Dominoes (CR)
- 3:30 - Happy Hour with Antonio (AR)**
- 6:00 - Evening Movie (AR)



Salon

Salon Hours:
Open Tuesdays

To book your appointment,
give Wendy a call at
(916) 412-2349.



SUNDAY, JUNE 28

9:15 - SIGN UP: Church Shuttles Begin (L)
9:30 - Knee and Leg Strengthening (AR)
10:15 - Donuts and Trivia (LR)
10:45 - Communion Service (PDR)
11:00 - Morning Walk (L)
**1:00 - Documentary: "Room To Move" (2025)
Rated TV-14 (1h 52m) (AR)**
**1:30 - SIGN UP: Scenic Drive to Granite Bay
and Beals Point (L)**
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

MONDAY, JUNE 29

9:15 - Morning Walk (L)
10:00 - Worship Service (CR)
11:00 - Standing Balance (CR)
1:00 - Gentle Seated Exercises with Shauna (CR)
2:00 - Reviewing the July Calendar (LR)
3:30 - 10¢ Bingo (AR)
6:00 - Evening Movie (AR)

TUESDAY, JUNE 30

9:00 - Morning Walk (L)
10:15 - Morning Discussion: Destination (AR)
11:00 - Stitching Circle (AR)
1:00 - Open Arts Studio (CR)
2:00 - Feel Free Fitness (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

Happy Birthday

June 1 - Vera A.

June 8 - Virginia B.

June 14 - Norma T.

June 24 - Myrna D.



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 for Sailboat Paint-Along on
June 23rd and 25th at 1:00 PM





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.