



# 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.

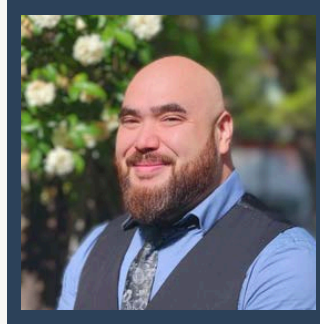
# Meet The Management Team



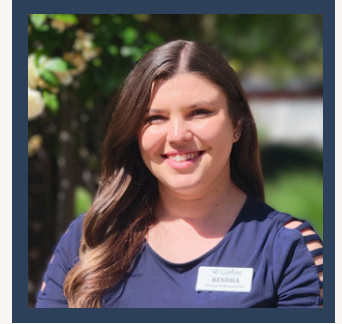
**Kasie Wimmer**  
Executive Director



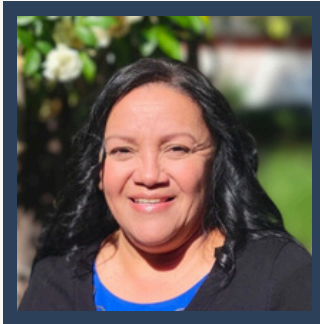
**Christin Pannell**  
Senior Executive  
Assistant



**Cal Mendiola**  
Director of Resident  
Services - Atrium



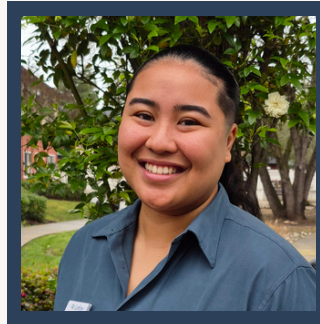
**Kendra Braida**  
Director of Resident  
Services - Courtyard



**Rose De La Garza**  
Director of Memory Care



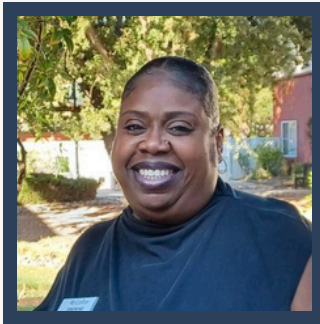
**Ally Watson**  
Medication Manager



**Kayla Fermil**  
Care Manager - Atrium



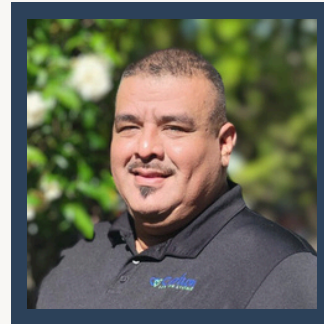
**Macy-Jordan Denico**  
Care Manager - Courtyard



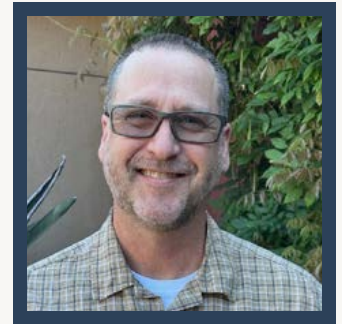
**Dionne Hamilton**  
Resident Liaison



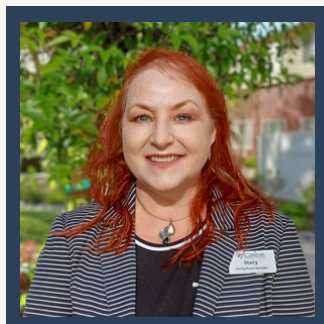
**Sheila Gulle**  
Activities Manager



**Jose Bernales**  
Maintenance Manager



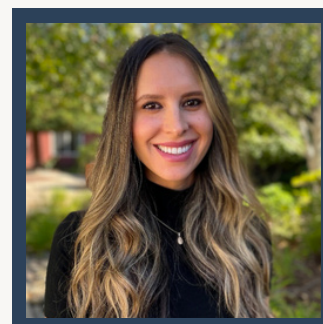
**David Lutz**  
Chef



**Stacey Sorokowsky**  
Dining Room Manager



**Felix James**  
Sales Director



**Aimee Beck**  
Sales Director

# Transportation Guidelines



## Doctor Shuttle

**Mondays, Tuesdays, Thursdays**

Drop offs start: 9:00 AM

Final Pickup: 3:00 PM

**72-hour notice required**

Requests are subject to driver availability.



## Outings and Scenic Drives

**Monthly scenic drives and outings**

Check the activity schedule for details



## Shopping Shuttle

**Wednesdays**

Check the newsletter for locations and departure time

**Sign Up**

Contact the front desk to reserve your spot



## Transportation Charges

**Within 10 Miles**

FREE

**Outside 10 Miles**

\$15/half hour, with a half hour minimum.

*Transportation outside the 10 mile radius will be accommodated when possible, but is not guaranteed.*

## How to Schedule:

**Doctor Shuttle:** Contact the Front Desk

**Other Trips:** Sign up at the Carlton Kiosk

**Questions? Contact Sheila Gulle, Activities Manager**

# RESIDENT

## *Spotlight*

Bonnie was born in Canada on January 10 to Lucia and Clint Crowe, a pilot for the Royal Canadian Air Force. When she was three, her family relocated to the California Bay Area.

Her fondest childhood memories are of the days spent playing with Cathy, her dear friend from down the street.

Bonnie began her college journey at the University of the Pacific in Stockton before transferring to Sacramento State University on a full academic scholarship, where she earned her degree in English.

During her summers, she gained experience working at Aerojet, which paved the way for her career as a computer programmer for Sacramento County.

Bonnie later married Bill and warmly embraced his five children, loving and raising them as her very own.

Throughout her life, travel brought her great joy, with a particularly meaningful trip back to her Canadian birthplace.

Guided by the philosophy to "love your neighbor," Bonnie truly gets along with everyone she meets.



**Bonnie Coleman**



# June Happenings

## Events

**Wednesday, 6/3**  
**Happy Hour with**  
**The Evening Star Band**  
3:30 pm

**Tuesday, 6/9**  
**Music Therapy with Danielle**  
9:30 am

**Wednesday, 6/10**  
**Destination: Brazil**  
1:00 pm (CY-AR)  
**Happy Hour with Collin**  
3:30 pm

**Thursday, 6/11**  
**Uncle Jer's Travelling Bee Show**  
1:00 pm

**Wednesday, 6/17**  
**Happy Hour with Lori**  
3:30 pm

**Sunday, 6/21**  
**Father's Day Luncheon**  
11:30 am

**Tuesday, 6/23**  
**Music Therapy with Danielle**  
9:30 am

**Wednesday, 6/24**  
**Happy Hour with Rick**  
3:30 pm

## Outings

**Wednesday, 6/3:**  
**Outing: Capitol Mall Farmers' Market**  
10:00 am  
**Shopping: Walmart**  
2:30 pm

**Wednesday, 6/10**  
**Shopping: Trader Joe's**  
9:30 am  
**Outing: Bennett's American Cooking**  
11:30am

**Wednesday, 6/17**  
**Shopping: Safeway & Dollar Tree**  
9:30 am  
**Outing: McKinley Park - Rose Garden**  
11:00 am

**Wednesday, 6/24**  
**Outing: RedHawk Casino**  
9:30 am  
**Shopping: Target**  
2:30 pm

## Theme Days

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

**Thursday, June 11th**  
**Rainbow Theme Day**  
Wear your favorite color

Welcome to the  
*Carlton Family*

Phyllis L.  
Midge B.

## THURSDAY, JUNE 4

- 9:30 - Morning Stroll (FD)
- 10:00 - Balloon Badminton (LR)
- 10:30 - Trivia (LR)
- 1:00 - Scattergories (LR)
- 2:30 - Introduction to Scrapbooking (LR)**
- 6:00 - Movie: Pretty Woman (AR)

## MONDAY, JUNE 1

### **Pride Month**

- 9:30 - Feel Free Fitness (LR)
- 10:15 - Kings in the Corner (LR)
- 1:00 - Popcorn & Conversations (LR)
- 2:00 - Bingo (LR)
- 3:00 - 20 Questions (LR)
- 6:00 - Movie: Going in Style (AR)

## FRIDAY, JUNE 5

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Nail Salon (LR)
- 1:00 - Popcorn & World News Review (LR)
- 2:00 - Bingo (LR)
- 3:00 - End to End (LR)
- 6:00 - Movie: 27 Dresses (AR)

## TUESDAY, JUNE 2

- 9:30 - Chair yoga (LR)
- 10:30 - Story of My Life (LR)
- 1:00 - Pet Therapy Time with Thor (LR)**
- 1:15 - Dominoes (LR)
- 2:00 - Artist Spotlight:  
Leonardo da Vinci (LR)**
- 3:00 - Root Beer Float Social (AR)
- 6:00 - Movie: Mother's Day (AR)

## SATURDAY, JUNE 6

- 9:30 - Fabulous Fitness (LR)
- 10:15 - Ball Toss (LR)
- 1:00 - Trivia (LR)
- 2:00 - Candy Bingo (LR)
- 3:00 - Singing Circle (LR)
- 6:00 - Movie: Letters to Juliet (AR)

## WEDNESDAY, JUNE 3

- 9:30 - Feel Free Fitness (LR)
- 10:00 - Outing: Capitol Farmer's Market: (FD)
- 10:30 - Trivia (LR)
- 10:45 - Communion (In Apartment)
- 1:00 - Word in a Word (LR)
- 1:00 - Shopping: Walmart (FD)
- 2:00 - Bingo (LR)
- 3:30 - Happy Hour w/ Evening Star Band (LR)**
- 6:00 - Movie: The Proposal (AR)

## Location Key

CY: Courtyard • AT: Atrium



### **1st Floor:**

FD: Front Desk • BW: Breezeway  
LR: Living Room • PT: Patio  
AW: Outdoor Awning

### **2nd Floor:**

AR: Activity Room • TV: TV Room

*Activities and times are subject to change.*

## SUNDAY, JUNE 7

- 9:30 - St. Ignatius Church Service (AR)
- 9:30 - Morning Stretch (LR)
- 10:15 - SPCA Love on Loan Pet Visit (LR)**
- 10:30 - Coffee & Donut Social (AR) (LR)
- 1:00 - Uno (LR)
- 2:00 - Drum Fit (LR)
- 3:00 - Sun. Matinee: Waterworld (AR)

## THURSDAY, JUNE 11

- 9:30 - Morning Stroll (FD)
- 10:00 - Balloon Badminton (LR)
- 10:30 - Trivia (LR)
- 1:00 - Uncle Jer's Travelling Bee Show (LR)**
- 2:30 - Scattergories (LR)
- 6:00 - Movie: Meet the Parents (AR)

## MONDAY, JUNE 8

- 9:30 - Feel Free Fitness (LR)
- 10:15 - Kings in the Corner (LR)
- 1:00 - Popcorn & Conversations (LR)
- 2:00 - Bingo (LR)
- 3:00 - 20 Questions (LR)
- 6:00 - Movie: Mother's Day (AR)

## FRIDAY, JUNE 12

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Nail Salon (LR)
- 1:00 - Popcorn & World News Review (LR)
- 2:00 - Bingo (LR)
- 3:00 - End to End (LR)
- 6:00 - Movie: Eat, Pray, Love (AR)

## TUESDAY, JUNE 9

- 9:30 - Music Therapy with Danielle (LR)**
- 10:30 - Bird Club (LR)**
- 1:00 - Pet Therapy Time with Thor (LR)**
- 1:15 - Dominoes (LR)
- 2:00 - Singing Circle (LR)
- 3:00 - Root Beer Float Social (AR)
- 6:00 - Movie: Hitch (AR)

## SATURDAY, JUNE 13

- 9:30 - Fabulous Fitness (LR)
- 10:15 - Ball Toss (LR)
- 1:00 - Trivia (LR)
- 2:00 - Candy Bingo (LR)
- 3:00 - Singing Circle (LR)
- 6:00 - Movie: Greenbook (AR)

## WEDNESDAY, JUNE 10

- 9:30 - Feel Free Fitness (LR)
- 9:30 - Shopping: Trader Joes (FD)
- 10:30 - Trivia (LR)
- 11:30 - Outing: Bennetts Restaurant (FD)
- 10:45 - Communion (In Apartment)
- 1:00 - Destination: Brazil (AR)**
- 2:00 - Bingo (LR)
- 3:30 - Happy Hour with Collin (LR)**
- 6:00 - Movie: Mother of the Bride (AR)

## Town Hall Meeting

Thursday, June 18th

*10:30 AM - Courtyard Activity Room*

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

## SUNDAY, JUNE 14

### **Flag Day**

- 9:30 - St. Ignatius Church Service (AR)
- 9:30 - Morning Stretch (LR)
- 10:30 - Nature Therapy - Gardening (PT)
- 1:00 - Uno (LR)
- 2:00 - Drum Fit (LR)
- 3:00 - Sun. Matinee: Ghostbusters (AR)

## THURSDAY, JUNE 18

- 9:30 - Morning Stroll (FD)
- 10:00 - Balloon Badminton (LR)
- 10:30 - Town Hall Meeting (CY-AR)**
- 10:30 - Trivia (LR)
- 1:00 - Scattergories (LR)
- 2:30 - Scrapbooking Hour (LR)**
- 6:00 - Movie: Night @ Museum (AR)

## MONDAY, JUNE 15

- 9:30 - Feel Free Fitness (LR)
- 10:15 - Kings in the Corner (LR)
- 1:00 - Popcorn & Conversations (LR)
- 2:00 - Bingo (LR)
- 3:00 - 20 Questions (LR)
- 6:00 - Movie: Our Little Secret (AR)

## FRIDAY, JUNE 19

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Nail Salon (LR)
- 1:00 - Popcorn & World News Review (LR)
- 1:30 - Carlton University presentation (CY-LR)
- 2:30 - Bingo (LR)
- 6:00 - Movie: You, Always (AR)

## TUESDAY, JUNE 16

- 9:30 - Chair Yoga (LR)
- 10:30 - The Story of My Life Discussion (LR)
- 1:00 - Pet Therapy Time with Thor (LR)**
- 1:15 - Dominoes (LR)
- 2:00 - Singing Circle (LR)
- 3:00 - Root Beer Float Social (AR)
- 6:00 - Movie: Aloha (AR)

## SATURDAY, JUNE 20

- 9:30 - Fabulous Fitness (LR)
- 10:15 - Ball Toss (LR)
- 1:00 - Trivia (LR)
- 2:00 - Candy Bingo (LR)
- 3:00 - Singing Circle (LR)
- 6:00 - Movie: How do you know (AR)

## WEDNESDAY, JUNE 17

- 9:30 - Feel Free Fitness (LR)
- 9:30 - Shopping: Safeway & Dollar Tree (FD)
- 10:30 - Art session with Matthew (LR)**
- 10:45 - Communion (In Apartment)
- 1:00 - Word in a Word (LR)
- 1:00 - Outing: McKinley Park-Rose Garden (FD)
- 2:00 - Bingo (LR)
- 3:30 - Happy Hour with Lori (LR)**
- 6:00 - Movie: Catch & Release (AR)



## *Salon*

**Salon Hours:**  
Thursdays & Fridays  
3:00 PM to 5:00 PM

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



## SUNDAY, JUNE 21

### ***Father's Day***

- 9:30 - St. Ignatius Church Service (AR)
- 9:30 - Morning Stretch (LR)
- 10:30 - Coffee & Donut Social (LR)
- 11:30 - Father's Day Luncheon (DR)**
- 1:00 - Uno (LR)
- 2:00 - Drum Fit (LR)
- 3:00 - Sun. Matinee: Kindergarten Cop(AR)

## THURSDAY, JUNE 25

- 9:30 - Morning Stroll (FD)
- 10:00 - Balloon Badminton (LR)
- 10:30 - Trivia (LR)
- 1:00 - Scattergories (LR)
- 2:30 - Water Color Painting (LR)**
- 2:30 - Meet & Greet Hour with Chef David (AR)**
- 6:00 - Movie: Nonnas (AR)

## MONDAY, JUNE 22

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Kings in the Corner (LR)
- 1:00 - Popcorn & Conversations (LR)
- 2:00 - Bingo (LR)
- 3:00 - 20 Questions (LR)
- 6:00 - Movie: The Mirror has Two Faces (AR)

## FRIDAY, JUNE 26

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Nail Salon (LR)
- 1:00 - Popcorn & World News Review (LR)
- 2:00 - Bingo (LR)
- 3:00 - End to End (LR)
- 6:00 - Movie: Mike & Molly (AR)

## TUESDAY, JUNE 23

- 9:30 - Music Therapy with Danielle (LR)**
- 10:30 - Bird Club (LR)
- 1:00 - Pet Therapy Time with Thor (LR)**
- 1:15 - Dominoes (LR)
- 2:00 - Singing Circle (LR)
- 3:00 - Root Beer Float Social (AR)
- 6:00 - Movie: Love in the Villa (AR)

## SATURDAY, JUNE 27

- 9:30 - Fabulous Fitness (LR)
- 10:15 - Ball Toss (LR)
- 1:00 - Trivia (LR)
- 2:00 - Candy Bingo (LR)
- 3:00 - Singing Circle (LR)
- 6:00 - Movie: Chef (AR)

## WEDNESDAY, JUNE 24

- 9:30 - Feel Free Fitness (LR)
- 9:30 - Outing: Red Hawk Casino (FD)
- 10:30 - Trivia (LR)
- 10:45 - Communion (In Apartment)
- 1:00 - Word in a Word (LR)
- 2:00 - Bingo (LR)
- 2:30 - Shopping: Target (FD)
- 3:30 - Happy Hour with Rick (LR)**
- 6:00 - Movie: Tootsie (AR)

## Follow Us!

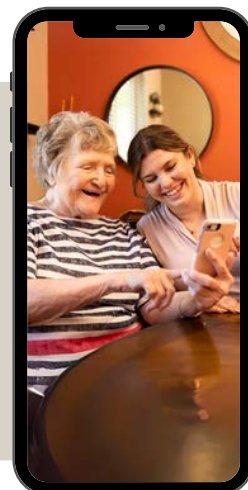
 [CarltonSeniorLiving.com](http://CarltonSeniorLiving.com)

 [CSLSACRAMENTO](https://www.facebook.com/CSLSACRAMENTO)

 [@CARLTONSENIORLIVING](https://www.instagram.com/@CARLTONSENIORLIVING)

 [@CARLTONSRSENIOR](https://twitter.com/@CARLTONSRSENIOR)

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



## SUNDAY, JUNE 28

- 9:30 - St. Ignatius Church Service (AR)
- 9:30 - Morning Stretch (LR)
- 10:30 - Nature Therapy - Gardening (PT)
- 1:00 - Uno (LR)
- 2:00 - Drum Fit (LR)
- 3:00 - Sun. Matinee: Steel Magnolias (AR)

## MONDAY, JUNE 29

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Kings in the Corner (LR)
- 1:00 - Popcorn & Conversations (LR)
- 2:00 - Bingo (LR)
- 3:00 - 20 Questions (LR)
- 6:00 - Movie: Otherhood (AR)

## TUESDAY, JUNE 30

- 9:30 - Chair Yoga (LR)
- 10:30 - The Story of My Life Discussion (LR)
- 1:00 - Pet Therapy Time with Thor (LR)**
- 1:15 - Dominoes (LR)
- 2:00 - Singing Circle (LR)
- 3:00 - Root Beer Float Social (AR)
- 6:00 - Movie: People We Meet on Vacation

### *Music Therapy with Danielle*



Tuesday, June 9  
9:30 am

Tuesday, June 23  
9:30 am

Living Room

## *Happy Birthday*

June 4 ~ Patricia T.

June 6 ~ Joyce L.

June 7 ~ Lorna

June 17 ~ Marcia E.



### *Artist Spotlight:*

Leonardo  
da Vinci

Tuesday, June 2nd  
2:00 pm @ Living 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.