



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.

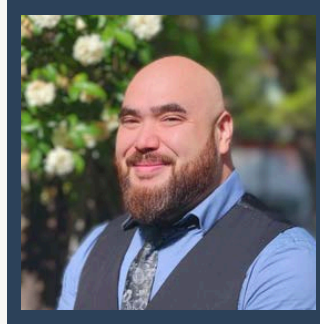
Meet The Management Team



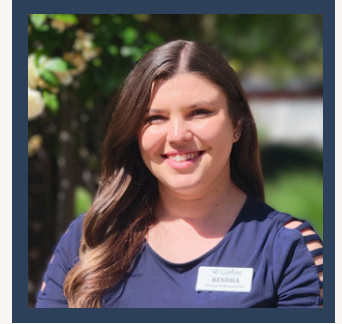
Kasie Wimmer
Executive Director



Christin Pannell
Senior Executive
Assistant



Cal Mendiola
Director of Resident
Services - Atrium



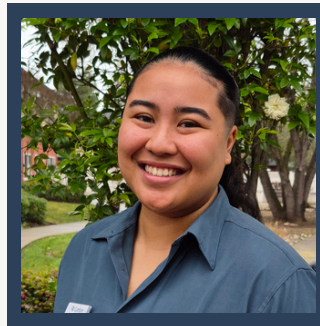
Kendra Braida
Director of Resident
Services - Courtyard



Rose De La Garza
Director of Memory Care



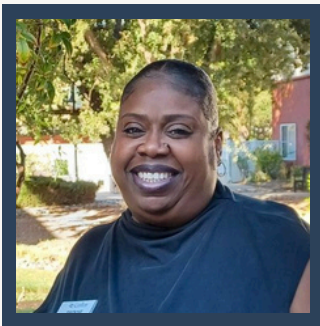
Ally Watson
Medication Manager



Kayla Fermil
Care Manager - Atrium



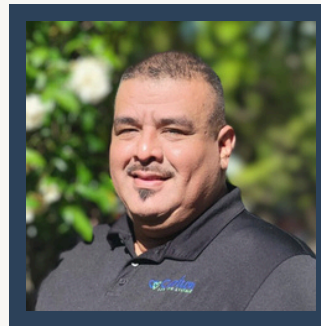
Macy-Jordan Denico
Care Manager - Courtyard



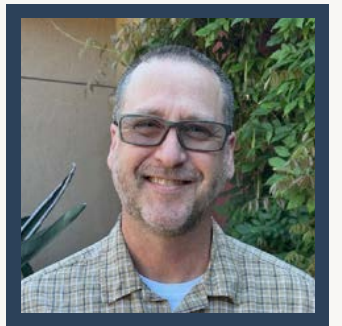
Dionne Hamilton
Resident Liaison



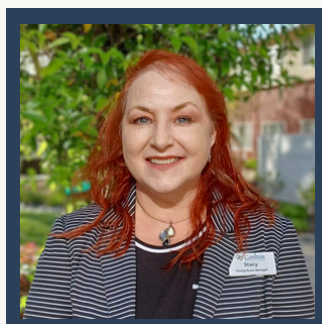
Sheila Gulle
Activities Manager



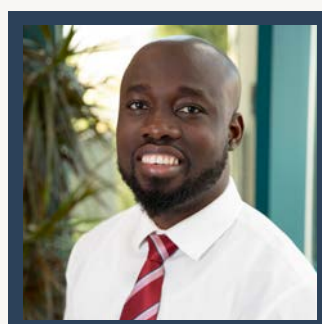
Jose Bernales
Maintenance Manager



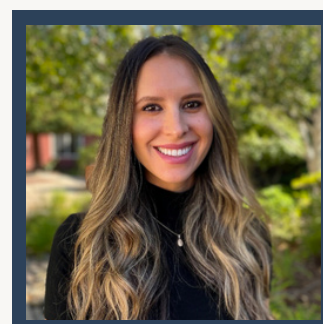
David Lutz
Chef



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
Sound Therapy with Chelsea
10:30 am

Friday, 6/5
Happy Hour with David
3:30 pm

Wednesday, 6/10
Destination: Brazil
1:00 pm

Friday, 6/12
Happy Hour with Jazz n' More
3:30 pm

Friday, 6/19
Carlton University: Dementia
1:30 pm

Happy Hour with Misty Isle
3:30 pm

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

Friday, 6/26
Happy Hour with Tommy T.
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

Robert W.
Elsie H.

THURSDAY, JUNE 4

- 8:45 - Morning Stroll (FD)
- 9:30 - Feel Free Fitness (AR)**
- 10:30 - Balance Bar Fitness (GYM)
- 1:00 - End to End (AR)
- 2:00 - Soda Floats & Popcorn Social (LR)
- 2:30 - Poker Game (GR)
- 3:00 - Polka Dot Wine Bottle Vases (AR)
- 6:00 - Movie: Letters to Juliet (AR)

MONDAY, JUNE 1

Pride Month

- 8:45 - Morning Affirmations (AR)
- 9:15 - Fabulous Fitness (AR)
- 10:30 - Balance Bar Fitness (GYM)
- 10:45 - The Story of My Life Discussion (AR)
- 1:00 - Scattergories
- 2:30 - The Great Courses:
The Great Tours: Medieval Europe (AR)
- 6:00 - Movie: The Life List (AR)

FRIDAY, JUNE 5

- 8:45 - Morning Stroll (FD)
- 9:15 - Coordination Training (AR)
- 10:30 - Drum Fit (AR)
- 1:00 - Zentangle Art (AR)
- 1:30 - Kings in the Corner (AR)
- 2:30 - Dominoes (AR)
- 3:30 - Happy Hour with David T. (LR)**
- 6:00 - Movie: 27 Dresses (AR)

TUESDAY, JUNE 2

- 8:45 - Morning Stroll (FD)
- 9:30 - Feel Free Fitness (AR)**
- 10:30 - Candy Bingo (AR)
- 1:00 - Common Knowledge Trivia (AR)
- 2:30 - Drum Fit (AR)
- 3:30 - Nail Salon (AR)
- 6:00 - Movie: The Proposal (AR)

SATURDAY, JUNE 6

- 8:45 - Morning Stroll (FD)
- 9:15 - Feel Free Fitness (AR)**
- 10:30 - Trivia Time (AR)
- 11:00 - World News Review (AR)
- 1:00 - Spanish Class (AR)
- 1:00 - Residents' Social Hour (LR)
- 2:30 - Bingo (AR)
- 6:00 - Movie: It Ends with Us (AR)

WEDNESDAY, JUNE 3

- 8:45 - Nature Therapy (CY)
- 9:15 - Mobility and Flexibility (AR)
- 10:00 - Outing: Capitol Farmer's Market: (FD)
- 10:00 - Rosary & Communion (PDR)
- 10:30 - Balance Bar Fitness (GYM)
- 10:30 - Sound Therapy with Chelsea (AR)**
- 1:00 - Word in a Word (AR)
- 1:00 - Shopping: Walmart (FD)
- 1:00 - Blackjack Game (GR)
- 2:30 - Bingo (AR)
- 6:00 - Movie: Pretty Woman (AR)

Location Key

CY: Courtyard • AT: Atrium

1st Floor

FD: Front Desk • BW: Breezeway
LR: Living Room • AR: Activity Room
C: Cafe • PT: Patio

2nd Floor

GYM: Gym • TV: TV Room
GR: Game Room • LIB: Library



Activities and times are subject to change.

SUNDAY, JUNE 7

- 8:45 - Morning Stroll (FD)
- 9:30 - St. Ignatius Church Service (AR)
- 10:00 - Presbyterian Church Service (TV)
- 10:45 - Coffee & Donut Social (AR)
- 1:00 - Fan Tan (AR)
- 2:30 - Bingo (AR)
- 4:00 - Live Music with The Blue Notes (LR)
- 6:00 - Movie: Mother's Day (AR)

THURSDAY, JUNE 11

- 8:45 - Morning Stroll (FD)
- 9:30 - Feel Free Fitness (AR)**
- 10:30 - Balance Bar Fitness (GYM)
- 1:00 - Uncle Jer's Travelling Bee Show (AT-LR)**
- 1:00 - End to End (AR)
- 2:00 - Soda Floats & Popcorn Social (LR)
- 2:30 - Poker Game (GR)
- 3:00 - Sail Boat Paint-along p1 (AR)
- 6:00 - Movie: Eat, Pray, Love (AR)

MONDAY, JUNE 8

- 8:45 - Morning Affirmations (AR)
- 9:15 - Fabulous Fitness (AR)
- 10:30 - Balance Bar Fitness (GYM)
- 10:45 - Activity Meeting (AR)
- 1:00 - Scattergories
- 2:30 - The Great Courses:
The Great Tours: Medieval Europe (AR)
- 6:00 - Movie: Hitch (AR)

FRIDAY, JUNE 12

- 8:45 - Morning Stroll (FD)
- 9:15 - Coordination Training (AR)
- 10:30 - Drum Fit (AR)
- 1:00 - Zentangle Art (AR)
- 1:30 - Kings in the Corner (AR)
- 2:30 - Dominoes (AR)
- 3:30 - Happy Hour with Jazz n' More (LR)**
- 6:00 - Movie: Greenbook (AR)

TUESDAY, JUNE 9

- 8:45 - Morning Stroll (FD)
- 9:30 - Feel Free Fitness (AR)**
- 10:30 - Candy Bingo (AR)
- 1:00 - Common Knowledge Trivia (AR)
- 2:30 - Balloon Badminton (AR)
- 3:30 - Aromatherapy & Facial (AR)
- 6:00 - Movie: Mother of the Bride (AR)

SATURDAY, JUNE 13

- 8:45 - Morning Stroll (FD)
- 9:15 - Feel Free Fitness (AR)**
- 10:30 - World News Review (AR)
- 1:00 - Spanish Class (AR)
- 1:00 - Residents' Social Hour (LR)
- 2:30 - Bingo (AR)
- 6:00 - Movie: Our Little Secret (AR)

WEDNESDAY, JUNE 10

- 8:45 - Nature Therapy (CY)
- 9:15 - Mobility and Flexibility (AR)
- 9:30 - Shopping: Trader Joes (FD)
- 10:00 - Rosary & Communion (PDR)
- 10:30 - Balance Bar Fitness (GYM)
- 11:30 - Outing: Bennetts Restaurant (FD)
- 1:00 - Destination: Brazil (CY-AR)**
- 1:00 - Blackjack Game (GR)
- 2:30 - Bingo (AR)
- 6:00 - Movie: Meet the Parents (AR)

Town Hall Meeting

Thursday, June 18th
10:30 AM - 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

- 8:45 - Morning Stroll (FD)
- 9:30 - St. Ignatius Church Service (AR)
- 10:00 - Presbyterian Church Service (TV)
- 10:45 - Adult Coloring and Group Crossword Puzzles (AR)
- 1:00 - Art Session with Matthew (AR)
- 2:30 - Bingo (AR)
- 6:00 - Movie: Aloha (AR)

THURSDAY, JUNE 18

- 8:45 - Morning Stroll (FD)
- 9:30 - Feel Free Fitness (AR)**
- 10:30 - Town Hall Meeting (AR)**
- 10:30 - Balance Bar Fitness (GYM)
- 1:00 - End to End (AR)
- 2:00 - Soda Floats & Popcorn Social (LR)
- 2:30 - Poker Game (GR)
- 3:00 - Sail Boat Paint-along p2 (AR)
- 6:00 - Movie: Going in Style (AR)

MONDAY, JUNE 15

- 8:45 - Morning Affirmations (AR)
- 9:15 - Fabulous Fitness (AR)
- 10:30 - Balance Bar Fitness (GYM)
- 10:45 - The Story of My Life Discussion (AR)
- 1:00 - Scattergories
- 2:30 - The Great Courses:
The Great Tours: Medieval Europe (AR)
- 6:00 - Movie: Catch & Release (AR)

FRIDAY, JUNE 19

- 8:45 - Morning Stroll (FD)
- 9:15 - Coordination Training (AR)
- 10:30 - Drum Fit (AR)
- 1:30 - Carlton University: Dementia (AR)**
- 2:30 - Dominoes (AR)
- 3:30 - Happy Hour with Misty Isle (LR)**
- 6:00 - Movie: How Do You Know (AR)

TUESDAY, JUNE 16

- 8:45 - Morning Stroll (FD)
- 9:30 - Feel Free Fitness (AR)**
- 10:30 - Candy Bingo (AR)
- 1:00 - Common Knowledge Trivia (AR)
- 2:30 - Drum Fit (AR)
- 3:30 - Nail Salon (AR)
- 6:00 - Movie: Night at Museum (AR)

SATURDAY, JUNE 20

- 8:45 - Morning Stroll (FD)
- 9:15 - Feel Free Fitness (AR)**
- 10:30 - World News Review (AR)
- 1:00 - Spanish Class (AR)
- 1:00 - Residents' Social Hour (LR)
- 2:30 - Bingo (AR)
- 6:00 - Movie: The Mirror has Two Faces (AR)

WEDNESDAY, JUNE 17

- 8:45 - Nature Therapy (AR)
- 9:30 - Mobility and Flexibility (AR)
- 9:30 - Shopping: Safeway & Dollar Tree (FD)
- 10:00 - Rosary & Communion (PDR)
- 11:00 - Outing: McKinley Park-Rose Garden (FD)
- 1:00 - Word in a Word (AR)
- 1:00 - Blackjack Game (GR)
- 2:30 - Bingo (AR)
- 3:00 - Veteran's Parkinson's Support Group (TV)
- 6:00 - Movie: You, Always (AR)

Follow Us!

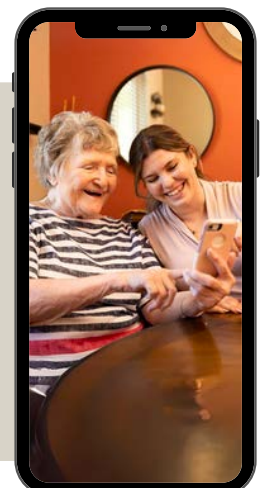
 CarltonSeniorLiving.com

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



SUNDAY, JUNE 21

Father's Day

- 8:45 - Morning Stroll (FD)
- 9:30 - St. Ignatius Church Service (AR)
- 10:00 - Presbyterian Church Service (TV)
- 10:45 - Coffee & Donut Social (AR)
- 11:30 - Father's Day Luncheon (DR)**
- 1:00 - Fan Tan (AR)
- 2:30 - Bingo (AR)
- 6:00 - Movie: Love in the Villa (AR)

THURSDAY, JUNE 25

- 8:45 - Morning Stroll (FD)
- 9:30 - Feel Free Fitness (AR)**
- 10:30 - Balance Bar Fitness (GYM)
- 1:00 - End to End (AR)
- 2:00 - Soda Floats & Popcorn Social (LR)
- 2:30 - Poker Game (GR)
- 2:30 - Meet & Greet Hour with Chef David (AR)**
- 6:00 - Movie: Mike & Molly (AR)

MONDAY, JUNE 22

- 8:45 - Morning Affirmations (AR)
- 9:15 - Fabulous Fitness (AR)
- 10:30 - Balance Bar Fitness (GYM)
- 10:45 - The Story of My Life Discussion (AR)
- 1:00 - Scattergories
- 2:30 - The Great Courses:
The Great Tours: Medieval Europe (AR)
- 6:00 - Movie: Kindergarten Cop (AR)

FRIDAY, JUNE 26

- 8:45 - Morning Stroll (FD)
- 9:15 - Coordination Training (AR)
- 10:30 - Drum Fit (AR)
- 1:00 - Zentangle Art (AR)
- 1:30 - Kings in the Corner (AR)
- 2:30 - Dominoes (AR)
- 3:30 - Happy Hour with Tommy T. (LR)**
- 6:00 - Movie: Chef (AR)

TUESDAY, JUNE 23

- 8:45 - Morning Stroll (FD)
- 9:30 - Feel Free Fitness (AR)**
- 10:30 - Candy Bingo (AR)
- 1:00 - Common Knowledge Trivia (AR)
- 2:30 - Balloon Badminton (AR)
- 3:30 - Aromatherapy & Facial (AR) (AR)
- 6:00 - Movie: Tootsie (AR)

SATURDAY, JUNE 27

- 8:45 - Morning Stroll (FD)
- 9:15 - Feel Free Fitness (AR)**
- 10:30 - World News Review (AR)
- 1:00 - Spanish Class (AR)
- 1:00 - Residents' Social Hour (LR)
- 2:30 - Bingo (AR)
- 6:00 - Movie: Ghostbusters (AR)

WEDNESDAY, JUNE 24

- 8:45 - Nature Therapy (CY)
- 9:15 - Mobility and Flexibility (AR)
- 9:30 - Outing: Red Hawk Casino (FD)
- 10:00 - Rosary & Communion (PDR)
- 10:30 - Balance Bar Fitness (GYM)
- 1:00 - Word in a Word (AR)
- 3:00 - Bingo (AR)
- 2:30 - Shopping: Target (FD)
- 6:00 - Movie: Nonnas (AR)



Salon

Salon Hours:

Wednesdays: 10am - 5pm

Thursdays: 10am - 3pm

Fridays: 10am - 3pm

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



SUNDAY, JUNE 28

- 8:45 - Morning Stroll (FD)
- 9:30 - St. Ignatius Church Service (AR)
- 10:00 - Presbyterian Church Service (TV)
- 10:45 - Adult Coloring and
Group Crossword Puzzles (AR)
- 1:00 - Fan Tan (AR)
- 2:30 - Bingo (AR)
- 6:00 - Movie: Otherhood (AR)

MONDAY, JUNE 29

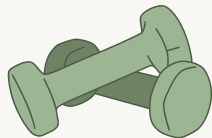
- 8:45 - Morning Affirmations (AR)
- 9:15 - Fabulous Fitness (AR)
- 10:30 - Balance Bar Fitness (GYM)
- 10:45 - The Story of My Life Discussion (AR)
- 1:00 - Scattergories
- 2:30 - The Great Courses:
The Great Tours: Medieval Europe (AR)
- 6:00 - Movie: Steel Magnolias (AR)

TUESDAY, JUNE 30

- 8:45 - Morning Stroll (FD)
- 9:30 - Feel Free Fitness (AR)**
- 10:30 - Candy Bingo (AR)
- 1:00 - Common Knowledge Trivia (AR)
- 2:30 - Drum Fit (AR)
- 3:30 - Nail Salon (AR)
- 6:00 - Movie: Waterworld (AR)

Introducing

Feel Free Fitness



Feel Free Fitness is a professionally taught strength and balance exercise class for all fitness levels.

Tuesdays & Thursdays at 9:30 AM
Saturdays at 9:15 AM
Activity Room

Happy Birthday

June 2 ~ James M.D.

June 3 ~ Mary L.

June 9 ~ Priscilla E.

June 12 ~ Vicky T.

June 13 ~ Charlene B.

June 26 ~ Darlene H.



*Keep your mind active with seminars
taught by members of Carlton's Home
Office team.*

June's Class Topic:

TBD

Friday, June 19th
At 1:30 PM
In the CY - Activity 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.