



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.

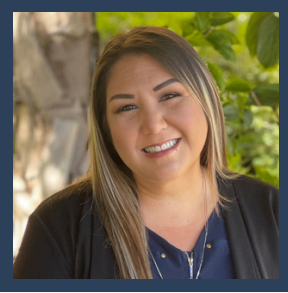


Survey details will be provided by your community team.

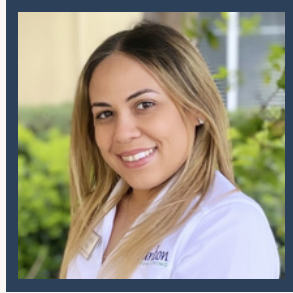


More information coming soon.

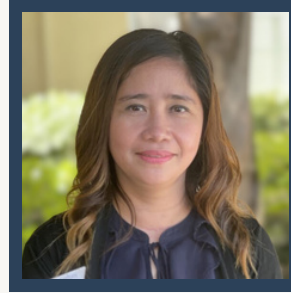
# Meet The Management Team



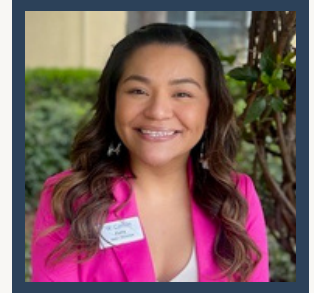
**Shantela Yadao**  
Executive Director



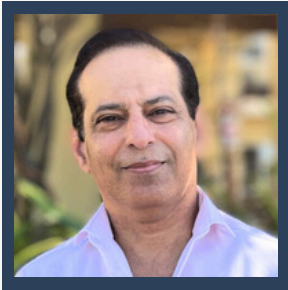
**Yoliana Sanchez-Cruz**  
Executive Assistant



**Maricel Ong**  
Director of  
Resident Services



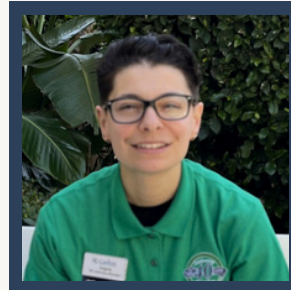
**Patty Lopez**  
Sales Director



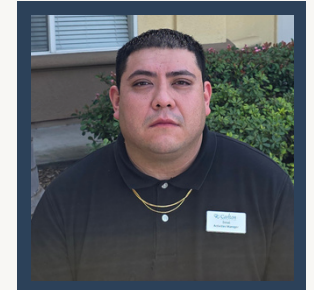
**Mohammad  
Amirbeigi**  
Medication Manager



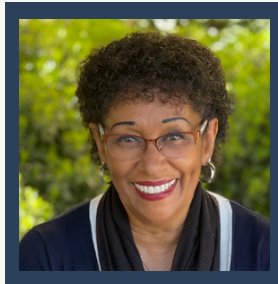
**Brandee Acosta**  
Director of  
Memory Care



**Angela Cuevas**  
Memory Care  
Activities Manager



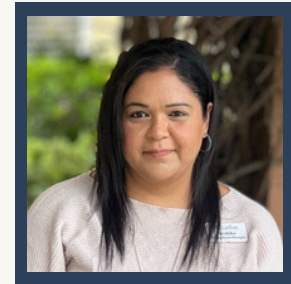
**Issai Herrera**  
Assisted Living  
Activities Manager



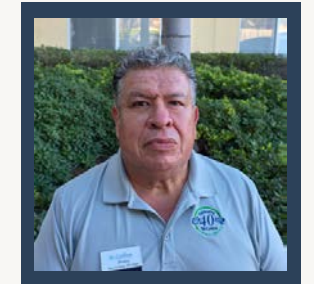
**Patricia Bushnell**  
PM Resident Liaison



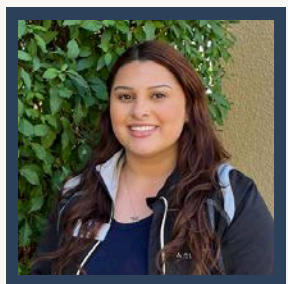
**Jose Negrete**  
Chef



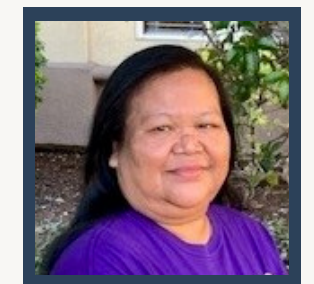
**Joshika Ram**  
Dining Room  
Manager



**Pedro Sanchez**  
Maintenance Manager



**Giselle Ramos**  
Resident Liaison



**Sunnie Por**  
Care Manager

# Transportation Guidelines



## Doctor Shuttles

**Tuesdays:** Los Gatos, O'Connor, Good Samaritan, Kaiser Santa Clara

**Thursdays:** East San Jose, Kaiser San Jose, San Jose Medical, Downtown San Jose

**Times:** 8:30 AM–2:00 PM (*Last appointment for locations over 7 miles: 1:30 PM*)

**Request at least 5 days in advance**



## Concierge Service

### Availability

Wednesdays 10:00 AM–2:00 PM  
within a 7-mile radius

### Booking

72-hour advance request required  
Based on driver availability & outings



## Church, Shopping & Library Shuttles

**Church Services:** Sundays

Ask Issai, AL Activities Manager for details

**Shopping Shuttle:** Local store trips on Mondays

**Library Shuttle:** Visits Local Public Libraries



## Transportation Charges

**Within 7 Mile Radius:**  
Free

**Outside 7 Mile Radius:**  
Based on AL Activities  
Manager's discretion  
(refer to service rates).

## How to Schedule

Call the Front Desk and provide:

- Name & apartment number
- Appointment date, time, and address
- Physician's name & phone number
- If you'll bring a walker or wheelchair

Let us know if assistance is required:

Request a companion (fees apply) or confirm if a family member will meet you at the appointment



# June Happenings

## Outings

**Monday 6/1: Safeway**  
1:30 AM

**Friday 6/5: Henry Cowell  
Redwoods State Park**  
9:15 AM

**Monday 6/8: C.V.S**  
1:30 AM

**Friday 6/12: Palo Alto Art Center**  
9:15 AM

**Monday 6/15: Luckys**  
1:30 AM

**Friday 6/19: Henry Cowell  
Redwoods State Park**  
9:15 AM

**Saturday 6/20: Palm & Ember**  
10:45 AM

**Monday 6/22: Safeway**  
1:30 AM

**Friday 6/26: S.F. Golden Gate  
Bay Cruise**  
9:15 AM

**Monday 6/29: Walgreens**  
1:30 AM

## Events

**Sundays: Dancing Hearts Project**  
3:15 PM

**Monday 6/1: Painting Social w/  
M.C**  
3:00 PM

**Friday 6/5: Donut Social**  
1:45 PM

**Saturday 6/6: Movie & Lunch**  
11:20 AM

**Saturday 6/13: A Day in Brazil**  
1:00 PM

**Saturday 6/27: Crafting with  
Activities**  
1:15 PM

## Theme Days

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

**6/10: Rainbow Theme Day**  
Wear your favorite color

# RESIDENT

## *Spotlight*



**Patricia Turk**

**My name is Patricia Turk, and I have been living at Carlton Senior Living for the past five and a half years. I was born in Milan, Tennessee on November 18 and grew up with my two brothers in a close-knit family. Some of my earliest memories are rooted in that small-town life, where family, school, and community played an important role in shaping my values and outlook on life. I often reflect on how those early experiences helped me build a strong sense of responsibility, independence, and appreciation for everyday moments.**

**During my childhood and teenage years, I explored many interests that kept me active and engaged. I took dance lessons, studied piano, and participated in a variety of family and community activities. These experiences not only gave me joy and discipline, but also helped me develop confidence, creativity, and a lifelong appreciation for learning. Staying involved in different activities taught me the importance of staying curious and connected to others.**

**I went on to earn my master's degree in special education, a field that I felt deeply passionate about because of its focus on supporting individual learning needs. I worked as a resource specialist for the Los Angeles School District, where I dedicated my career to helping students grow academically and personally. Working with students was both meaningful and rewarding, and I took pride in being able to make a positive difference in their educational journeys.**

**In my free time, I enjoy walking, exercising, and participating in activities that keep me both physically and socially active. I value maintaining a healthy routine and staying engaged with others, as it brings balance and enjoyment to my daily life.**

**I appreciate living at Carlton because it provides a sense of safety, comfort, and community. As a single woman, feeling secure in my environment is very important to me. I also value that it is a clean, well-maintained, and welcoming place where I can enjoy my independence while still being part of a supportive community.**

# Follow Us!



CarltonSeniorLiving.com



CARLTONSENIORLIVINGSJ



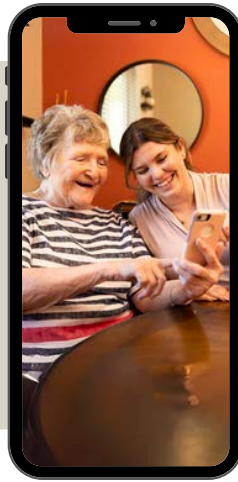
@CARLTONSENIORLIVING



@CARLTONSRSENIOR



CARLTON SENIOR LIVING



## THURSDAY, JUNE 4

- 9:15AM - Walk on the Trail (L)
- 10:00AM - Hot Tea & Chit-Chat (AC)
- 12:45PM - Balance Bar Fitness (AL)
- 1:00PM - Jeopardy (TH)
- 2:00PM - Feel Free Fitness (AC)
- 3:00PM - Bingo! (TH)
- 6:35PM - Evening Movie (TH)

## MONDAY, JUNE 1

### **Pride Month**

- 9:00AM - Walk on the Trail (L)
- 10:00AM - Dominoes (GR)
- 11:00AM - Billiards (GR)
- 10:15AM - Scenic Drive (L)
- 12:45PM - Balance Bar Fitness (AL)
- 1:00PM - Bingo! (TH)
- 1:30PM - Shopping Shuttle: Safeway (L)
- 2:30PM - Popcorn w/ Activities (CAFE)
- 3:00PM - Painting Social w/ Memory Care (AC)
- 6:35PM - Evening Movie (TH)

## FRIDAY, JUNE 5

- 9:30AM - Henry Cowell Redwoods State Park (L)
- 10:30AM - All Denominational Worship (LR)
- 1:00PM - Balance Bar Fitness (AL)
- 1:15PM - Afternoon Stroll (L)
- 1:45PM - National Donut Day Social (AC)
- 2:15PM - The Food That Built America (AC)
- 3:00PM - Bingo! (TH)
- 6:35PM - Evening Movie (TH)

## TUESDAY, JUNE 2

- 9:00AM - Walk on the Trail (L)
- 10:00AM - Wordsearch (AC)
- 11:00AM - Catholic Mass (TH)
- 12:45PM - Balance Bar Fitness (AL)
- 1:00PM - Who Wants to be a Millionaire (TH)
- 2:00PM - Feel Free Fitness (AC)
- 3:00PM - Bingo! (TH)
- 6:35PM - Evening Movie (TH)

## SATURDAY, JUNE 6

- 9:30AM - Hot Chocolate w/ Volunteer's (TH)
- 10:00AM - Trivia w/ Volunteer's (TH)
- 11:00AM - Morning Stroll (L)
- 11:20AM - Movie & Lunch (AC)
- 12:45PM - Balance Bar Fitness (AL)
- 1:00PM - Bingo! (TH)
- 2:00PM - Feel Free Fitness (AC)
- 3:00PM - Stocappella (LR)
- 6:35PM - Evening Movie (TH)

## WEDNESDAY, JUNE 3

- 9:00AM - Morning Stroll (L)
- 10:00AM - Zumba w/ Ayda (AC)
- 11:00AM - Ceramics w/ Fetty (AC)
- 12:45PM - Balance Bar Fitness (AL)
- 1:00PM - All Residents Meeting (AC)
- 2:00PM - Rosary Prayer Group (TH)
- 3:00PM - Bingo! (TH)
- 6:35PM - Evening Movie (TH)

## Location Key

- (L) Lobby
- (LR) Living Room
- (AC) Activity Center
- (CY) Courtyard
- (GR) Game Room
- (TH) Theater Room Room
- (AL) Activity Lobby



*Activities and times are subject to change.*

## SUNDAY, JUNE 7

8:30AM - Church Shuttle (L)  
9:15AM - Walk on the Trail (L)  
10:00AM - Current Events (TH)  
11:15AM - Catholic Mass (TH)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - Wordscapes (TH)  
2:00PM - Bingo! (TH)  
3:15PM - Dancing Heart Project (AC)  
6:35PM - Evening Movie (TH)

## THURSDAY, JUNE 11

9:15AM - Walk on the Trail (L)  
10:00AM - Coffee & Chit-Chat (AC)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - Bingo! (TH)  
2:00PM - Feel Free Fitness (AC)  
3:00PM - David Fields (LR)  
6:35PM - Evening Movie (TH)

## MONDAY, JUNE 8

9:00AM - Walk on the Trail (L)  
10:00AM - Snakes & Ladders (GR)  
11:00AM - Billiards (GR)  
10:15AM - Scenic Drive (L)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - Blackjack (AC)  
1:30PM - Shopping Shuttle: C.V.S. (L)  
2:30PM - Popcorn w/ Activities (CAFE)  
3:00PM - Bingo! (TH)  
6:35PM - Evening Movie (TH)

## FRIDAY, JUNE 12

9:15AM - Palo Alto Art Center (L)  
10:30AM - All Denominational Worship (TH)  
1:00PM - Balance Bar Fitness (AL)  
1:30PM - Afternoon Stroll (L)  
2:00PM - Documentary Film (TH)  
3:00PM - Bingo! (TH)  
6:35PM - Evening Movie (TH)

## TUESDAY, JUNE 9

9:00AM - Walk on the Trail (L)  
10:00AM - Jigsaw Puzzle (AC)  
11:00AM - Catholic Mass (TH)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - Who Wants to be a Millionaire (AC)  
2:00PM - Feel Free Fitness (AC)  
3:00PM - Bingo! (TH)  
6:00PM - Timo (LR)  
7:15PM - Evening Movie (TH)

## SATURDAY, JUNE 13

9:30AM - Hot Chocolate w/ Volunteer's (TH)  
10:00AM - Hangman w/ Volunteer's (TH)  
11:00AM - Morning Stroll (L)  
12:45PM - Balance Bar Fitness (AL)  
1:05PM - A Day in Brazil (AC)  
2:00PM - Feel Free Fitness (TH)  
3:00PM - Bingo! (AC)  
6:35PM - Evening Movie (TH)

## WEDNESDAY, JUNE 10

9:00AM - Morning Stroll (L)  
10:00AM - Zumba w/ Ayda (AC)  
10:30AM - Everyday Games (TH)  
12:45PM - Balance Bar Fitness (AL)  
1:15PM - National Ice Tea Day Social (AC)  
2:00PM - Rosary Prayer Group (AC)  
3:00PM - Bingo! (TH)  
6:35PM - Evening Movie (TH)

## All Resident Meeting

Wednesday, June 3rd  
1:00 PM - Activity Center

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

## SUNDAY, JUNE 14

### **Flag Day**

- 8:30AM - Church Shuttles (L)
- 9:15AM - Walk on the Trail (L)
- 10:00AM - Current Events (TH)
- 11:15AM - Catholic Mass (AC)
- 12:45PM - Balance Bar Fitness (AL)
- 1:00PM - Flags of the World Trivia (TH)
- 2:00PM - Bingo! (TH)
- 3:15PM - Dancing Heart Project (AC)
- 6:35PM - Evening Movie (TH)

## THURSDAY, JUNE 18

- 9:15AM - Walk on the Trail (L)
- 10:00AM - Hot Tea & Chit-Chat (AC)
- 12:45PM - Balance Bar Fitness (AL)
- 1:00PM - Jeopardy (TH)
- 2:00PM - Feel Free Fitness (AC)
- 3:00PM - Bingo! (TH)
- 6:35PM - Evening Movie (TH)

## MONDAY, JUNE 15

- 9:00AM - Walk on the Trail (L)
- 10:00AM - Dominoes (GR)
- 11:00AM - Billiards (GR)
- 10:15AM - Scenic Drive (L)
- 12:45PM - Balance Bar Fitness (AL)
- 1:00PM - Blackjack (AC)
- 1:30PM - Shopping Shuttle: Luckys (L)
- 2:30PM - Popcorn w/ Activities (CAFE)
- 3:00PM - Bingo! (TH)
- 6:35PM - Evening Movie (TH)

## FRIDAY, JUNE 19

### **Juneteenth**

- 9:00AM - Henry Cowell Redwoods State Park (L)
- 10:30AM - All Denominational Worship (LR)
- 1:00PM - Balance Bar Fitness (AL)
- 1:30PM - Afternoon Stroll (L)
- 2:00PM - Wonders of Vietnam (TH)
- 3:00PM - Bingo! (TH)
- 6:35PM - Evening Movie (TH)

## TUESDAY, JUNE 16

- 9:00AM - Walk on the Trail (L)
- 10:00AM - Jigsaw Puzzle (AC)
- 11:00AM - Catholic Mass (TH)
- 12:45PM - Balance Bar Fitness (AL)
- 1:00PM - Who Wants to be a Millionaire (TH)
- 2:00PM - Feel Free Fitness (AC)
- 3:00PM - Bingo! (TH)
- 6:35PM - Evening Movie (TH)

## SATURDAY, JUNE 20

- 9:30AM - Hot Chocolate w/ Volunteer's (AC)
- 10:00AM - Trivia w/ Volunteer's (AC)
- 10:45AM - Lunch Outing: Palm & Ember (L)
- 1:30PM - Water Ballon Toss (CY)
- 2:00PM - Feel Free Fitness (AC)
- 3:00PM - Bingo! (TH)
- 6:35PM - Evening Movie (TH)

## WEDNESDAY, JUNE 17

- 9:00AM - Morning Stroll (L)
- 10:00AM - Zumba w/ Ayda (AC)
- 11:00AM - Ceramics w/ Fetty (AC)
- 12:45PM - Balance Bar Fitness (AL)
- 1:15PM - National Root Beer Float Day Social (AC)
- 2:00PM - Rosary Prayer Group (AC)
- 3:00PM - Bingo! (TH)
- 6:35PM - Evening Movie (TH)



*Destination:* **BRAZIL**

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

**Departure: Saturday, June  
13th at 1:00PM in the  
Activity Center**

## SUNDAY, JUNE 21

### Father's Day

8:30AM - Church Shuttles (L)  
9:15AM - Walk on the Trail (L)  
10:00AM - Current Events (AC)  
11:15AM - Catholic Mass (AC)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - Jeff Wagner (LR)  
2:00PM - Bingo! (TH)  
3:15PM - Dancing Heart Project (LR)  
6:00PM - Ken Sosa (LR)  
6:35PM - Evening Movie (TH)

## THURSDAY, JUNE 25

9:15AM - Walk on the Trail (L)  
10:00AM - Coffee & Chit-Chat (AC)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - Jeopardy (TH)  
2:00PM - Feel Free Fitness (AC)  
3:00PM - Bingo! (TH)  
6:35PM - Evening Movie (TH)

## MONDAY, JUNE 22

9:00AM - Walk on the Trail (L)  
10:00AM - Blackjack (AC)  
11:00AM - Billiards (GR)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - UNO (AC)  
1:30PM - Shopping Shuttle: Safeway (L)  
2:30PM - Popcorn w/ Activities (CAFE)  
3:00PM - Bingo! (TH)  
6:35PM - Evening Movie (TH)

## FRIDAY, JUNE 26

9:30AM - S.F. Golden Gate Bay Cruise (L)  
10:30AM - All Denominational Worship (LR)  
1:15PM - Balance Bar Fitness (AL)  
1:30PM - Afternoon Walk (L)  
2:00PM - Bingo! (TH)  
3:00PM - Mark Russo (LR)  
6:35PM - Evening Movie (TH)

## TUESDAY, JUNE 23

9:00AM - Walk on the Trail (L)  
10:00AM - Crossword Puzzles (AC)  
11:00AM - Catholic Mass (TH)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - Bingo! (TH)  
2:00PM - Feel Free Fitness (AC)  
3:00PM - Dave Coldren (LR)  
6:35PM - Evening Movie (TH)

## SATURDAY, JUNE 27

9:30AM - Hot Chocolate w/ Volunteer's (TH)  
10:00AM - Hangman w/ Volunteer's (TH)  
11:15AM - Stroll Around the Community (L)  
12:45PM - Balance Bar Fitness (AL)  
1:15PM - Crafting w/ Activities (AC)  
2:00PM - Feel Free Fitness (TH)  
3:00PM - Bingo! (AC)  
6:35PM - Evening Movie (TH)

## WEDNESDAY, JUNE 24

9:00AM - Walk on the Trail (L)  
10:00AM - Zumba w/ Ayda (AC)  
10:30AM - Everyday Games (TH)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - Charades (AC)  
2:00PM - Rosary Prayer Group (AC)  
3:00PM - Bingo! (TH)  
6:35PM - Evening Movie (TH)



## Salon

**Salon Hours:**  
Monday - Saturday  
*By appointment only.*

**Tracy: (408) 646-6243**

The salon is located on the 2<sup>nd</sup> floor.



## SUNDAY, JUNE 28

8:30AM - Church Shuttles (L)  
9:15AM - Walk on the Trail (L)  
10:00AM - Current Events (AC)  
11:15AM - Catholic Mass (AC)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - Ken Sosa (LR)  
2:00PM - Bingo! (TH)  
3:00PM - Dancing Hearts Project (AC)  
6:35PM - Evening Movie (TH)

## MONDAY, JUNE 29

9:00AM - Walk on the Trail (L)  
10:00AM - Chess (GR)  
11:00AM - Billiards (GR)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - Blackjack (AC)  
1:30PM - Shopping Shuttle: Walgreens (L)  
2:30PM - Popcorn w/ Activities (CAFE)  
3:00PM - Bill Martin (LR)  
6:35PM - Evening Movie (TH)

## TUESDAY, JUNE 30

9:00AM - Walk on the Trail (L)  
10:00AM - Wordseach (AC)  
11:00AM - Catholic Mass (TH)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - Furry Friends (AC)  
2:00PM - Feel Free Fitness (AC)  
3:00PM - Bingo! (TH)  
6:35PM - Evening Movie (TH)

## WEDNESDAY, JUNE 31

9:00AM - Morning Stroll (L)  
10:00AM - Zumba w/ Ayda (AC)  
10:30AM - Everyday Games (TH)  
12:45PM - Balance Bar Fitness (AL)  
1:00PM - Plinko (AC)  
2:00PM - Rosary Prayer Group (AC)  
3:00PM - Bingo! (TH)  
6:35PM - Evening Movie (TH)

## *Happy Birthday*

**June 8 - Maria F.**

**June 15 - Linda S.**

**June 24 - Geraldine K.**

**June 28 - Pedro C.**

**June 29 - Craig N.**



Welcome to the  
*Carlton Family*

Mark N.  
Joella N.  
Randy R.  
Elizabeth L.  
Eleonore M.  
Paul B.  
Linda K.  
Marti D.  
Cort 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 on June 13<sup>th</sup> @ 1pm for  
A Day in Brazil**



## *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.