



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.

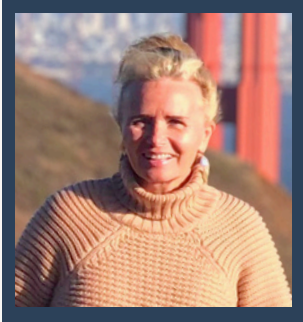


Survey details will be provided by your community team.



More information coming soon.

Meet The Management Team



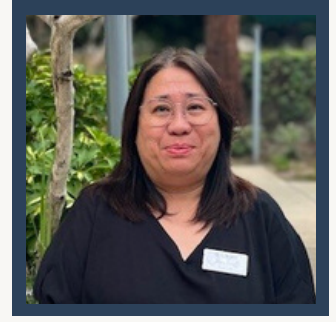
Angie Turin
Executive Director



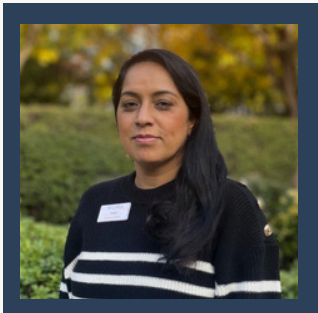
Sarah Vance
Executive Assistant



Evelyn Jensen
Director of Resident
Services



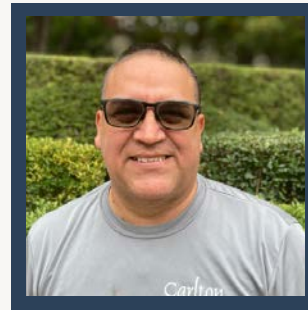
Mary Ann De Lara
Director of Memory Care



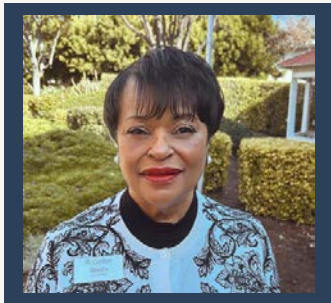
Pam Sidhu
Medication Manager



Raj Gounder
Executive Chef



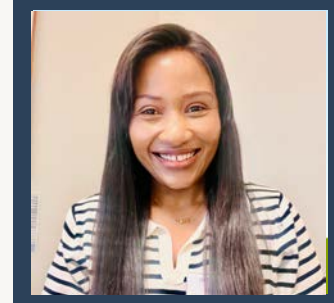
Jignacio "Nacho"
Maintenance Manager



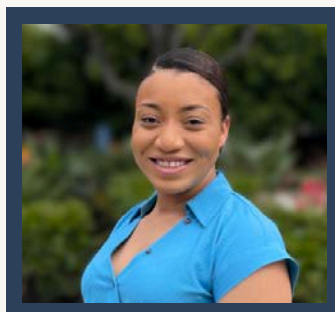
Shelia Rodriguez
Sales Director



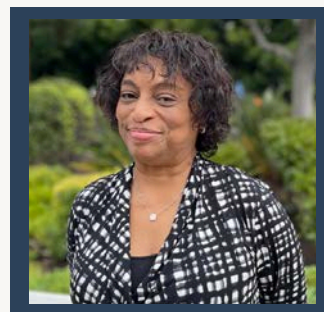
Yesenia Rubio
Sales Director



Nonku Basile
Resident Liaison



Jordan Davis
MC Activities Manager



Rosalind "Roz" Davis
AL Activities Manager

Transportation Guidelines



Doctor Shuttles

Tuesdays & Thursdays, 10:00 AM–4:30 PM
Earliest departure is 9:30 AM

Tuesday Locations: San Leandro, Castro Valley & Union City

Thursday Locations: San Leandro, Oakland & Alameda

48-hour notice required.



Church Shuttle

Sundays, 9:00 AM–1:00 PM

We offer transportation to religious services in San Leandro on Sunday mornings. Residents attending church must be able to do so independently. See route schedule at the front desk.



Shopping Shuttle

Mondays at 9:45 & 10:15 AM

Weekly shuttle service to local stores, weather permitting. Contact the Assisted Living Activities Team for details.

Refer to the activity schedule for additional monthly outings and shopping trips.



Transportation Charges

San Leandro, Castro Valley, Union City, Oakland & Alameda: Free on service days!
Transportation Outside Service Areas and Service Days

Requests may be accommodated at the AL Activities Manager's discretion. See Summary of Services 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

Wednesday 6/3: Dollar Tree
10:30 AM

Monday 6/8: Shopping Shuttles
Safeway, CVS, Sprouts
9:45 AM & 10:15 AM

Wednesday 6/3: Lunch Outing
Harry's Hofbrau
11:15 AM

Wednesday 6/17: Farmer's Market
4:00 PM

Monday 6/22: Scenic Drive
1:15 PM

Events

Saturday 6/6: Cherry Festival
Parade
8:00 AM

Thursday 6/11: Destination Brazil
Day
10:30 AM

Sunday 6/21: Father's Day
Family BBQ
11:30 AM

Wednesday 6/24: Juneteenth
Celebration Concert
6:15 PM

Theme Days

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

Monday 6/29: Rainbow Theme Day
Wear your favorite color.

RESIDENT

Spotlight

William James “Sandy” Wagner is a warm, spirited resident of Carlton Senior Living in San Leandro, California. William, who prefers to be called Sandy, was born in Canada and spent his early childhood in a snowy environment until his family decided to head west in search of milder weather. He arrived in the United States at about 4 or 5 years old.

He met his beloved wife, Linda, back east as a young man. The two fell in love and, with help from his father who drove them across the country, made the journey west together to build their life in California. Sandy and Linda enjoyed long careers as teachers. Linda taught younger children whereas Sandy worked with high school students (16-year-olds) and found pleasure and challenge in mentoring them. They raised two children, Alice and Mark, who live nearby and remain a great source of happiness and support.

In his description of life at The Carlton, Sandy says it is wonderful. He and Linda appreciate the California climate, especially the lack of harsh winters and heavy snow they experienced in their earlier years. He enjoys spending his days with his wife, connecting with people, and appreciating the community around him. When asked what makes Linda so perfect for him, his answer is simple: they fell in love and chose to build their adventure together. A man who clearly values family, kindness, and gratitude, Sandy’s story is one of movement, love, and making the most of life’s journey. He and Linda continue to cherish their time together in San Leandro, surrounded by their children and the comfort of their home at The Carlton.



Sandy Wagner



Destination: **BRAZIL**

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

Departure: Thursday,
June 11th at 10:30AM
in the Activity Room

PRIDE MONTH

MONDAY, JUNE 1

- 9:30 - Feel Free Fitness (LR)
- 9:45 & 10:15 - Shopping Shuttles (VO) -sign up
- 10:30 - Memory Fitness (AR)
- 11:15 - Nintendo Bowling (AR)
- 12:30- Independent Bridge Group (GR)
- 1:00 - Play Rummikub (AR)
- 1:30 - Balloon Swat (LR)
- 3:00 - Bingo (LR)
- 4:00 - Documentary Hour (AR)
- 6:00 - Evening Movie (AR)

TUESDAY, JUNE 2

- 9:30 - Morning Stretch (LR)
- 10:30 - Group Crossword Puzzles (LR)
- 11:00 - Seated Basketball (LR)
- 12:30 - Strummin' Seniors Band Practice (LR)
- 2:15 - Iced Mocha Cappuccinos (C)
- 3:00 - Bingo (LR)
- 4:15 - Happy Hour (LR)
- 6:00 - Evening Movie (AR)

WEDNESDAY, JUNE 3

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Sing Along with Jack (LR)
- 10:30 - Dollar Tree Shopping (VO) -sign up
- 1:30 - Learn Spanish with Ruben (AR)
- 2:00 - UNO Card Game (LR)
- 3:00 - Bingo (LR)
- 4:00 - Carlton Blackjack (LR)
- 4:00 - Farmer's Market (VO)-sign up
- 6:00 - Evening Movie (AR)

THURSDAY, JUNE 4

- 9:30 - Balance Fitness (LR)
- 10:30 - Nail Salon (LR)
- 10:30 - Chain Reaction (LR)
- 12:30 - Independent Bridge Group (GR)
- 1:00 - Independent Mahjong (GR)
- 1:30 - Bell Choir Practice (LR)
- 2:15 - Zumba Video Exercise (LR)
- 3:00 - Bingo (LR)
- 4:15 - Happy Hour (LR)
- 6:00 - Evening Movie (AR)

FRIDAY, JUNE 5

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Who Wants to be a Millionaire? (LR)
- 1:00- HOGO Word Game (AR)
- 1:15 - Armchair Travel (LR)
- 1:30 - Bill's Smile Awhile (GR)
- 2:15 - Attitudinal Healing Connection (PDR)
- 3:00 - Bingo (LR)
- 4:00 - Left, Center, Right (LR)
- 6:00 - Evening Movie (AR)

SATURDAY, JUNE 6

- 8:00 - Cherry Festival Parade (VO) -sign up
- 9:30 - Donuts & Coffee Social (LR)
- 9:45 - Ziv's Gentle Exercise (AR)
- 11:00 - News Currents (AR)
- 11:00 - Rosary Group (PDR)
- 1:30 - Afternoon Entertainment (LR)
- 3:00 - Bingo (LR)
- 4:15 - PM Exercise (AR)
- 6:00 - Evening Movie (AR)

Welcome to the
Carlton Family

Elizabeth "Betty" Bulling
Janice Chong

SUNDAY, JUNE 7

9:00 - 10:00 - Church Shuttles (VO) -sign up
9:30 - Balance Fitness (LR)
10:30 - Wheel of Fortune (LR)
11:15 - EWTN Video Mass (GR)
1:30 - Youth Musicians Performance (LR)
2:00 - Independent Dominoes (GR)
2:30 - Afternoon Movie (AR)
"Fatima" (2020)
3:00 - Bingo (LR)
4:00 - Video Trivia Quizzes (LR)
6:00 - Evening Movie (AR)

THURSDAY, JUNE 11

DESTINATION BRAZIL DAY!

9:30 - Balance Fitness (LR)
10:30 - Brazil Day Presentation (LR)
12:30 - Independent Bridge Group (GR)
1:00 - Independent Mahjong (GR)
1:30 - Brazil Day Social (LR)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

MONDAY, JUNE 8

9:30 - Feel Free Fitness (LR)
9:45 & 10:15 - Shopping Shuttles (VO) -sign up
10:30 - Memory Fitness (LR)
11:15 - Nintendo Bowling (AR)
12:30- Independent Bridge Group (GR)
1:00 - Play Rummikub (AR)
1:30 - Bean Bag Toss Challenge (LR)
2:00 - Coffee Club Outing (VO)
3:00 - Bingo (LR)
4:00 - Documentary Hour (AR)
6:00 - Evening Movie (AR)

FRIDAY, JUNE 12

9:30 - Feel Free Fitness (LR)
10:30 - Who Wants to be a Millionaire? (AR)
1:00- HOGO Word Game (AR)
1:15 - Armchair Travel (LR)
1:30 - Bill's Smile Awhile (GR)
2:15 - Root Beer Floats (C)
3:00 - Bingo (LR)
4:00 - Video Zumba (LR)
6:00 - Evening Movie (AR)

TUESDAY, JUNE 9

9:30 - Morning Stretch (LR)
10:30 - Bell Choir Practice (LR)
11:00 - UNO Card Game (LR)
1:00 - Independent Mahjong (GR)
1:00 - Art with Kelley (AR)
1:30 - Carlton Gentlemen's Club Meeting (GR)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

SATURDAY, JUNE 13

9:30 - Donuts & Coffee Social (LR)
9:45 - Ziv's Gentle Exercise (AR)
11:00 - News Currents (AR)
11:00 - Rosary Group (PDR)
1:30 - Afternoon Entertainment (LR)
3:00 - Bingo (LR)
4:15 - PM Exercise (AR)
6:00 - Evening Movie (AR)

WEDNESDAY, JUNE 10

9:30 - Feel Free Fitness (LR)
10:30 - Words in a Word (LR)
11:15 - Lunch Outing/Harry's Hofbrau (VO)-sign up
1:00 - Spirit Care Worship (LR)
1:30 - Balloon Swat (LR)
3:00 - Bingo (LR)
6:00 - Evening Movie (LR)

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



SUNDAY, JUNE 14

FLAG DAY

- 9:00 - 10:00 - Church Shuttles (VO) -sign up
- 9:30 - Balance Fitness (LR)
- 10:30 - Wheel of Fortune (LR)
- 12:45 - Afternoon Movie Matinee (AR)
- 1:00 - St. Leander Prayer Service (GR)
- 1:15 - Scenic Drive (VO) -sign up
- 2:00 - Independent Dominoes (GR)
- 3:00 - Bingo (LR)
- 4:00 - Video Trivia Quizzes (LR)
- 6:00 - Evening Movie (AR)

THURSDAY, JUNE 18

- 9:30 - Balance Fitness (LR)
- 10:30 - TV Wordle (AR)
- 10:30 - UNO Card Game (LR)
- 12:30 - Independent Bridge Group (GR)
- 1:00 - Independent Mahjong (GR)
- 1:00 - Blood Pressures & Weights (AR)
- 1:30 - Resident Town Hall Meeting (LR)
- 2:15 - Zumba Video Exercise (LR)
- 3:00 - Bingo (LR)
- 4:15 - Happy Hour (LR)
- 6:00 - Evening Movie (AR)

MONDAY, JUNE 15

- 9:30 - Feel Free Fitness(LR)
- 9:45 & 10:15 - Shopping Shuttles (VO) -sign up
- 10:30 - Memory Fitness (LR)
- 11:15 - Wii Bowling (GR)
- 12:30- Independent Bridge Group (GR)
- 1:00 - Play Rummikub (TBD)
- 1:30 - Balloon Swat (LR)
- 3:00 - Bingo (LR)
- 6:00 - Evening Movie (AR)

FRIDAY, JUNE 19

JUNETEENTH

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Who Wants to be a Millionaire? (AR)
- 1:00- HOGO Word Game (AR)
- 1:15 - Juneteenth Documentary Hour (LR)
- 1:30 - Bill's Smile Awhile (GR)
- 3:00 - Bingo (LR)
- 4:15 - Mocktail Social (LR)
- 6:00 - Evening Movie (AR)

TUESDAY, JUNE 16

- 9:30 - Morning Stretch (LR)
- 10:30 - Bell Choir Practice (LR)
- 11:15 - UNO Card Game (LR)
- 12:30 - Strummin' Seniors Band Practice (CY)
- 1:00 - Independent Mahjong (GR)
- 2:00 - Colorful Creations (LR)
- 3:00 - Bingo (LR)
- 4:15 - Happy Hour (LR)
- 6:00 - Evening Movie (AR)

SATURDAY, JUNE 20

- 9:30 - Donuts & Coffee Social (LR)
- 9:45 - Ziv's Gentle Exercise (AR)
- 11:00 - News Currents (AR)
- 11:00 - Rosary Group (PDR)
- 12:45 - Classic Movie Matinee (AR)
- 3:00 - Bingo (LR)
- 4:15 - PM Video Exercise (AR)
- 6:00 - Evening Movie (AR)

WEDNESDAY, JUNE 17

- 9:30 - Feel Free Fitness (LR)
- 10:30 -Chair Volleyball (LR)
- 1:30 - The Jazz Therapists Perform (TBD)
- 3:00 - Bingo (LR)
- 4:00 - Carlton Blackjack (LR)
- 4:00 - Farmer's Market Outing (VO)-sign up
- 6:00 - Evening Movie (AR)

Town Hall Meeting

Thursday, June 18th

1:30 PM - Living Room

Resident Town Hall 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!

- 9:00 - 10:00 - Church Shuttles (VO) -sign up
- 9:30 - Balance Fitness (LR)
- 10:30 - Wheel of Fortune (LR)
- 11:30 - **Father's Day Family Celebration** (1st flr)
- 1:30 - **Afternoon Entertainment** (LR)
with Tin Pan Alley
- 1:00 - St. Leander Prayer Service (GR)
- 2:00 - Independent Dominoes (GR)
- 3:00 - Bingo (LR)
- 4:00 - Video Trivia Quizzes (LR)
- 6:00 - Evening Movie (AR)

THURSDAY, JUNE 25

- 9:30 - Balance Fitness (LR)
- 10:30 - Good Guess Game (LR)
- 12:30 - Independent Bridge Group (GR)
- 1:00 - Independent Mahjong (GR)
- 1:30 - Drum Exercise (AR)
- 3:00 - Bingo (LR)
- 4:15 - Happy Hour (LR)
- 6:00 - Evening Movie (AR)

MONDAY, JUNE 22

- 9:30 - Balance Fitness (LR)
- 9:45 & 10:15 - Shopping Shuttles (VO)-sign up
- 10:30 - Memory Fitness (LR)
- 11:15 - Wii Bowling (AR)
- 12:30- Independent Bridge Group (GR)
- 1:00 - Play Rummikub (AR)
- 1:15 - Scenic Drive (VO) -sign up
- 1:30 - Learn Spanish with Ruben (AR)
- 3:00 - Bingo (LR)
- 6:00 - Evening Movie (AR)

FRIDAY, JUNE 26

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Who Wants to be a Millionaire? (AR)
- 1:00- HOGO Word Game (AR)
- 1:15 - Armchair Travel (LR)
- 1:30 - Bill's Smile Awhile (GR)
- 3:00 - Bingo (LR)
- 4:00 - Zumba Video Exercise (LR)
- 6:00 - Evening Movie (AR)

TUESDAY, JUNE 23

- 9:30 - Morning Stretch (LR)
- 10:30 - Bell Choir Practice (LR)
- 11:15 - UNO Card Game (LR)
- 1:00 - Independent Mahjong (GR)
- 1:30 - Bucket Golf (LR)
- 3:00 - Bingo (LR)
- 4:15 - Happy Hour (LR)
- 6:00 - Evening Movie (AR)

SATURDAY, JUNE 27

- 9:30 - Donuts & Coffee Social (LR)
- 9:45 - Ziv's Gentle Exercise (AR)
- 11:00 - News Currents (AR)
- 11:00 - Rosary Group (PDR)
- 1:30 - Afternoon Entertainment (LR)
- 3:00 - Bingo (LR)
- 4:15 - PM Video Exercise (AR)
- 6:00 - Evening Movie (AR)

WEDNESDAY, JUNE 24

- 9:30 - Feel Free Fitness (LR)
- 10:30 - Carlton Jeopardy (AR)
- 10:30 - Coffee Club Outing (VO)-sign up
- 1:15 - Documentary Hour (LR)
- 3:00 - Bingo (LR)
- 4:00 - Carlton Blackjack (LR)
- 6:15 - Juneteenth Entertainment (LR)
with Niecey Robinson & Friends

Location Key

- (LR) Living Room
- (AR) Activities Room
- (GR) Game Room
- (C) Cafe
- (VO) Outing
- (DR) Dining Room
- (PDR) Private Dining Room



Activities and times are subject to change.

SUNDAY, JUNE 28

9:00 - 10:00 - Church Shuttles (VO) -sign up
9:30 - Balance Fitness (LR)
10:30 - Wheel of Fortune (LR)
1:00 - St. Leander Prayer Service (GR)
1:15 - Scenic Drive (VO) -sign up
1:30 - Ice Cream Social (C)
2:00 - Independent Dominoes (GR)
3:00 - Bingo (LR)
4:00 - Video Trivia Quizzes (LR)
6:00 - Evening Movie (AR)

MONDAY, JUNE 29

RAINBOW DAY

9:30 - Balance Fitness (LR)
9:45 & 10:15 - Shopping Shuttles (VO)-sign up
10:30 - Memory Fitness (LR)
11:15 - Wii Bowling (AR)
12:30- Independent Bridge Group (GR)
1:00 - Play Rummikub (AR)
1:30 - Rainbow Day Social (LR)
3:00 - Bingo (LR)
6:00 - Evening Movie (AR)

TUESDAY, JUNE 30

9:30 - Morning Stretch (LR)
10:30 - Bell Choir Practice (LR)
11:15 - UNO Card Game (LR)
1:00 - Independent Mahjong (GR)
1:30 - Bean Bag Challenge (LR)
1:30 - Book Lover's Club Meeting (AR)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

Happy Birthday

June 5 - Annabelle T.
June 6 - Kathleen O.
June 9 - Jeanette W.
June 10 - Neal S.
June 10 - Sue Y.
June 11 - Catherine P.
June 15 - Lynn U.
June 15 - Bertha A.
June 15 - Eleanor G.
June 18 - Rose T.
June 20 - Steven M.
June 21 - John W.
June 27 - Ying T.



Sunday, June 21st


FATHER'S

Day

Join us in celebrating
our fathers with a family
barbeque lunch &
entertainment.

BBQ: 11:30 am - 1:30 pm
Music: 1:00 pm - 2:30 pm



Salon

Salon Hours:
Open Wednesdays,
Thursdays, and Fridays

To book your appointment,
give us a call at
510-938-9992.





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.