Carlton

CONCORD

Monthly Happenings and Highlights

NOVEMBER 2026

1700 Broadway St, Concord, CA 94520 | (925) 686-1700

Carlton Theme Days

Show a little Carlton Spirit by dressing up for our community theme days!

Thanksgiving

Thursday, November 26th

Wear a fall-colored shirt.

All Carlton residents and employees are encouraged to dress for the theme!

If you don't have something themed to wear, stop by the front desk to pick up a small accessory.

Meet our *Leadership Team*

Jon McCraw
Executive Director

Suja Oldenburg
Executive Assistant
Tuesday - Saturday

Laura Mosley
Life Enrichment Coordinator
Sunday - Thursday

Nacho Garcia
Maintenance Manager
Tuesday - Saturday

Natalie Earley
Sales Director
Sunday - Thursday

Cyrus Droivold
Bistro General Manager

Support Staff

Receptionists: Katherine, Tammy, Linda

Drivers: Leslie, Jeff

Maintenance: Rafael, Carlos, Joel

Housekeeping: Karen, Araceli, Gabriela

Overnight Supervisors: Alfredo & Jason

The Bistro: Ian Ashford, Fabiola Bernuy Castro, Febrous “Deo” Canos, Andria Debose, Daniel Esquivel, Madelin Hernandez, Yasmin Massey, Brayan Mendoza, Yetzel Montes

Transportation *Guidelines*

Grocery Shopping

Wednesdays

Complimentary

9:00 AM - Trader Joe's
10:30 AM - Safeway

Sign-Up at front desk

All transportation services are offered on a first-come, first-served basis and are contingent upon driver availability. **A reservation must be made at least 48 hours in advance for any personal transportation requests.** Transportation request forms are available at the front desk and in Laura's office.

Personal Transportation

Complimentary Transportation

Sunday: Religious Gatherings in Concord

Tuesday: Destinations in Concord & Martinez

Thursday: Destinations in Pleasant Hill & Walnut Creek

Earliest Departure Time - 9:00 AM

Latest Pick-Up Time - 3:00 PM

Destinations must be within a 10 mile radius of our community.

Additional transportation is available at a flat rate.

Pick up a transportation request form at the front desk.

See Laura for more details.

Friday Loop Shuttle

Advance reservations are encouraged; however, availability without a reservation will be determined on a first-come, first-served basis.

Sign up at the Front Desk and specify the date and loop number *(one loop/day)*.

Loop #1

Loading: 9:45 AM
Departure: 10:00 AM

A.Todos Santos

Arrival: 10:10 AM
Pick Up: 11:15 AM

Dollar Tree (Concord), banks, barber/hair dresser, House of Bagels, Peets Coffee, and more!

B. Park and Shop

Arrival: 10:20 AM
Pick Up: 11:30-11:45 AM

99 Ranch Market, UPS Store, Chick's Donuts, Grocery Outlet, and more!

Loop #2

Loading: 12:30 PM
Departure: 12:45 PM

C. Diamond Blvd

Arrival: 1:00 PM
Pick Up: 2:30 PM

The Willows, Hobby Lobby, the Veranda, TJ Maxx, Home Depot, and more!

D. Pleasant Hill Shopping Center and Monument Blvd

Arrival: 1:15 PM
Pick Up: 2:45-3:00 PM
Kohl's Pick Up: 3:15-3:30

Target, Home Goods, Burlington Coat Factory, In-n-Out Burger, Kohl's, and more!

Loop #3

Loading: 9:45 AM
Departure: 10:00 AM

A. Walmart

Arrival: 10:20 -10:30 AM
Pick Up: 11:45 AM

Loop #4

Loading: 12:45 PM
Departure: 1:00 PM

B. Sunvalley Mall

Arrival: 1:15 PM
Pick Up: 2:30-2:45 PM

Nordstrom Rack, Macy's, JC Penny's, Mrs. Fields Cookies, Safeway, and more!

November Happenings

Meetings and Presentations

Tuesday 11/3: Arcadia Home Care & Staffing (AA)
1:00 PM

Tuesday 11/10: Speaker Series Presented by Suncrest (AA)
11:30 AM

Monday 11/16: Centers for Elders Presented by Teddy (AA)
2:00 PM

Wednesday 11/18: Carlton University Understanding Hospice Care
11:00 AM

Friday 11/27: Resident Council (AA)
12:30 PM

Monday 11/30: Destination Thailand (AA)
12:00 PM

Events

Tuesdays: Cookie Social with Aspire
11:00 AM

Tuesday 11/3: Arcadia Home Care & Staffing - Craft Gratitude Wreath (AA)
1:00 PM

Thursday 11/5: Social Mixer - Featuring Jack & Tom
1:00 PM

Wednesday 11/11: Veterans Day Ceremony
1:00 PM

Thursday 11/19: Social Mixer - Featuring Alek
1:00 PM

Sunday 11/22: Thanksgiving Buffet
12:30 PM - 2:30 PM

Exercise Classes

Feel Free Fitness
Mondays, Wednesdays & Fridays
10:00 AM

Body & Mind Fitness with Robert
Tuesdays, Thursdays, and Saturdays
10:00 AM

Excursions

Tuesday Chom Thai Kitchen ($$)
11:00 AM Departure

Friday 11/13: Murrieta's Well Wine Tasting ($$)
10:30 AM Departure (MUST SIGN UP)

Tuesday 11/17: Benihana's ($$)
11:00 AM Departure

Saturday 11/21: Lesher Center "The Christmas Ballet ($$$)
12:30 PM Departure

Tuesday 11/24: Marsala House ($$)
11:00 AM Departure

Resident *Spotlight*

Tracey Thompson

Meet Tracy Thompson, a lifelong learner, compassionate caregiver, proud mother and grandmother, and someone who believes in trying new things! Born in Berwyn, Illinois, Tracy grew up primarily in the Midwest, with some time in California because of her father's career with Sears Roebuck.

Tracy jokingly calls herself "highly over-educated," having earned a Bachelor's degree from the University of Illinois at Urbana-Champaign and a Master's degree in Dairy Science from the University of Missouri. Her career journey has been anything but ordinary. Tracy spent about four years working on dairy farms at the University of Wisconsin, helping with the birthing of cows. Later, after a divorce, she made a major career change and earned her nursing degree from San Jose State University. Tracy went on to spend more than 15 years working in Labor and Delivery, where she loved supporting mothers and teaching childbirth education. She still dreams of becoming a certified doula so she can continue helping mothers in a supportive, less medical role. Tracy describes herself as a "damn fine nurse" with a "big compassion bone." Her caring nature has been part of her personality since childhood. She remembers helping a classmate put on his snow boots back in kindergarten!

Family is very important to Tracy. She has two children, Ryan and Darcy, as well as a granddaughter in Minnesota and a teenage step-granddaughter. Darcy graduated from UC Davis as Salutatorian and hopes to attend medical school.

Some of Tracy's favorite childhood memories include playing "Ghost in the Graveyard" and reading in a "ginormous tree" beside a creek on her family's five-acre property.

When she isn't reading in the courtyard, listening to the birds, or watching the fountain, Tracy enjoys quilting, gardening, cross-stitch, and handwork. She loves classic bluesy rock and roll, especially The Rolling Stones, Santana, and Canned Heat. She is also a self-proclaimed chocolate lover!

Tracy enjoys traveling around the United States, with San Francisco being one of her favorite places. One day, she hopes to visit Scotland to explore her family heritage and experience its history and culture. Above all, Tracy lives by a simple philosophy: "If you don't try it, you'll never know." She hopes to be remembered as someone who cared, tried new things, and wasn't afraid to fail. Tracy's life is a wonderful reminder that compassion, curiosity, and a willingness to try can take you on an amazing journey.

SUNDAY, NOVEMBER 1

Daylight Saving Time Ends

All Day Puzzles (AA)
All Day Ping Pong (W3)
11:00 AM to 1:00 PM - Brunch in The Bistro (B)
1:00 - 3:00 PM - Bridge (CR)
2:00 PM - $5.00 BINGO with Sal (AA)
3:00-4:00 PM - Great Courses: Conquest of Americas #9 & #10 (CR)

MONDAY, NOVEMBER 2

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Feel Free Fitness (AA)
11:00 AM - Scrabble (CR)
1:00 PM - Monday Matinee: John Wick (2014) CR)
2:00 PM - Dime BINGO with Sal (AA)
6:30 PM - Left Center Right (CR)

TUESDAY, NOVEMBER 3

Election Day

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Body & Mind Fitness with Robert (AA)
11:00 AM - Cookie Social (AA)
1:00 to 3:00 PM - Tripoley (CR)
1:00 PM - Arcadia Home Care & Staffing Presentation & Craft Gratitude Wreath (AA)
6:30 PM - Dime BINGO with Sal (AA)

WEDNESDAY, NOVEMBER 4

All Day Puzzles (AA)
All Day Ping Pong (W3)
9:00 AM - Grocery Shopping: Trader Joe's (LB)
10:00 AM - Feel Free Fitness (AA)
10:30 AM - Grocery Shopping: Safeway (LB)
12:30 PM - Sharing our Stories with Lyn (CR)
2:00 PM - Hand & Foot Card Game (CR)
6:30 PM - $5.00 Bingo with Sal (AA)

THURSDAY, NOVEMBER 5

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Body & Mind Fitness with Robert (AA)
11:00 AM - Bible Study with Greg (CR)
11:00 AM - Learn to Play Mahjong with Joyce (W4)
1:00 PM - Social Mixer with Alek (AA)
2:30 PM - Needlework Circle (CR)
6:30 PM - Sequence (CR)

FRIDAY, NOVEMBER 6

All Day Puzzles (AA)
All Day Ping Pong (W3)
9:45 AM - Loop Shuttle 1 & 2 (LB)
10:00 AM - Feel Free Fitness (AA)
11:30 AM - Canasta (CR)
2:00 PM - Dime BINGO with Sal (AA)
6:30 PM - Mexican Train (CR)

SATURDAY, NOVEMBER 7

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Body & Mind Fitness with Robert (AA)
1:30 PM - Dime BINGO with Sal (AA)
6:30 PM - Game Night with Diana - BYOB (CR)

Location Key

(LR) Living Room
(B) Bistro
(AA) Activity Area
(CY) Courtyard
(CR) Community Room
(LB) Lobby
(E3) 3rd Floor by Elevator
(E4) 4th Floor by Elevator
(W4) 4th Floor Library
Activities and times are subject to change.

SUNDAY, NOVEMBER 8

All Day Puzzles (AA)
All Day Ping Pong (W3)
11:00 AM to 1:00 PM - Brunch in The Bistro (B)
1:00 - 3:00 PM - Bridge (CR)
2:00 PM - $5.00 BINGO with Sal (AA)
3:00-4:00 PM - Great Courses: Conquest of Americas #11 & #12 (CR)

MONDAY, NOVEMBER 9

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Feel Free Fitness (AA)
11:00 AM - Scrabble (CR)
1:00 PM - Monday Matinee: The Monuments Men (2014) (CR)
2:00 PM - Dime BINGO with Sal (AA)
6:30 PM - Left Center Right (CR)

TUESDAY, NOVEMBER 10

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Body & Mind Fitness with Robert (AA)
11:00 AM - Cookie Social (AA)
11:00 AM - Departure: Chom Thai Kitchen ($$)
1:00 to 3:00 PM - Tripoley (CR)
6:30 PM - Dime BINGO with Sal (AA)

WEDNESDAY, NOVEMBER 11

Veterans Day
All Day Puzzles (AA)
All Day Ping Pong (W3)
9:00 AM - Grocery Shopping: Trader Joe's (LB)
10:00 AM - Feel Free Fitness (AA)
10:30 AM - Grocery Shopping: Safeway (LB)
12:00 PM - Veterans Ceremony (AA)
12:30 PM - Sharing our Stories with Lyn (CR)
2:00 PM - Hand & Foot Card Game (CR)
6:30 PM - $5.00 Bingo with Sal (AA)

THURSDAY, NOVEMBER 12

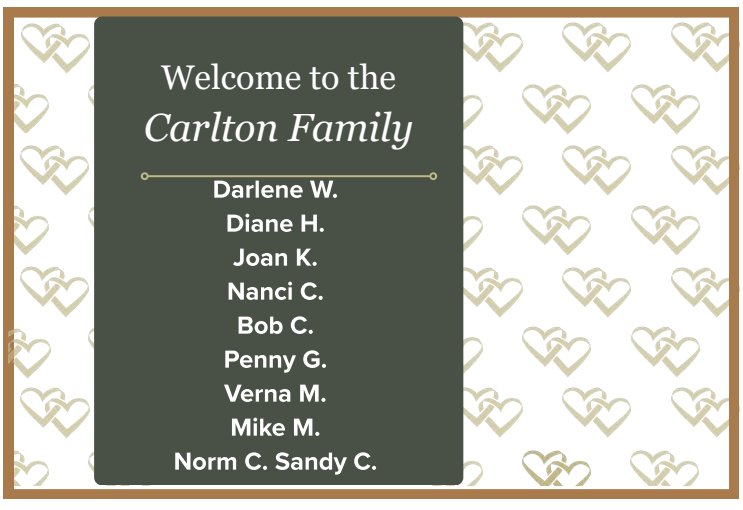
All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Body & Mind Fitness with Robert (AA)
11:00 AM - Bible Study with Greg (CR)
11:00 AM - Learn to Play Mahjong with Joyce (W4)
1:00 PM - Card Culture with Joyce (CR)
2:30 PM - Needlework Circle (CR)
6:30 PM - Sequence (CR)

FRIDAY, NOVEMBER 13

All Day Puzzles (AA)
All Day Ping Pong (W3)
9:45 AM - Loop Shuttle 1 & 2 (LB)
10:00 AM - Feel Free Fitness (AA)
10:30 AM - Departure: Murrieta's Well Wine Tasting ($$)
11:30 AM - Canasta (CR)
2:00 PM - Dime BINGO with Sal (AA)
6:30 PM - Mexican Train (CR)

SATURDAY, NOVEMBER 14

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Body & Mind Fitness with Robert (AA)
1:30 PM - Dime BINGO with Sal (AA)
6:30 PM - Game Night with Diana - BYOB (CR)



SUNDAY, NOVEMBER 15

All Day Puzzles (AA)
All Day Ping Pong (W3)
11:00 AM to 1:00 PM - Brunch in The Bistro (B)
1:00 to 3:00 PM - Bridge (CR)
2:00 PM - $5.00 BINGO with Sal (AA)
3:00 PM - Great Courses: Conquest of Americas #13 & #14 (CR)

MONDAY, NOVEMBER 16

All Day Puzzles (AA)
10:00 AM - Feel Free Fitness (AA)
11:00 AM - Scrabble (CR)
11:30 AM - Presentation by Suncrest (AA)
1:00 PM - Monday Matinee: John Wick 2 (2017) (CR)
2:00 PM - Center for Elders talk with Eddie (AA)
2:00 PM - Dime Bingo with Sal (AA)
6:30 PM - Left Center Right (CR)

TUESDAY, NOVEMBER 17

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Body & Mind Fitness with Robert (AA)
11:00 AM - Cookie Social (AA)
11:00 AM - Departure: Benihana's (SS)
1:00 to 3:00 PM - Tripoley (CR)
6:30 PM - Dime BINGO with Sal (AA)

WEDNESDAY, NOVEMBER 18

All Day Puzzles (AA)
All Day Ping Pong (W3)
9:00 AM - Grocery Shopping: Trader Joe's (LB)
10:00 AM - Feel Free Fitness (AA)
10:30 AM - Grocery Shopping: Safeway (LB)
11:00 - Carlton University: Understanding Hospice Care (CR)
12:30 PM - Sharing our Stories with Lyn (CR)
2:00 PM - Hand & Foot Card Game (CR)
6:30 PM - $5.00 BINGO with Sal (AA)

THURSDAY, NOVEMBER 19

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Body & Mind Fitness with Robert (AA)
11:00 AM - Bible Study with Greg (CR)
11:00 AM - Learn to Play Mahjong with Joyce (W4)
1:00 PM - Social Mixer with Alek (AA)
2:30 PM - Needlework Circle (CR)
6:30 PM - Sequence (CR)

FRIDAY, NOVEMBER 20

All Day Puzzles (AA)
All Day Ping Pong (W3)
9:45 AM - Loop Shuttle 3 & 4 (LB)
10:00 AM - Feel Free Fitness (AA)
11:30 AM - Canasta (CR)
2:00 PM - Dime BINGO with Sal (AA)
6:30 PM - Mexican Train (CR)

SATURDAY, NOVEMBER 21

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Body & Mind Fitness with Robert (AA)
12:30 PM - Departure: Lesher CenterArts "The Christmas Ballet ($95) Sign-up REQUIRED
1:30 PM - Dime BINGO with Sal (AA)
6:30 PM - Game Night with Diana — BYOB (CR)

Carlton *University*

November's Class Topic:

Understanding Hospice Care

Wednesday, November 18th at 11:00 AM
In the Community Room (CR)

SUNDAY, NOVEMBER 22

All Day Puzzles (AA)
All Day Ping Pong (W3)
12:30 PM - 2:30 PM - Thanksgiving Buffet (B)
1:00 to 3:00 PM - Bridge (CR)
2:00 PM - $5.00 BINGO with Sal (AA)
3:00 PM - Great Courses: Conquest of Americas #15 & #16 (CR)

MONDAY, NOVEMBER 23

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Feel Free Fitness (AA)
11:00 AM - Scrabble (CR)
1:00 PM - Monday Matinee: Fever Pitch (2005) (CR)
2:00 PM - Dime Bingo with Sal (AA)
6:30 PM - Left Center Right (CR)

TUESDAY, NOVEMBER 24

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Body & Mind Fitness with Robert (AA)
11:00 AM - Cookie Social (AA)
11:00 AM - Departure: Masala House ($$)
1:00 to 3:00 PM - Tripoley (CR)
6:30 PM - Dime BINGO with Sal (AA)

WEDNESDAY, NOVEMBER 25

All Day Puzzles (AA)
All Day Ping Pong (W3)
9:00 AM - Grocery Shopping: Trader Joe's (LB)
10:00 AM – Feel Free Fitness (AA)
10:30 AM - Grocery Shopping: Safeway (LB)
12:30 PM – Sharing our Stories with Lyn (CR)
2:00 PM – Hand & Foot Card Game Frenzy! (CR)
6:30 PM - $5.00 BINGO with Sal (AA)

THURSDAY, NOVEMBER 26

Thanksgiving Day
All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Body & Mind Fitness with Robert (AA)
11:00 AM - Bible Study with Greg (CR)
2:30 PM - Needlework Circle (CR)
6:30 PM - Sequence (CR)

FRIDAY, NOVEMBER 27

All Day Puzzles (AA)
All Day Ping Pong (W3)
9:45 AM - Loop Shuttle 1 & 2 (LB)
10:00 AM - Feel Free Fitness (AA)
11:30 AM - Canasta (CR)
12:30 PM - Resident Council (AA)
2:00 PM - Dime BINGO with Sal (AA)
6:30 PM - Mexican Train (CR)

SATURDAY, NOVEMBER 28

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Body & Mind Fitness with Robert (AA)
1:30 PM - Dime BINGO with Sal (AA)
6:30 PM - Game Night with Diana — BYOB (CR)

Resident Council

Friday, November 27th

12:30 PM - Activity Area

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

SUNDAY, NOVEMBER 29

All Day Puzzles (AA)
All Day Ping Pong (W3)
11:00 AM to 1:00 PM - Brunch in The Bistro (B)
1:00 to 3:00 PM - Bridge (CR)
2:00 PM - $5.00 BINGO with Sal (AA)
3:00 PM - Great Courses: Conquest of Americas #17 & #18 (CR)

MONDAY, NOVEMBER 30

All Day Puzzles (AA)
All Day Ping Pong (W3)
10:00 AM - Feel Free Fitness (AA)
11:00 AM - Scrabble (CR)
12:00 PM - Destination to Thailand (AA)
1:00 PM - Monday Matinee: USS Indianapolis: Men of Courage (2016) (CR)
2:00 PM - Dime Bingo with Sal (AA)
6:30 PM - Left Center Right (CR)

Salon

Tess - Every other Friday
Sign up at the Front Desk.

Kim - Wednesdays
Call for an appointment.
925-686-6445

Welcome to Aspire In-Home Care!

Our office is located on the third floor, directly outside the elevators. We are also available to meet with you at your home. We look forward to discussing how we can customize our services to meet your specific needs as an extension of the services provided by Carlton.

Please contact us at **(925) 648-2076** to learn more about our support options, which include assistance with daily activities, transportation, post-hospitalization care, grocery shopping, and laundry. We look forward to partnering with you.

Happy Birthday

11/2 Mark S.

11/2 Julie P.

11/4 Daniel C.

11/13 Shelley C.

11/14 Dana Miller

11/15 Bob C.

11/18 Eloisa S.

11/22 Jolene R.

11/22 Pat R.

11/27 Steve S.

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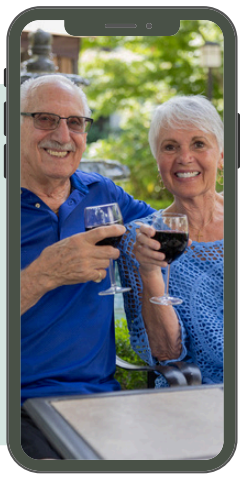

Health & Safety Corner

Protecting Yourself from Scams and Fraud

Financial fraud and scams are a significant and growing problem in the United States. Although people of any age can be scammed, older adults tend to be disproportionately affected by these types of crimes. Scammers see seniors as easy victims since they usually have financial savings, owned property, and good credit. Additionally, seniors may be less likely to report fraud, either because they don't know how or because they are ashamed to admit that they have been scammed.

Some of the most common scams targeting seniors include:

- **Government Impersonation Scams:** Criminals pretend to represent the Internal Revenue Service (IRS), Social Security Administration, Medicare, etc. They threaten arrest or prosecution in order to extort money from you.
- **Grandparent Scam:** Scammers contact someone, typically by phone, claiming to be a grandchild. They state that they are in immediate financial need (late rent, a medical emergency, legal trouble, etc.) and beg you not to tell their parents. Alternatively, callers may pose as a police officer, doctor, or attorney who claim to need money to help your grandchild.
- **Romance Scams:** Online criminals pretend to be interested romantic partners who "need" money from you. Frequently, the criminal feigns distress/trouble and an impending deadline to create a sense of urgency.
- **Tech Support Scams:** Criminals pose as technology or customer support. They offer to fix non-existent issues, such as computer viruses or hacked accounts. The scammer will ask for your personal information to "fix" the problem. They may also ask for payment for the "service" they provided.

The best way to protect yourself is to approach all unsolicited communication with skepticism and caution. Do not open or click on suspicious or unknown links, emails, pop ups, and email attachments. Don't answer calls from unknown numbers. Do not share personal information unless you initiated the conversation and are absolutely certain of who you are speaking with. Ensure all anti-virus and security software on your computer is up to date.

Remember: government agencies and law enforcement will never ask for money or personal information over the phone. No legitimate organization will ever ask for payment via gift cards. Do not wire money to people or businesses you have only met online.

Lastly, scammers rely on you keeping your communication with them secret! Resist the pressure to act quickly. If you aren't sure whether a call is real, hang up and call the police department or company on their publicly listed number to verify that an actual officer or representative is trying to reach you. Don't be embarrassed to ask someone you trust for help or advice.

If you or someone you know has been the victim of a scam or fraud, file a complaint with the FBI's Internet Crime Complaint Center (IC3) at: **www.ic3.gov**. Retain as much documentation as possible to share with law enforcement. If you need help filing a claim, any Carlton manager can assist you.