November 2026

The Carlton Times

Nourishing Mind, Body, and Soul

Pictured: CSL Elk Grove

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.

Have you noticed our new uniforms?

Our uniform shirts are now color coded by department!

- = Activities Assistants & Drivers
- = Care Partners
- = Housekeeping & Maintenance
- = Med Techs & Nurses
- = Waitstaff

Meet The Management Team

Blaine Lyons
Executive Director
Monday-Friday

Diana Hernandez
Executive Assistant
Sunday - Thursday

Mina Kutulas
Director of Resident Services
Tuesday-Saturday

Lauren Andersen
Director of Memory Care
Sunday - Thursday

Jess Beck
Resident Liaison
Sunday-Thursday

Justus Eernisse
Maintenance Manager
Sunday-Thursday

Jesse Vasquez
AL Activities Manager
Sunday-Thursday

Louis Reyes
MC Activities Manager
Tuesday-Saturday

Janine Young
AL Care Manager
Sunday-Thursday

Gina Williams
MC Care Manager
Tuesday - Saturday

Amanda Carrillo
Dining Room Manager
Tuesday-Saturday

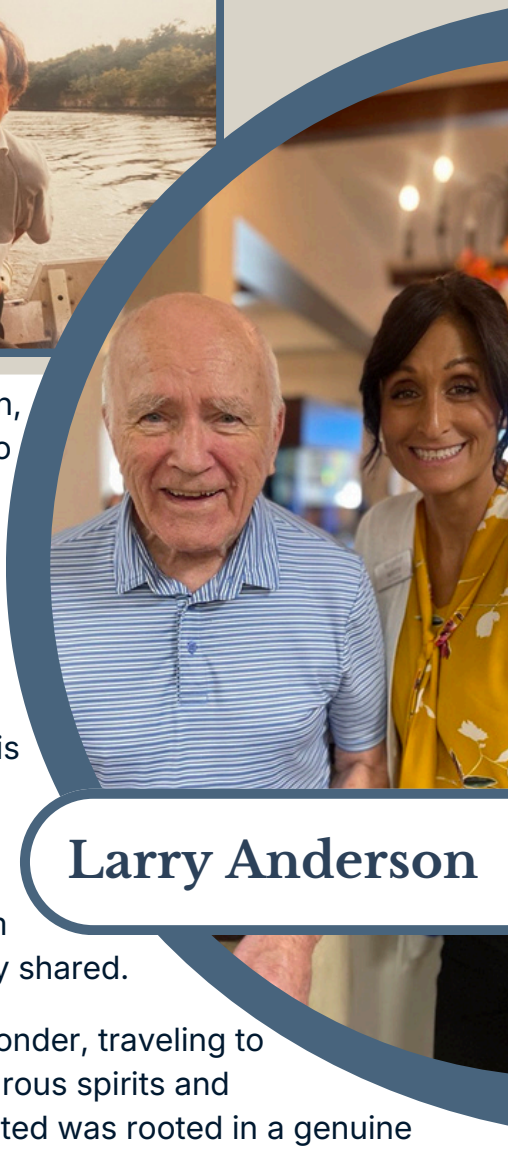
Diana Castillo
Medication Manager
Sunday - Thursday

Kiernan Donleavy
PM Supervisor
Sunday - Thursday

Misty Charles
Sales Manager
Tuesday-Saturday

Jolene Silveira
Sales Assistant
Sunday - Thursday

RESIDENT *Spotlight*



Larry Anderson

This November, our hearts are full of gratitude as we honor Larry Anderson, a remarkable man whose story inspires us all. We are especially thankful to his son, Colin, whose heartfelt contributions helped make this meaningful tribute possible.

Larry and his beloved wife Kay first crossed paths in Aspen, Colorado, in the early 60s, a serendipitous meeting that would shape the course of their lives. After graduating from Colorado University in Boulder, Larry's deep connection to Colorado became a cherished thread in the fabric of his family's story. To Colin, hearing his parents' tales of their Colorado days made the state feel like the heart of the universe, a magical place woven with memories and love. Family trips back to Colorado were treasured adventures, and John Denver's "Rocky Mountain High" became an anthem that always brings back warm memories of his parents and the stories they shared.

As empty nesters, Larry and Kay embraced the world with curiosity and wonder, traveling to countless destinations together. Each journey a testament to their adventurous spirits and enduring bond. Larry's commitment to learning about every place they visited was rooted in a genuine desire to understand the world and share its beauty with others. He delighted in exchanging stories and insights with fellow travelers, always encouraging others to embark on their own journeys of discovery.

When we asked Colin what makes him proud of his dad, he shared, "My Dad grew up at times without running water or electricity. It wasn't until he was in 6th grade that the family had indoor plumbing and lights. As a little kid, he told me stories about going out to get water from the well in summer and winter. From this poverty, my Dad emerged to get a college degree. It took him eight years, but without any help or government assistance, he got his degree. He worked hard to obtain a house in Marin County and raised his family. I am super proud of my Dad coming from these humble beginnings and really making something of himself. It is inspiring to think of that little kid pumping water from a well in central Iowa to the adult he became."

Many may not realize that, beyond his warmth and wisdom, Larry was also an exceptional high school basketball player. His dedication and talent led him to play for a powerhouse program in central Iowa, and his determination earned him a place on the college basketball team at Iowa State University as a freshman, an achievement that speaks to his quiet perseverance and passion.

To delve deeper into Larry's fascinating life, we encourage you to visit the spotlight board on the first floor of our community, located across from the mailroom.

November *Happenings*

Outings

Monday 11/2: Shopping Shuttle To Target
9:30 AM

Tuesday 11/3: Outing To Apple Hill
9:30 AM

Sunday 11/8: Outing To Davis Musical Theater
1:30 PM

Wednesday 11/11: Afternoon Shopping Shuttle To Target
2:45 PM

Thursday 11/12: AL/MC Outing To Sakura Japanese Bistro
10:20 AM

Monday 11/16: Shopping Shuttle To Nugget
9:30 AM

Monday 11/23: Outing To Solano Bakery
9:00 AM

Events

Saturday 11/7: Happy Hour Concert Feat Coldshot
4:00 PM

Wednesday 11/11: Veteran's Day Ceremony
12:30 PM

Wednesday 11/11: Happy Hour Concert Feat. Kestral Place
4:00 PM

Thursday 11/19: Jazz by Jon Spivack
4:00 PM

Saturday 11/21: Happy Hour Concert Feat. Purple Needleglass String
4:00 PM

Transportation Guidelines

General Transportation

Monday–Friday, 9AM–4:30 PM
first-come, first-served.

48-hour notice required
subject to approval and availability.

Outings and Scenic Drives

Scenic Drives: Sundays at 3:15 PM

Monthly Outings: Check the activity schedule and sign up at the Front Desk

Church Shuttles

Sign up with Jesse
Route details posted at the kiosk, activity room, and Front Desk.

Other churches can be added
Just ask!

Transportation Charges

Davis City Limits
(Regular Hours): Free

Outside Davis / Before 9AM or After 4:30PM:
$22.50 per half hour (1-hour minimum), then $11.25 per 15 minutes.

How to Schedule:

Text or Email Both:

Jesse: (530-902-1947) | jvasquez@carltonseniorliving.com
Vic Watson: (530-379-5045) | cpdpe2@carltonseniorliving.com

Or stop by the activities office on the 3rd floor!

SUNDAY, NOVEMBER 1

Daylight Saving Time Ends

9:00 AM - Balance Bar Fitness (AR)
10:00 AM - St. James Mass (TR)
10:30 AM - Ethan & Alton's Classical Piano Recital (LR)
11:45 AM - Davis Community Church (TR)
1:00 PM - Afternoon Stroll (FD)
2:00 PM -Matinee Movie:
Billy Rose's Jumbo (TR)
3:00 PM - 25¢ Bingo (AR)
4:00 PM - Trivia (AR)

MONDAY, NOVEMBER 2

Dia De Los Muertos

9:30 AM - SIGN UP:
Shopping Shuttle To Target (FD)
10:00 AM - Women's Bible Study (ST)
10:00 AM - Docuemtary:
The Day Of The Dead (TR)
10:30 AM - Mindful Mediation With Katie (LR)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Bridge (ST)
2:15 PM - Bean Bag Toss (LR)
3:00 PM - Book Club Discussion:
The Berry Pickers (TR)
4:00 PM - Trivia (LR)
5:45 PM - Documentary: Time And Water (TR)

TUESDAY, NOVEMBER 3

Election Day

9:30 AM - SIGN UP: Outing To Apple Hill (FD)
10:15 AM - Morning Walk (FD)
10:30 AM - Chair Yoga With Katie (LR)
1:00 PM - Motion To Music Fitness
With Katelynn (LR)
2:00 PM - Docuseries: Down To Earth With
Zac: Iceland (TR)
3:00 PM - Funny Money Bingo (AR)
5:45 PM - Movie:
Overboard - 2018 Version (TR)

WEDNESDAY, NOVEMBER 4

10:15 AM - Morning Stroll (FD)
10:30 AM - Mindful Meditation With Katie (LR)
11:00 AM - Nintendo Bowling (TR)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Resident Information Session(TR)
3:00 PM - Crafts With Elaine:
DIY Wooden 2.5D Pumpkin (AR)
4:00 PM - Word Games: Boggle (AR)
4:00 PM - Happy Hour Social (LR)
5:45 PM - Movie: Dirty Harry (TR)

THURSDAY, NOVEMBER 5

8:45 AM - Coffee & Conversation
With Blaine (PDR)
10:15 AM - Morning Stroll (FD)
1:00 PM - Fabulous Fitness (AR)
2:00 PM - Bridge (ST)
3:00 PM - Games Corner: Chess/Checkers (AR)
4:00 PM - Singing Circle (LR)
5:45 PM - Movie: The Wedding Date (TR)

FRIDAY, NOVEMBER 6

10:15 AM - News Currents (AR)
11:00 AM - Balance Bar Fitness (AR)
1:00 PM - Feel Free Fitness (AR)
2:15 PM - Billiards & Foosball With Elaine (AR)
3:00 PM - Funny Money Bingo (AR)
4:15 PM - Word Games: Wordle (AR)
5:45 PM - Movie: Matchbox (TR)

SATURDAY, NOVEMBER 7

10:15 AM - Morning Walk (FD)
11:00 AM - Balance Bar Fitness (FC)
1:00 PM - Mexican Train Dominos (ST)
1:30 PM - Matinee Movie: Love Crazy (TR)
2:00 PM - Tastings With Elaine:
Kettle Brand Chips (PDR)
4:00 PM - Happy Hour Concert:
Coldshot (LR)
5:45 PM - Second Showing: Love Crazy (TR)

Location Key

1st Floor
FD: Front Desk • CY: Courtyard
LR: Living Room • DR: Dining Room
PDR: Private Dining Room • CF: Cafe

2nd Floor
ST: Study • TR: Theater
DC: Fitness Center • SL: Salon

3rd Floor
AR: Activity Room

Activities and times are subject to change.

SUNDAY, NOVEMBER 8

9:00 AM - Balance Bar Fitness (AR)
10:00 AM - St. James Mass (TR)
11:45 AM - Davis Community Church (TR)
1:00 PM - Cooking With Angela:
The Best Banana Pudding (AR)
1:30 PM - SIGN UP: Mean Girls: The Musical at Davis Musical Theater (FD)
2:00 PM - Matinee Movie:
I'll See You in my Dreams (TR)
3:00 PM - 25¢ Bingo (AR)
4:10 PM - Trivia (LR)

MONDAY, NOVEMBER 9

10:00 AM - Women's Bible Study (ST)
10:30 AM - Chair Yoga With Katie (LR)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Bridge (ST)
2:15 PM - Bean Bag Toss (LR)
3:15 PM - Great Decisions: The Future Of Human Rights And International Law In A Divided World (TR)
4:00 PM - Trivia (LR)
5:45 PM - Documentary:
1000% Me: Growing Up Mixed (TR)

TUESDAY, NOVEMBER 10

10:15 AM - Morning Walk (FD)
10:30 AM - Mindful Meditation With Katie (LR)
11:00 AM - Therapeutic Art With Matt (AR)
1:00 PM - Motion To Music Fitness
With Katelynn (LR)
2:00 PM - Docuseries: Down To Earth With Zac Efron: France (AR)
3:00 PM - Funny Money Auction (LR)
3:00 PM - Scenic Drive (FD)
5:45 PM - Movie: Victor Victoria (TR)

WEDNESDAY, NOVEMBER 11

Veterans Day
10:15 AM - Morning Stroll (FD)
10:15 AM - Balance Bar Fitness (AR)
11:00 AM - Nintendo Bowling (TR)
12:30 PM - Veteran's Day Ceremony (LR)
2:00 PM - Culinary Council (AR)
2:45 PM - SIGN UP: Shopping Shuttle To Target (FD)
4:00 PM - Word Games: Boggle (AR)
4:00 PM - Happy Hour Concert
Feat. Kestral Place (LR)
5:45 PM - Movie: Magnum Force (TR)

THURSDAY, NOVEMBER 12

8:45 AM - Coffee & Conversation
With Blaine (PDR)
10:15 AM - Motion To Music Fitness
With Katelynn (LR)
10:20 AM - SIGN UP: AL/MC Outing To Sakura Japanese Bistro (FD)
1:00 PM - Ceramics With Susan (AR)
1:15 PM - Mindful Meditation With Katie (LR)
2:00 PM - Bridge (ST)
2:15 PM - Destination Thailand With Elaine (AR)
4:00 PM - Sing-A-Long With Daphna (LR)
5:45 PM - Movie: Selena (TR)

FRIDAY, NOVEMBER 13

10:15 AM - News Currents (AR)
11:00 AM - Balance Bar Fitness (AR)
1:00 PM - Feel Free Fitness (AR)
2:15 PM - Billiards & Foosball (AR)
3:15 PM - Funny Money Bingo (AR)
4:30 PM - Word Games: Wordle (AR)
5:45 PM - Movie: Coyote vs. Acme (TR)

SATURDAY, NOVEMBER 14

10:15 AM -Balance Bar Fitness (AR)
11:00 AM - Puzzling & Coloring Group (AR)
1:00 PM - Mexican Train Dominos (AR)
1:30 PM - Matinee Movie:
It Happened In Brooklyn (TR)
2:00 PM - Tastings With Elaine:
Bevita Cookies (AR)
3:15 PM - Indoor Gardening Cultivating (AR)
4:00 PM - Happy Hour Social (LR)
5:45 PM - Second Showing: It Happened In Brooklyn (TR)

Connie's Salon

New Salon Rates
For Selected Services

Please see Connie's Salon
For Pricing

To book your appointment,
give Connie a call or text
at (916) 215-5493.

SUNDAY, NOVEMBER 15

9:00 AM - Balance Bar Fitness (FC)
10:00 AM - St. James Mass (TR)
11:00 AM - Ben's Piano Jazz Performance (LR)
11:45 AM - Davis Community Church (TR)
1:30 PM - Afternoon Stroll (FD)
3:00 PM - 25¢ Bingo (AR)
4:00 PM - Trivia (LR)
5:45 PM - Movie: April in Paris (TR)

MONDAY, NOVEMBER 16

9:30 AM - SIGN UP:
Nugget Shopping Shuttle (FD)
10:00 AM - Women's Bible Study (ST)
10:30 AM - Mindful Meditation With Katie (LR)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Bridge (ST)
2:15 PM - Bean Bag Toss (LR)
3:15 PM - Card & Board Games Corner (AR)
5:45 PM - Documentary:
Apollo 13: Survival (TR)

TUESDAY, NOVEMBER 17

10:30 AM - Chair Yoga with Katie (AR)
11:00 AM - Nintendo Bowling (TR)
1:00 PM - Motion To Music Exercise
With Katelynn (LR)
2:00 PM - Docuseries:
Down To Earth With Zac Efron: Costa Rica (TR)
2:00 PM - Ceramics With Susan (AR)
3:15 PM - Scenic Drive (FD)
3:00 PM - Grief Support Group (PDR)
3:15 PM - Funny Money Bingo (AR)
5:45 PM - Movie: Rat Race (TR)

WEDNESDAY, NOVEMBER 18

10:15 AM - Morning Stroll (FD)
10:30 AM - Mindful Meditation With Katie (LR)
11:00 AM - Alexa 101 (TR)
1:00 PM - Feel Free Fitness (LR)
2:15 PM - Crafts With Elaine:
DIY Autumn Leaves Frame (AR)
4:00 PM - November Birthday Happy Hour (LR)
5:45 PM - Movie: The Enforcer (TR)

THURSDAY, NOVEMBER 19

8:45 AM - Coffee & Conversation
With Blaine (PDR)
10:15 AM - Motion To Music With Katelynn (LR)
11:00 AM - Puzzle And Coloring Group (AR)
1:15 PM - Chair Yoga With Katie (LR)
2:00 PM - Bridge (ST)
3:00 PM - Activities Brainstorming Meeting (AR)
4:00 PM - Singing Circle (AR)
5:45 PM - Movie: The Perfect Man (TR)

FRIDAY, NOVEMBER 20

10:15 AM - Motion To Music With Katelynn (AR)
11:00 AM - News Currents (AR)
1:00 PM - Feel Free Fitness (AR)
2:15 PM - Billiards & Foosball (AR)
3:00 PM - Funny Money Bingo (AR)
4:15 PM - Word Games: Wordle (AR)
5:45 PM - Movie: Best of the Best (TR)

SATURDAY, NOVEMBER 21

10:15 AM - Balance Bar Fitness (AR)
1:00 PM - Mexican Train Dominos (AR)
1:30 PM - Matinee Movie:
The Sea Hawk (TR)
2:00 PM - Tastings With Elaine:
Ritz Toasted Chips (AR)
3:15 PM - Indoor Gardening Cultivating (AR)
4:00 PM - Happy Hour Concert Feat.
Purple Needlegrass String Band (LR)
5:45 PM - Second Showing:
The Sea Hawk (TR)

Welcome to the
Carlton Family

Shirley L.
Terry S.
Barbara S.
Bill B.

SUNDAY, NOVEMBER 22

9:00 AM - Balance Bar Fitness (AR)
10:00 AM - St. James Mass (TR)
11:45 AM - Davis Community Church (TR)
1:30 PM - Cooking With Angela:
Easy Pumpkin Bars (AR)
2:00 PM - Matinee Movie:
Turner & Hooch (TR)
3:00 PM - 25¢ Bingo (AR)
3:15 PM - Scenic Drive (FD)
4:00 PM - Rummikub & Tech Assistance With UC Davis Breaking Barriers Club (LR)

MONDAY, NOVEMBER 23

9:00 AM - SIGN UP:
Outing To Solano Bakery (FD)
10:00 AM - Women's Bible Study (ST)
10:30 AM - Chair Yoga With Katie (LR)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Bridge (ST)
2:15 PM - Bean Bag Toss (LR)
3:15 PM - Card & Board Games Corner (AR)
4:00 PM - Trivia (AR)
5:45 PM - Documentary: Cover-Up (TR)

TUESDAY, NOVEMBER 24

10:15 AM - Morning Walk (FD)
11:15 AM - Nintendo Bowling (TR)
1:00 PM - Motion To Music With Katelynn (LR)
2:00 PM - Docuseries:
Down To Earth With Zac Efron: Sardinia (TR)
3:15 PM - Funny Money Bingo (AR)
4:15 PM - Singing Circle (LR)
5:45 PM - Movie:
The Shawshank Redemption (TR)

WEDNESDAY, NOVEMBER 25

9:45 AM - Morning Stroll (FD)
10:15 AM - Motion To Music With Katelynn (LR)
11:00 AM - Games Corner: Flip 7 (AR)
1:00 PM - Feel Free Fitness (AR)
2:15 PM - Crafts With Elaine: Open Crafts (AR)
4:00 PM - Happy Hour Social (LR)
4:00 PM - Word Games: Wordle (AR)
5:45 PM - Movie: Sudden Impact (TR)

THURSDAY, NOVEMBER 26

Thanksgiving
8:45 AM - Coffee & Conversation
With Blaine (PDR)
10:15 AM - Balance Bar Fitness (AR)
11:00 AM - Puzzle And Coloring Group (AR)
1:00 PM - Afternoon Walk (FD)
2:00 PM - Matinee: Movie:
Planes, Trains, and Automobiles (TR)
2:00 PM - Bridge (ST)
3:00 PM - Games Corner: Yahtzee! (AR)

FRIDAY, NOVEMBER 27

10:15 AM - News Currents (AR)
1:00 PM - Feel Free Fitness (AR)
2:15 PM - Billiards & Foosball (AR)
3:00 PM - Funny Money Bingo (AR)
4:15 PM - Trivia (AR)
5:45 PM - Movie: Moana - 2026 Version (TR)

SATURDAY, NOVEMBER 28

10:15 AM - Morning Walk (FD)
11:00 AM - Puzzle & Coloring Group (AR)
1:00 PM - Mexican Train Dominos (AR)
1:30 PM - Matinee Movie: Laura (TR)
2:00 PM - Tastings With Elaine:
Trader Joe's Dips (AR)
3:15 PM - Indoor Garden Cultivating (AR)
4:00 PM - Happy Hour Concert
Feat. Jon Spivack (LR)
5:45 PM - Second Showing: Laura (TR)

Location Key

1st Floor
FD: Front Desk • CY: Courtyard
LR: Living Room • DR: Dining Room
PDR: Private Dining Room • CF: Cafe

2nd Floor
ST: Study • TR: Theater
DC: Fitness Center • SL: Salon

3rd Floor
AR: Activity Room

Activities and times are subject to change.

SUNDAY, NOVEMBER 29

9:00 AM - Balance Bar Fitness (AR)
10:00 AM - St. James Mass (AR)
11:45 AM - Davis Community Church (AR)
1:00 PM - Matinee Movie:
All Through the Night (TR)
1:30 PM - Afternoon Stroll (FD)
3:00 PM - 25¢ Bingo (AR)
4:00 PM - Classical Piano With Andrew Lin (AR)

MONDAY, NOVEMBER 30

10:00 AM - Women's Bible Study (ST)
10:15 AM - Morning Walk (FD)
10:30 AM - Mindful Meditation With Katie (LR)
1:00 PM - Feel Free Fitness (AR)
2:00 PM - Bridge (ST)
2:15 PM - Bean Bag Toss (LR)
3:15 PM - Card & Board Games Corner (AR)
5:45 PM - Documentary:
Siren: The Voices of Shelly Beattie (TR)

Resident Information Session

Wednesday, November 4

2:00 PM - Theater Room

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

Happy Birthday!

Jerry M. - November 2
Vincent A. - November 7
Mary Ann H. - November 8
Li C. - November 10
Richard H. - November 12
Pearl B. - November 15
Richard P. - November 16
Ann-Catrin V. - November 29
Lynn R. - November 29

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.