November 2026

The Carlton Times

Nourishing Mind, Body, and Soul

Pictured: CSL Elk Grove

175 Cleaveland Road, Pleasant Hill, California 94523 | (925) 935-1001 | License # 075600194

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.

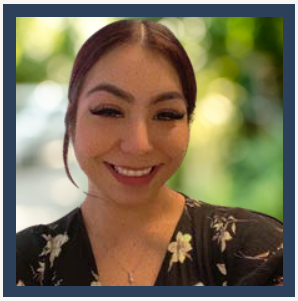
Have you noticed our new uniforms?

Our uniform shirts are now color coded by department!

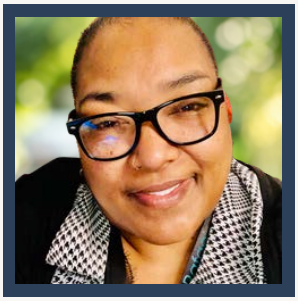
- = Activities Assistants & Drivers
- = Care Partners
- = Housekeeping & Maintenance
- = Med Techs & Nurses
- = Waitstaff

Meet The Management Team

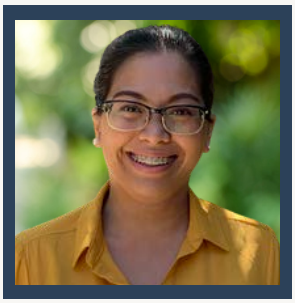
Tracey Ingleman
Executive Director



Aylin Barajas
Executive Assistant



Sheila Roberts
Director of Resident Services

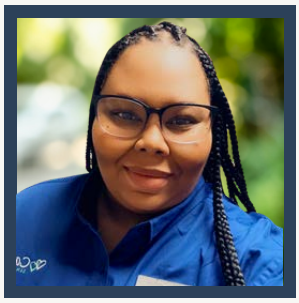


Imee Nungay
Personal Care Manager

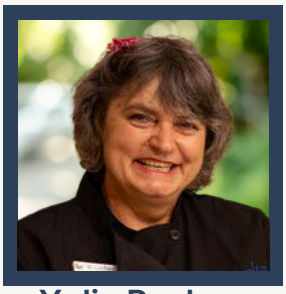
Ronaldo Carmelo
Maintenance Manager

Janilyn Santos
Medication Manager

Vicki Vasconi
Resident Liaison

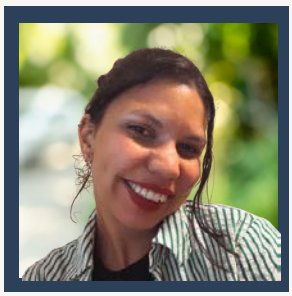


Tajanique Watson
Director of Memory Care



Yulia Pavlova
Chef

Felicia Pounds
Dining Room Manager



Emilly Paiva
Memory Care Activity Manager

Rhodesia James
Assisted Living Activities Manager

Lisa Spivey
Sales Director

Transportation Guidelines

Doctor Shuttle

Tuesdays and Thursdays
10:00 AM -3:30 PM

48-hour notice required
Shuttle visits Pleasant Hill, Walnut Creek, Concord and Martinez

Outings and Scenic Drives

We offer a variety of scenic drives and outings every month. Scenic drives and outings will be listed on the activity schedule. Please note that all outings are subject to change.

Church & Shopping Shuttles

Church: Sundays 9 AM-12 PM
Transportation to local religious services

Shopping: Wednesdays 1 PM-2:30 PM
Transportation to stores in Downtown Pleasant Hill

Transportation Charges

Shuttle Rides (Regular Hours): FREE

Outside Shuttle Hours: $13/half hour (30 min minimum), then $6.50/15 minutes

Escort Service: $30/hour (1-hour minimum), charged in 30-min increments after the first hour

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.

RESIDENT *Spotlight*

Mary Gilchrist

Mary Gilchrist was born on July 29, 1952, in Torrance, CA. Growing up, she moved around several places, including Manhattan Beach, Mimosa Beach, and Palos Verdes. She attended San Pedro High School and grew up alongside her three brothers and three sisters. One of her favorite childhood memories was water skiing at the lake, a memory she has carried with her throughout her life. Her childhood experiences helped shape the person she would become.

Mary continued her education at Sonoma State University, where she worked toward a future helping others. She went on to become a probation counselor, a career that allowed her to make a difference in people's lives. Throughout her journey, she was known for being determined, helpful, and jovial. She also shared her life with her spouse, Mike Gilchrist, and raised three children, her oldest being Maridith, Malorie, and her youngest, Mathew. Her family has been an important part of her life and story.

Traveling has been one of Mary's greatest joys, and one of her favorite destinations is Rio de Janeiro and other parts of Brazil. She enjoys exploring new places and experiencing different parts of the world. Her love for travel reflects her adventurous spirit and her belief that people should take advantage of opportunities to see as much of the world as possible. Her advice to anyone who comes across her story is simple, go to as many places as you can. She encourages others to make memories, explore new experiences, and enjoy everything life has to offer.

When Mary is not traveling, she enjoys helping others at Carlton, which is her favorite thing to do there. She believes in making a positive difference in the lives of those around her and finding ways to be supportive. Some of her other favorites include listening to Frank Sinatra and enjoying a delicious plate of lasagna. These little things reflect her personality and the simple pleasures that bring her happiness. Her helpful nature and cheerful attitude make her someone who values connection and kindness.

Above all, Mary hopes to be remembered as a kind person who helped others. Her life reflects the importance of compassion, determination, and making the most of every opportunity. Whether through her career, her family, her travels, or the time she spends helping others at Carlton, she strives to leave a positive impact on the people she meets. Her story reminds us that kindness can make a lasting difference in the world. Mary's legacy is one of generosity, joy, and a life filled with meaningful experiences.

November *Happenings*

Outings

Wednesday 11/4: Museum on Main Pleasanton
11:00 AM

Wednesday 11/11: Mare Island Scenic Drive
10:00 AM

Wednesday 11/18: Naan n Curry Restuarant Outing
10:00 AM

Wednesday 11/25: Turkey Trot Thanksgiving Scenic Ride
10:00 AM

Events

Tuesdays and Fridays: Happy Hour w/ Jack and Paul
3:30 PM

Wednesday 11/11: Veteran's Day Ceremony
3:30 PM

Thursday 11/12: Bill Maxwell Presents: Veteran's Day
3:30 PM

Friday 11/13 and 11/20: Sequoia Elementary School Visits
9:00AM

Wednesday 11/18: Feel Good Music with Cesar
3:30PM

Thursday 11/19: Dorol Performs as Elvis Presley
3:30PM

Wednesday 11/25: Wonderful Wednesday with Joyce Grant
3:30PM

SUNDAY, NOVEMBER 1

9:30 Devine Devotions Church Shuttles (L)
9:45 New Hope Church Sunday Service (TR)
11:00 New Currents: Destinations (LR)
12:45 Watch: All Saints (TR)
1:00 Lucky Spot Bingo (CR)
2:15 Ball Dart Throwing (CR)
3:30 1950 and 1960's Sing Alongs (LR)
5:30 Watch: All Saints (TR)
5:30 Seasonal Sports (LR)

MONDAY, NOVEMBER 2

Dia De Los Muertos

9:30 These Boots Walking Club (L)
10:00 Great Courses: Echos of the Past: Mexico (LR)
10:00 Shopping Shuttle: Safeway/Riteaid (CR)
10:30 Life Changes Support Group (CR)
12:45 Watch: Ofrenda (TR)
1:00 Razzle Dazzle Bingo (LR)
2:15 Mexican Skull Coloring Pages (LR)
3:30 Sing Fit: Broadway (CR)

TUESDAY, NOVEMBER 3

Election Day

9:30 These Boots Walking **C**lub (L)
10:30 Feel Free Fitness (LR)
10:30 Christ The King Community Mass (TR)
12:45 Watch: The Politician (TR)
1:00 Gold Rush Bingo (LR)
2:15 Watch: California General Elections (LR)
3:30 Happy Hour w/ Paul (LR)
5:30 Watch : The Politician (TR)
5:30 Seasonal Sports (LR)

WEDNESDAY, NOVEMBER 4

9:30 These Boots Walking Club (L)
10:30 CU Class: Understanding Hospice (LR)
11:00 Museum on Main Outing (Meet in CR)
12:45 Watch: Carmelo (TR)
1:00 Gold Rush Bingo (LR)
2:15 Play Dominos (LR)
3:30 Recipe Rebels: Muffin Tasting (CR)
5:30 Watch: Caramelo (TR)

THURSDAY, NOVEMBER 5

9:30 These Boots Walking Club (L)
10:30 Feel Free Fitness (LR)
12:45 Watch: The Politician (TR)
1:00 Name That Ticket Bingo (LR)
2:15 Improv with Jaime (CR)
3:30 Sing Fit: Rolling Stone Magazine (LR)
5:30 Watch: The Politician (TR)
5:30 Seasonal Sports (LR)

FRIDAY, NOVEMBER 6

9:30 These Boots Walking Club (L)
10:30 The Power of Music w/ Leslie (LR)
12:45 Watch: Make Me Believe (TR)
1:00 Stacks Bingo (LR)
2:15 Let's Play Dominos (LR)
3:30 Happy Hour with Todd (LR)
5:30 Watch: Make Me Believe (TR)
5:30 Seasonal Sports (LR)

SATURDAY, NOVEMBER 7

9:30 These Boots Walking Club (L)
10:30 Feel Free Fitness (LR)
10:30 Gorgeous Nails Spa (CR)
12:45 Watch: Walk Ride Rideo (TR)
1:00 Press Your Luck Bingo (CR)
2:15 Take Journey with Sing Fit (CR)
3:30 Crafts with New Hope Kidz (LR)
5:30 Watch: Walk Ride Rodeo(TR)
5:30 Seasonal Sports (LR)

Salon

Salon Hours:
Open Tuesdays & Fridays
By appointment only

Stop by the front desk for more information about salon services.

The salon is located on the 2nd floor.

SUNDAY, NOVEMBER 8

9:30 Devine Devotions Church Shuttles (L)
9:45 New Hope Church Sunday Service (TR)
11:00 News Currents: Who Am I (LR)
12:45 Watch: The Choice (TR)
1:00 Lucky Spot Bingo (CR)
2:15 Ball Dart Throwing (CR)
3:30 Let's Bowl (LR)
5:30 Watch: The Choice (TR)
5:30 Seasonal Sports (LR)

MONDAY, NOVEMBER 9

9:30 These Boots Walking Club (L)
10:00 Great Courses: Forgotten America (LR)
10:00 Shopping Shuttle: Safeway/Riteaid (CR)
10:30 Life Changes Support Group (CR)
12:45 Watch: The Beautiful Game (TR)
1:00 Razzle Dazzle Bingo (LR)
2:15 Picasso Tiles (LR)
3:30 Sing Fit: Beach Party Films(CR)
5:30 Watch: The Beautiful Game (TR)

TUESDAY, NOVEMBER 10

9:30 These Boots Walking Club (L)
10:30 Feel Free Fitness (LR)
10:30 Christ The King Community Mass (TR)
12:45 Watch: Danny Collins (TR)
1:00 Gold Rush Bingo (LR)
2:15 Knitting and Crochetting (LR)
3:30 Happy Hour w/ Jack (LR)
5:30 Watch : Danny Collins (TR)
5:30 Seasonal Sports (LR)

WEDNESDAY, NOVEMBER 11

9:30 These Boots Walking Club (L)
10:00 Mare Island Scenic Drive (Meet in CR)
10:30 Fabulous Fitness and Ball Workout (LR)
12:45 Watch: Medal of Honor (TR)
1:00 Gold Rush Bingo (LR)
2:15 Discussion: Profiles of Courage (CR)
3:30 Veteran's Day Ceremony (LR)
5:30 Watch: Medal of Honor (TR)

THURSDAY, NOVEMBER 12

9:30 These Boots Walking Club (L)
10:30 Feel Free Fitness (LR)
12:45 Watch: Marriage Story (TR)
1:00 Name That Ticket Bingo (LR)
2:15 let's Play Dominos (CR)
3:00 Bill Maxwell: Veteran's Day (LR)
5:30 Watch: Marriage Story(TR)
5:30 Seasonal Sports (LR)

FRIDAY, NOVEMBER 13

9:00 Sequoia Elementary School Visit (LR)
9:30 These Boots Walking Club (L)
10:30 Funk Flex Friday (LR)
12:45 Watch: The Menu (TR)
1:00 Stack's Bingo (LR)
2:15 Enjoy 1950's and 1960's Music (LR)
3:30 Happy Hour with Todd (LR)
5:30 Watch: The Menu (TR)
Seasonal Sports (LR)

SATURDAY, NOVEMBER 14

9:30 These Boots Walking Club (L)
10:30 Feel Free Fitness (LR)
10:30 Gorgeous Nails Spa (CR)
12:45 Watch: Make Me Believe (TR)
1:00 Press Your Luck Bingo (CR)
2:15 Canine Companions (LR)
3:30 Party of Two Performs (CR)
5:30 Watch: Make Me Believe (TR)

Welcome to the
Carlton Family

Roger Shaff
Don Bean
Phil Pleshek
Jeannette Lucas

SUNDAY, NOVEMBER 15

9:30 Devine Devotions Church Shuttles (L
9:45 New Hope Church Sunday Service (TR)
10:30 News Currents: This Week in History (TR)
12:45 Watch: The Children's Train (TR)
1:00 Lucky Spot Bingo (LR)
2:15 Picasso Tiles (LR)
3:30 Nintendo Switch: Tennis (LR)
5:30 Watch: Come Sunday (TR)

MONDAY, NOVEMBER 16

9:30 These Boot Walking Club (L)
10:00 Great Courses: Sacred Text World (LR)
10:00 Shopping Shuttles-Safeway
10:30 Life Changes Support Group (CR)
12:45 Watch: Striking Distance (TR)
1:00 Razzle Dazzle Bingo (LR)
2:15 Let's Play Jenga (CR)
3:30 SingFit: Hits of the Late 80s and 90s (LR
5:30 Watch: Territory (TR)

TUESDAY, NOVEMBER 17

9:30 These Boots Walking Club (L)
10:30 Feel Free Fitness (LR)
10:30 Christ The King Community Mass (TR)
12:45 Watch: Striking Distance (TR)
1:00 Name That Ticket Bingo (LR)
2:15 Let's Play Dominos (LR)
3:30 Happy Hour with Paul (LR)
5:30 Watch: Striking Distance (TR)
5:30 Seasonal Sports (LR)

WEDNESDAY, NOVEMBER 18

9:30 These Boots Walking Club (L)
10:30 Fabulous Fitness and Ball Workout (LR)
11:00 Naan N Curry Outing (Meet in CR)
12:45 Watch: Somethings Gotta Give (TR)
1:00 Gold Rush Bingo (LR)
2:15 November Coloring Pages (CR)
3:30 Good Times and Music with Cesar (LR)
5:30 Watch: Something's Gotta Give (TR)

THURSDAY, NOVEMBER 19

9:30 These Boots Walking Club (L)
10:30 Free Feel Fitness (LR)
12:45 Watch: All Bright Places (TR)
1:00 Stack's Bingo (LR)
2:15 Resident Council Meeting (CR)
3:30 Dorol Conrad Performs as Elvis (LR)
5:30 Watch: All Bright Places(LR)
5:30 Seasonal Sports (LR)

FRIDAY, NOVEMBER 20

9:00 Sequoia Elementary Visit (LR)
9:30 These Boots Walking Club (L)
10:30 Funk Flex Fridays (LR)
12:45 Watch: Set it Up (TR)
1:00 Easy Come Easy Go Bingo (LR)
2:15 Western Movie Trivia (LR)
3:30 Happy Hour with Todd (LR)
5:30 Watch: Set it Up (TR)
5:30 Seasonal Sports (LR)

SATURDAY, NOVEMBER 21

9:30 These Boots Walking Club (L)
10:30 Feel Free Fitness (LR)
10:30 Gorgeous Nails (CR)
12:45 Watch: You Always (TR)
1:00 Press Your Luck Bingo (LR)
2:15 Let's Play Dominos (LR)
3:30 I Heart Art with Amy (LR)
5:30 Watch: Dont Say Good Luck (TR)

Resident Council

Thursday, November 19, 2026

2:15PM - Craft Room

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

SUNDAY, NOVEMBER 22

9:30 Devine Devotions Church Shuttles (L
9:45 New Hope Church Sunday Service (TR)
10:30 Great Courses: Zoology (LR)
12:45 Watch: Don't Say Good Luck (TR)
1:00 Lucky Spot Bingo (LR)
2:15 Wall Ball Dart Throwing (CR)
3:30 Sing Fit: The Life of Elvis (LR)
5:30 Watch: Something's Gotta Give(TR)
5:30 Seasonal Sports (LR)

MONDAY, NOVEMBER 23

9:30 These Boot Walking Club (L)
10:00 News Currents: Time Capsule (LR)
10:00 Shopping Shuttles - Safeway (L)
10:30 Life Changes Support Group (TR)
12:45 Watch: Lion (TR)
1:00 Razzle Dazzle Bingo (LR)
2:15 Crocheting with Janine (LR)
3:30 Discussion: The Wright Brothers (LR)
5:30 Watch: Lion (TR)

TUESDAY, NOVEMBER 24

9:30 These Boots Walking Club (L)
10:30 Feel Free Fitness (LR)
10:30 Christ The King Community Mass (TR)
12:45 Watch: Giving Hope (TR)
1:00 Name That Ticket Bingo (LR)
3:30 Happy Hour with Jack (LR)
5:30 Watch: Giving Hope (TR)
5:30 Seasonal Sports (LR)

WEDNESDAY, NOVEMBER 25

9:30 These Boots Walking Club (L)
10:30 Morning Stretch and Fitness Ball (CR)
11:00 Turkey Trot Scenic Ride (L)
12:45 Watch: Love at First Site (TR)
1:00 Gold Rush Bingo (LR)
2:15 Family Traditions: Recipe Sharing (CR)
3:30 Wonderful Wednesday with Joyce (LR)
5:30 Watch: Love at First Site (TR)

THURSDAY, NOVEMBER 26

Thanksgiving Day

9:30 These Boots Walking Club (L)
10:30 Fabulous Fitness and Ball Workout (LR)
11:30 Thanksgiving Lunch Begins (LR)
12:45 Watch: Walton's Thanksgiving (TR)
1:00 Gobble Gobble Bingo (LR)
2:15 Play Dominoes (LR)
3:30 Discussion: Evolution of Stuffing (LR)
5:30 Watch: Spinning Out (TR)

FRIDAY, NOVEMBER 27

9:30 These Boots Walking Club (L)
10:30 Power of Music Therapy with Leslie (LR)
12:45 Watch: The Blues Brothers (TR)
1:00 Easy Come Easy Go Bingo (LR)
2:15 Bloom Able Fall Coloring Pages (CR)
3:30 Happy Hour with Todd (LR)
5:30 Watch: The Blues Brothers (TR)
Seasonal Sports (LR)

SATURDAY, NOVEMBER 28

9:30 These Boots Walking Club (L)
10:30 Feel Free Fitness (LR)
10:30 Gorgeous Nails (CR)
12:45 Watch: I Swear (TR)
1:00 Easy Come Easy Go Bingo (LR)
2:15 Canine Companions (MC/AL (LR)
3:30 Craft Creations: Nature Art (CR)
5:30 Watch: I Swear (TR)

Life Changes Support Group

Mondays at 10:30 AM

Join us in the Craft Room

SUNDAY, NOVEMBER 29

9:30 Devine Devotions Church Shuttles (L
9:45 New Hope Church Sunday Service (TR)
10:30 News Currents: Destinations (LR)
12:45 Watch: Lucca's World (TR)
1:00 Lucky Spot Bingo (LR)
2:15 Lucky Strikes Bowling (LR)
3:30 Sing Fit: Country Crossover Hits (LR)
5:30 Watch: Lucca's World (TR)
5:30 Seasonal Sports (LR)

MONDAY, NOVEMBER 30

9:30 These Boot Walking Club (L)
10:00 Great Courses: The Milkyway (LR)
10:00 Shopping Shuttles - Safeway
10:30 Life Changes Support Group (CR)
12:45 Watch: How Do You Know (TR)
1:00 Razzle Dazzle Bingo (LR)
2:15 Crocheting with Janine (LR)
3:30 Sing Fit: First Name Fame (LR)
5:30 Watch: How Do You Know (TR)

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Location Key

(LR) Living Room
(CR) Craft Room
(TR) Theater Room and Library (2nd Floor)
(CY) Court Yard
(DR) Dining Room
(L) Lobby
(PDR) Private Dining Room

Activities and times are subject to change.

Happy Birthday

November 1 - Michael U.
November 14 - Jeffrey B.
November 15 - Janet H.
November 16 - Jack K.
November 20 - LaVonne G.
November 21 - Jeanine E.
November 26 - Judy H.

Carlton *University*

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

November's Class Topic:

Understanding Hospice Care

Wednesday, November 4th
At 10:30 AM
In the Living Room

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.

Health Corner

October is Audiology Awareness Month

Did you know that about one-third of people over the age of 60 have hearing loss? Age-related hearing loss, also called presbycusis, usually occurs in both ears. It tends to come on gradually as a person ages, so someone with presbycusis may not immediately realize that they have lost some of their ability to hear.

Common Signs of Hearing Loss

- Frequently needing to ask people to repeat themselves.
- Feeling like others are always mumbling or not speaking clearly.
- Difficulty hearing and understanding speech in noisy environments.
- Missing words or phrases on the telephone.
- Turning the volume up louder than normal on the television or radio.

Sometimes people are embarrassed to admit that they are having trouble hearing, but hearing problems that are ignored or untreated can have a significant impact on day-to-day life. Untreated hearing loss can make it difficult to have conversations or engage in social activities. In turn, this can contribute to social isolation, loneliness, depression, and cognitive decline. It can also contribute to falls and other personal safety concerns, as a person might not hear car horns, alarms, or other warning sounds.

How to Manage Hearing Loss

If you notice signs of hearing loss, or you believe your hearing loss is progressing, you should:

- Let your family and friends know you are having difficulty hearing.
- Ask people to face you and to speak louder and more clearly. Don’t be embarrassed to ask people to slow down, repeat themselves, or reword what they're saying.
- Find a good location to listen. Place yourself between the speaker and sources of noise or look for quieter places to talk.

The most important thing you can do for a hearing problem is to seek professional advice. Your doctor may be able to diagnose and treat your hearing problem, or they may refer you to an audiologist. Audiologists are health professionals who can identify and measure hearing loss.

Hearing aids are commonly used to help manage hearing loss. Hearing aids are available with a prescription or over the counter. Prescription hearing aids require a medical exam, and professional fitting and adjustment. Over-the-counter hearing aids do not require a prescription. They are better suited for people with mild to moderate hearing loss.

Speak with your doctor for more information on hearing loss and audiology services.