November 2026

The Carlton Times

Nourishing Mind, Body, and Soul

Pictured: CSL Elk Grove

3800 Walnut Avenue, Fremont, California 94538 | (510) 505-0555 | License # 015600118

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

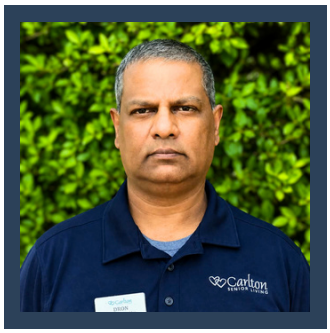
Gianni Amari
Executive Director
Monday - Friday

Cristina Pedagat
Executive Assistant
Sunday - Thursday

Cristian Cruz
Director of Resident Services
Tuesday-Saturday

Jashmin Busante
Care Manager
Sunday-Thursday

Philip Ebalo
Activities Manager
Tuesday-Saturday



Dron Kumar
Maintenance Manager
Tuesday-Saturday

Wahida Nawabi
Resident Liaison
Tuesday-Saturday

Reyna Lopez
Dining Room Manager
Sunday-Thursday

Olivia Allen
Sales Director
Tuesday-Saturday

Ashley Gibson
Sales Assistant
Sunday-Thursday

RESIDENT *Spotlight*

Nancy Wineman

Get to Know Nancy. A Quiet Soul with a Love for Friendship and Travel.

This month, we are excited to feature Nancy, one of our wonderful residents at Carlton Fremont! Behind her quiet personality is a woman who appreciates meaningful friendships, enjoys exploring new places, and knows how to make the most of life.

Nancy was born and raised in Reno, Nevada, but spent most of her life in Visalia, California. She grew up with four siblings and described her childhood as simple and peaceful. Among her siblings, she shared a particularly close bond with her older sister, who always showed her love and care.
Her brother also served in the Navy, adding another interesting chapter to her family's story.

One of Nancy's earliest work experiences was helping her father at their family-owned veterinary shop. She shared that she truly enjoyed working alongside him, making her first job a memorable experience. It was an opportunity to help her father while spending valuable time together.
When it comes to relationships, Nancy has been married twice, but neither marriage lasted. Today, she has embraced being single and enjoys the freedom to live life at her own pace. She values her independence and loves spending time with her two close friends. Together, they enjoy doing different activities and occasionally traveling to new destinations.

Speaking of traveling, one of Nancy's favorite places to visit is Europe! She loves the beautiful infrastructure and rich culture, appreciating the unique character of the places she explores. Traveling gives her the opportunity to experience different surroundings and enjoy the beauty of the world beyond home.
Now that Nancy is part of the Carlton Fremont community, she enjoys socializing with fellow residents and taking walks around the building. One thing she especially appreciates about living at Carlton is the feeling of safety and knowing that she is being cared for. Having a comfortable place to call home makes this chapter of her life even more enjoyable.

When asked to describe herself, Nancy confidently said she is “kind, skinny, and beautiful!” Her answer gives us a glimpse of her fun and confident side. Although she describes herself as quiet, she is happy to meet new people and have a good conversation.

Nancy has a simple invitation for everyone, if you see her around and have some free time, don't hesitate to approach her and say hello! She would love to talk with you and get to know you better.

November *Happenings*

Outings

Wednesday 11/4: Washington Museum (B)
10:00 AM

Wednesday 11/11: San Jose Museum (B)
11:00 AM

Wednesday 11/18: Hiller Aviation Museum
Ticket Fee: $10.00
10:00 AM

Wednesday 11/25: LUNCH & BINGO with Carlton San Leandro
10:30 AM

Shopping Trips

Monday 11/2: Foodmaxx
10:30 AM

Monday 11/9: Safeway
10:30 AM

Monday 11/16: Dollar Tree
10:30 AM

Monday 11/23: Trader Joe's
10:30 AM

Monday 11/30: Walmart
10:30 AM

Events

Friday 11/6: Happy Hour with Lito Bautista (Saxophone)
3:00 PM

Tuesday 11/10: In-Service: Speak2 Workshop – Let's Meet Speaky! (AR)
10:30 PM

Wednesday 11/11: Honoring Our Heroes: A Veterans Day Tribute
10:30 AM

Friday 11/13: Happy Hour with Strums4Joy (Ukelele)
3:00 PM

Tuesday 11/17: In-Service: Hospice Care: More Than End-of-Life Care / Hospice Is More Than We Think
3:30 PM

Thursday 11/19: Experiencing Thailand: Flavors, Culture & Performance
3:30 PM

Friday 11/20: Happy Hour with Claudio
3:00 PM

Thursday 11/26: Thanksgiving Lunch With Kimberlye Gold
11:30 AM

Friday 11/27: Happy Hour with Bill & Co.
3:00 PM

Transportation Guidelines

Doctor Shuttles

Tuesdays and Thursdays

Times: Drop-offs start at 9:00 AM, final pick-up at 3:30 PM

Booking: 72-hour notice required

Please be in lobby 30 minutes before your scheduled departure time

Concierge Rides

Arranged outside normal shuttle hours.

Must be requested 72 hours in advance and approved by Activities Manager.

Charges apply.

Church and Shopping Shuttles

Church Services

Sundays, 9:00 AM–12:00 PM

Shopping Shuttle

Local store trips (check schedule for times)

Transportation Charges

Shuttle Rides: Free

Concierge Rides: $15 per half hour, with a half hour minimum.

How to Schedule:

Submit a Transportation Request Form to the front desk.
Trips are scheduled by the Activities Manager.

Questions about our transportation program?
Contact Philip Ebalo, Activities Manager.

SUNDAY, NOVEMBER 1

DAYLIGHT SAVINGS TIME ENDS
9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:00 to 12:30 - SIGN UP: Church Shuttle (B)
9:30 - Chair Exercise (Zumba) (AR)
10:00 : Sunday Mass:
(*Our Lady Of Guadalupe Parish*) (MPR)
10:30: Sing Along: Karaoke (AR)
2:00 - Bingo (AR)
3:30 - Craft: Cunning Ring Pumpkin (AR)
6:00 - Evening Movie (TV)

MONDAY, NOVEMBER 2

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:30 - SIGN UP:
SHOPPING AT FOODMAX (B)
10:30 - Board games: Train Dominoes (AR)
1:00 - Meditation (AR)
2:00 - News Currents (AR)
3:30 - Painting (AR)
6:00 - Evening Movie (TV)

TUESDAY, NOVEMBER 3

ELECTION DAY
9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Exercise with Priti (AR)
10:30 - Around the World (LR)
1:00 - Game: Pictionary (AR)
2:00 - Bingo (AR)
3:30 - Social Hour (LR)
6:00 - Evening Movie (TV)

WEDNESDAY, NOVEMBER 4

9:00 - Bagels, Coffee, & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:00 - 12:00 - Weight & BP Checks
(Exercise Room, 2nd Floor, By Apt. 240)
10:00 - Sign Up: Washington Museum (B)
10:30 - Documentaries & Discoveries (AR)
The Pilgrims: From Persecution to Mayflower
1:00 - FREMONT LIBRARY (LR)
1:30 - BIBLE STUDY WITH PASTOR MARK (LIB)
3:00 - Wine Tasting (AR)
6:00 - Evening Movie (TV)

THURSDAY, NOVEMBER 5

LET'S WEAR LET'S WEAR PRINTED SOCKS TODAY!
9:00 - Coffee, & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Strength Training (AR)
10:30 - Culinary Activity: Trail Mix (AR)
2:00 - Bingo (AR)
3:00 - Book Club (GR)
3:30 - Trivia (LR)
6:00 - Evening Movie (TV)

FRIDAY, NOVEMBER 6

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:00 - SIGN UP:
ERRANDS DAY (B)
10:00 - MISSION PEAK CHOIR
ALL TOGETHER NOW GROUP (LR)
10:45 - Ceramics with Fetty (AR)
1:00 - Current News (AR)
1:30 - Guided Painting (AR)
3:00 - HAPPY HOUR WITH
LITO BAUTISTA (SAXOPHONE) (LR)
6:00 - Evening Movie (TV)

SATURDAY, NOVEMBER 7

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Strength Training (AR)
10:30 - Card Game: Black Jack (AR)
12:00 - Movie Matinee & Pizza (TV)
2:00 - Bingo (AR)
3:30 - Words in Word (LR)
6:00 - Evening Movie (TV)

Resident of the Month

November 2026

Anita Chan

Acknowledge a resident who reaches out in kindness; solely to be friendly, polite or helpful at whatever level the resident is capable .

SUNDAY, NOVEMBER 8

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:00 to 12:30 - SIGN UP: Church Shuttle (B)
9:30 - Breathing Exercise / Meditation (AR)
10:00: Sunday Mass:
(*Our Lady Of Guadalupe Parish*) (MPR)
10:30 - Beading: A Bracelet of Thanks (AR)
2:00 - Bingo (AR)
3:30 - Flower Arranging (AR)
6:00 - Evening Movie (TV)

MONDAY, NOVEMBER 9

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:30 - SIGN UP: Shopping at Safeway (B)
10:30 - Board games: Train Dominoes (AR)
1:00 - Chair Yoga (AR)
2:00 - News Currents (AR)
3:30 - Painting (AR)
6:00 - Evening Movie (TV)

TUESDAY, NOVEMBER 10

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Morning Exercise with Priti (AR)
10:30 - In-Service: Speak2 Workshop – Let's Meet Speaky! (AR)
1:00 - Trivia (LR)
2:00 - Bingo (AR)
3:00 - RESIDENT COUNCIL MEETING (MPR)
6:00 - Evening Movie (TV)

WEDNESDAY, NOVEMBER 11

A SALUTE TO OUR VETERANS
9:00 - Donuts, Coffee, & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:30 - Honoring Our Heroes: A Veterans Day Tribute (LR)
11:00 - SIGN UP: San Jose Museum (B)
1:00 - Music and Memories with Stacy (AR)
2:30 - Craft:Turkey Lamp - Mason Jar (AR)
6:00 - Evening Movie (TV)

THURSDAY, NOVEMBER 12

LET'S WEAR COZY SWEATERS TODAY!
9:00 - Coffee, & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Strength Training (AR)
10:30 - SIGN UP: MINI MANICURE (AR)
2:00 - Bingo (AR)
3:30 - Trivia (LR)
6:00 - Evening Movie (TV)

FRIDAY, NOVEMBER 13

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:00 - SIGN UP: ERRANDS DAY (B)
1:00 - Current News (AR)
1:30 - Guided Painting (AR)
3:00 - Happy Hour with Strums 4 Joy (LR)
6:00 - Evening Movie (TV)

SATURDAY, NOVEMBER 14

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Strength Training (AR)
10:30 - Card Game: Blackjack (AR)
12:00 - Movie Matinee & Pizza (TV)
2:00 - Bingo (AR)
3:30 - Words in Word (LR)
6:00 - Evening Movie (TV)

Resident Meetings

Resident Council Meeting - Tue. 11/10
Resident Feedback Meeting - Wed. 11/18
All meetings are held in the Multipurpose Room at 3:00 PM

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

SUNDAY, NOVEMBER 15

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 -Strength Training (AR)
9:00 to 12:30 - SIGN UP: Church Shuttle (B)
10:00 : Sunday Mass
(*Our Lady Of Guadalupe Parish*) (MPR)
10:30 - Guess the Tune (AR)
1:25 - 49ERS Game (TV)
2:00 - Bingo (AR)
3:30 - Craft: Leaf Frame (AR)
6:00 - Evening Movie (TV)

MONDAY, NOVEMBER 16

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:30 - SIGN UP:
SHOPPING AT DOLLAR TREE (B)
10:30 - Board games: Snake and Ladders (AR)
1:00 - Meditation (AR)
2:00 - News Currents (AR)
3:30 - Painting (AR)
6:00 - Evening Movie (TV)

TUESDAY, NOVEMBER 17

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Exercise with Fitness USA(AR)
10:30 - Mind Game: Around the World (LR)
1:00 - Family Feud (AR)
2:00 - Musical Magical Matinee (TV)
2:00 - Bingo (AR)
3:30 - In-Service: Hospice Care:
More Than End-of-Life Care /
Hospice Is More Than We Think. (AR)
6:00 - Evening Movie (TV)

WEDNESDAY, NOVEMBER 18

9:00 - Donuts, Coffee, & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:00 - SIGN UP: HILLER
AVIATION MUSEUM (B)
10:30 - FOOD COMMITTEE MEETING (LIB)
1:30 - BIBLE STUDY WITH PTR. MARK (LIB)
3:00 - RESIDENT FEEDBACK MEETING (MPR)
6:00 - Evening Movie (TV)

THURSDAY, NOVEMBER 19

QUARTERLY DESTINATION: DISCOVER THAILAND / WEAR GOLD & YELLOW TODAY!
9:00 - Coffee, & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Strength Training (AR)
10:30 - DESTINATION PRESENTATION:
THAILAND (AR)
2:00 - Bingo (AR)
3:30 - Experiencing Thailand:
Flavors, Culture & Performance (LR)
6:00 - Evening Movie (TV)

FRIDAY, NOVEMBER 20

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:00 - 12:00 - Sign Up:
Errands Day Trip (B)
10:45 - Ceramic with Fetty (AR)
1:00 - Current News (AR)
3:00 - Happy Hour with
Claudio (MPR)
6:00 - Evening Movie (TV)

SATURDAY, NOVEMBER 21

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Strength Training (AR)
10:30 - Card Game: Blackjack (AR)
12:00 - Movie Matinee & Pizza (TV)
2:00 - Bingo (AR)
3:30 - Words in Word (LR)
6:00 - Evening Movie (TV)

Salon

Salon Hours:
Open
Monday to Friday

To book your appointment, give Melissa a call at (510) 449-1857.

SUNDAY, NOVEMBER 22

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:00 to 12:30 - SIGN UP: Church Shuttle (B)
9:30 - Strength Training (AR)
10:00 : Sunday Mass
(*Our Lady Of Guadalupe Parish*) (MPR)
10:30 - Robotic with heperion (AR)
2:00 - Bingo (AR)
3:30 - Craft: A Tree of Gratitude (AR)
5:20 - 49ERS GAME (AR)
6:00 - Evening Movie (TV)

MONDAY, NOVEMBER 23

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:30 - SIGN UP:
SHOPPING AT TRADER JOE'S (B)
10:30 - Board games: Yahtzee (AR)
1:00 - Meditation (AR)
2:00 - News Currents (AR)
3:30 - Painting (AR)
6:00 - Evening Movie (TV)

TUESDAY, NOVEMBER 24

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Exercise with Fitness USA (AR)
10:30 - Mind Game: Around the World (LR)
1:00 - Uno Card (AR)
2:00 - Bingo (AR)
3:30 - Social Hour (LR)
6:00 - Evening Movie (TV)

WEDNESDAY, NOVEMBER 25

9:00 - Donuts, Coffee, & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:30 - SIGN UP: LUNCH & BINGO
WITH CARLTON SAN LEANDRO (B)
10:30 - Documentaries & Discoveries (AR)
The Price of the Harvest:
The True History of Thanksgiving (AR)
1:00 - Music & Memories with Stacy (AR)
2:30 - Craft: A Letter of Thanks (AR)
6:00 - Evening Movie (TV)

THURSDAY, NOVEMBER 26

HAPPY THANKSGIVING /
LET'S WEAR FALL COLOR TODAY!
9:00 - Coffee, & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Strength Training (AR)
10:30 - Train Dominos (AR)
11:30 - Thanksgiving Lunch
With Kimberlye Gold (DR)
2:00 - Bingo Grand Prize Raffle (AR)
3:30 - Family Tales Social Hour / Trivia (LR)
4:30 - Resident Birthday Celebration (DR)
6:00 - Evening Movie (TV)

FRIDAY, NOVEMBER 27

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:00 - 12:00 - Sign Up:
Errands Day Trip (B)
1:00 - Current News (AR)
1:30 - Guided Painting (AR)
3:00 - Happy Hour with Bill & Co. (MPR)
6:00 - Evening Movie (TV)

SATURDAY, NOVEMBER 28

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Strength Training (AR)
10:30 - Card Game: Blackjack (AR)
12:00 - Movie Matinee & Pizza (TV)
2:00 - Bingo (AR)
3:30 - Words in Word (LR)
6:00 - Evening Movie (TV)

Follow Us!

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SUNDAY, NOVEMBER 29

9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:00 to 12:30 - SIGN UP: Church Shuttle (B)
9:30 - Breathing Exercise / Meditation (AR)
10:00 : Sunday Mass
(***Our Lady Of Guadalupe Parish***) **(MPR)**
10:30 - Guess the Tune (AR)
1:25 - 49ERS Game (TV)
2:00 - Bingo (AR)
3:30 - Craft: Fall Embroidery Hoop (AR)
6:00 - Evening Movie (TV)

MONDAY, NOVEMBER 30

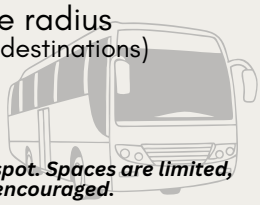
9:00 - Coffee & Conversation (C)
9:00 - Morning Walk (OA)
9:30 - Feel Free Fitness (AR)
10:30 - SIGN UP:
SHOPPING AT WALMART (B)
10:30 - Board games: Yahtzee (AR)
1:00 - Meditation (AR)
2:00 - News Currents (AR)
3:30 - Painting (AR)
6:00 - Evening Movie (TV)

Welcome to the
Carlton Family

Fung Mei C.
Mark J.

ERRANDS DAY TRIP

Time: 10:00 AM – 12:00 PM
Location: Within a 5-mile radius
(local community destinations)



Important:

Sign-up is required to reserve your spot. Spaces are limited, so early registration is encouraged.

Happy Birthday

November 1 - Elaine R.
November 5 - Nellie F.
November 5 - Alexander N.
November 7 - Weiling K.
November 8 - Loren G.
November 12 - Helen M.
November 13 - Elwin H.
November 13 - Marion D.
November 14 - Shirley C.
November 19 - Robert A
November 19 - Kazuko I.
November 20 - Frailin L.
November 22 - Gail S.
November 27 - Silva D.

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.