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?

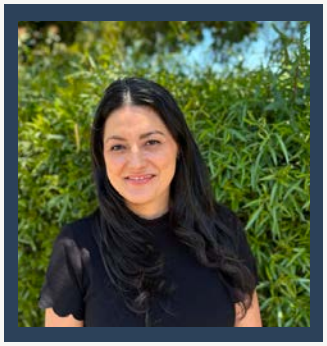
Our uniform shirts are now color coded by department!

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

Meet The Management Team

Manny Dirar
Executive Director

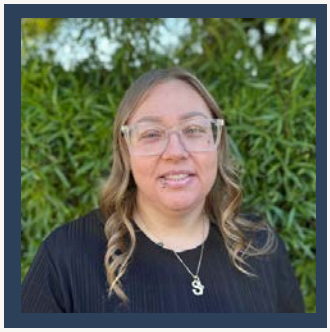
Paola Jasso-Ortiz
Executive Assistant



Vanessa Romero
Sales Director

Elisabeth Seamons
Director of Resident Services

Kelly Smitley
Director of Memory Care

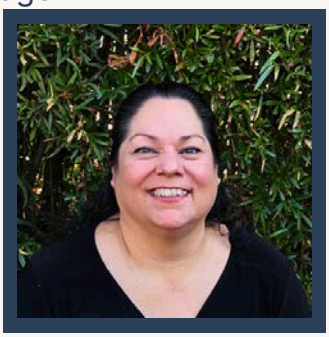


Sarah Nichols
Assisted Living Care Manager

Darren Zinck
Chef

Monica Saelee
Dining Room Manager

Cynthia Lipford
Assisted Living Activities Manager



Rebecca Frieholtz
Memory Care Activities Manager

Tou Yang
Maintenance Manager

Carlton
SENIOR LIVING
ORANGEVALE

Transportation Guidelines

Doctor Shuttle

Tuesdays and Thursdays
Drop offs start: 9:00 AM - Final Pickup: 4:00 PM
Driver unavailable from 11:30 AM to 12:30 PM

48-hour notice required
Subject to Cynthia's approval and driver availability

Outings and Scenic Drives

Monthly scenic drives and outings

Check the activity schedule for details

Some outings have associated costs

Church Shuttles

Sundays
Free transportation within a 10-mile radius, 9:00 AM–12:30 PM.

Current Stops
Divine Savior Catholic Church, Redeemer Covenant Church (others can be added).

Transportation Charges

Within 10 Miles
FREE

Outside 10 Miles
$15/half hour (1-hour minimum), $7.50 per quarter hour thereafter

How to Schedule:

1. Contact Cynthia or John (Driver):
Text: Cynthia (925-965-0146)
Email: clipford@carltonseniorliving.com & orangevaleactivities@carltonseniorliving.com

2. Request Form: Fill out at the Front Desk or Cynthia's office

November *Happenings*

Outings

Wednesday 11/4: Shopping at Walmart
1:30 PM

Wednesday 11/18: Pastry Heaven
10:00 AM

Wednesday 11/25: Bernhard Museum in Auburn
1:00 PM

Scenic Drives:

Sunday 11/1 - 1:00 PM

Sunday 11/8 - 1:00 PM

Wednesday 11/11 - 2:00 PM

Sunday 11/15 - 1:00 PM

Sunday 11/22 - 1:00 PM

Sunday 11/29 - 1:00 PM

Events

Wednesday 11/4: Happy Hour with Alvin Soriaga
3:30 PM

Saturday 11/7: Music with Skip Morgan
2:00 PM

Wednesday 11/11: Veterans Day Social with Kim Myers
10:30 AM
Happy Hour with Midtown Jazz
3:30 PM

Saturday 1/14: Music with Ben Martinez
2:00 PM

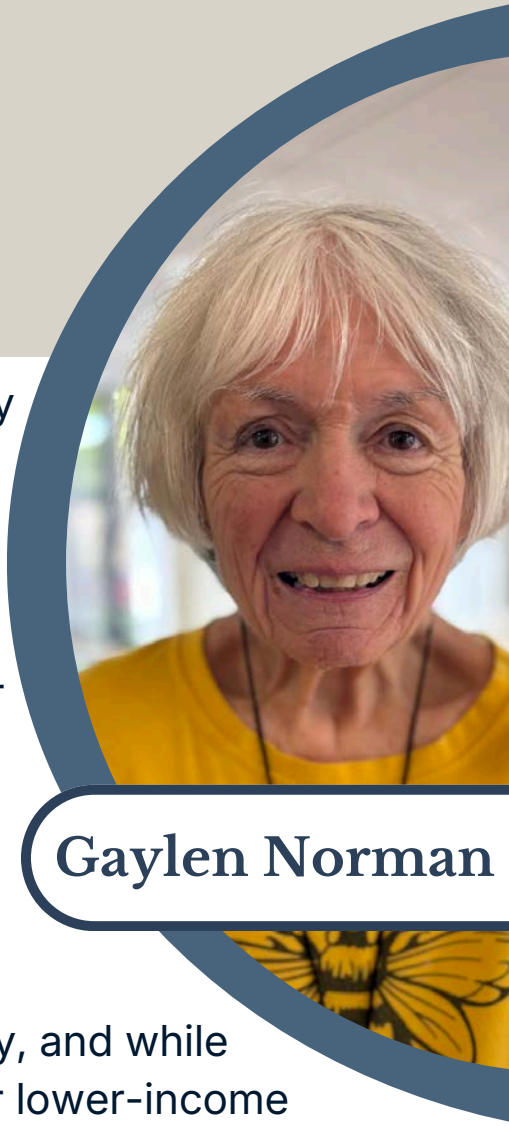
Wednesday 11/18: Happy Hour with Antonio
3:30 PM

Saturday 1/21: Music with Jimmy Spero
2:00 PM

Wednesday 11/25: Birthday Celebration with Michelle Devol
3:30 PM

Saturday 1/28: Music with Curt Stoffel
1:30 PM

RESIDENT *Spotlight*



Gaylen Norman

One of our newest residents is Gaylen Norman; you may have noticed her working tirelessly in our gardens! Gaylen was born in Omaha, Nebraska, and came to California back in 1981. She attended California State University of Sacramento and - because she had a passion for supporting older adults and enhancing their quality of life - earned a degree in Gerontology. She dedicated many years of her life in the senior living industry, holding such roles as Activities Manager and Sales Director!

Gaylen eventually moved to Red Bluff in Tehama County, and while there founded an adult nutrition program specifically for lower-income residents who were 55 years old and older. For 13 years Gaylen ran the program using Federal grant money to provide food for the elderly, until eventually the funding was cut. While living in Red Bluff, Gaylen enjoyed salmon fishing on the Sacramento River near her home, and spending time in nature.

In addition to salmon fishing and gardening, Gaylen enjoys any outdoor activities and has a special place in her heart for animals. She is eager to volunteer her time to stay active, engaged, and connected to others. Gaylen is the proud mother of one son and one daughter and enjoys her seven grandsons and one granddaughter! She also has a small poodle-mix dog, or “doodle,” named Dahlia who is a cherished companion.

SUNDAY, NOVEMBER 1

Daylight Savings Ends
9:15 - SIGN UP: Church Shuttles Begin (L)
9:30 - Morning Walk and Gathering Branches for the Gratitude Tree (L)
10:15 - Donuts and Leaves of Gratitude (LR)
11:00 - Match Songs with Movies (AR)
1:00 - SIGN UP: Scenic Drive to Salmon Falls Road (L)
1:30 - Standing Balance (AR)
2:30 - The Beatles Quiz (AR)
3:30 - Bingo (AR)
6:30 - Evening Movie (AR)

MONDAY, NOVEMBER 2

Dia De Los Muertos
9:15 - Morning Walk (L)
10:00 - Worship Service (CR)
11:00 - Standing Balance (CR)
1:00 - Gentle Seated Exercises with Shauna (Tai Chi) (CR)
2:00 - Signing Circle: Old Time Favorites (LR)
3:30 - 10¢ Bingo (AR)
6:00 - Evening Movie (AR)

TUESDAY, NOVEMBER 3

Election Day
9:15 - Morning Walk (L)
10:00 - Morning Discussion: Destination (AR)
11:00 - Election Day History and Fun Facts (AR)
1:00 - Hot Cider Bar And Remembering Autumn Traditions (CR)
2:00 - Feel Free Fitness (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

WEDNESDAY, NOVEMBER 4

9:15 - Morning Walk (L)
10:00 - Art Therapy with Matthew (CR)
10:30 - SIGN UP: Shopping at Walmart (L)
11:00 - Old Wives' Tales - True or False? (LR)
1:00 - On The Whiteboard: Word Within a Word (LR)
1:30 - Balance for Life with Joan (CR)
2:15 - Board Games: Scrabble (CR)
3:30 - Happy Hour with Alvin Soriaga (AR)
6:00 - Evening Movie (AR)

THURSDAY, NOVEMBER 5

9:15 - Morning Walk (L)
10:15 - Morning Discussion: Time Capsule (AR)
11:00 - What In The World Do You Mean? (LR)
1:00 - SIGN UP: Ceramics with Susan (CR)
2:00 - Feel Free Fitness (CR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

FRIDAY, NOVEMBER 6

9:15 - Morning Walk (L)
10:00 - Spintopia (CR)
11:00 - Who Am I? (CR)
1:00 - Afternoon Stretch (CR)
1:30 - Card Group: Twenty-One (CR)
2:30 - Jazz Trivia (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

SATURDAY, NOVEMBER 7

9:30 - Morning Walk (L)
10:00 - Bean Bag Toss (LR)
11:00 - Morning Stretch (AR)
1:00 - Coffee, Tea, and Adult Coloring (CR)
2:00 - Live! In the Living Room: Skip Morgan on Guitar (LR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

Location Key

(AR) Activities Room
(CC) Central Courtyard
(CY) Courtyard off Living Room
(CR) Craft Room
(DR) Dining Room
(LR) Living Room
(L) Lobby
(PDR) Private Dining Room

Activities and times are subject to change.

SUNDAY, NOVEMBER 8

Diwali
9:15 - SIGN UP: Church Shuttles Begin (L)
9:30 - Morning Walk (L)
10:15 - Cinnamon Rolls And Diwali Social (LR)
1:00 - SIGN UP: Scenic Drive to Bridge Street and the American River (L)
1:00 - Sunday Afternoon Football: 49ers vs. Raiders on CBS (CR)
1:30 - Standing Balance (AR)
2:00 - Hymn Singing with Sunrise Church (LR)
3:30 - Bingo (AR)
6:30 - Evening Movie (AR)

MONDAY, NOVEMBER 9

9:15 - Morning Walk (L)
10:00 - Worship Service (CR)
11:00 - I Know My Music (AR)
1:00 - Gentle Seated Exercises with Shauna (CR)
2:00 - Carlton University Class: Understanding Hospice (AR)
3:30 - 10¢ Bingo (AR)
6:00 - Evening Movie (AR)

TUESDAY, NOVEMBER 10

9:15 - Morning Walk (L)
10:00 - Stitching Circle (AR)
11:00 - Morning Discussion: Destination (AR)
1:00 - Craft: No-Sew Sock Pumpkins (AR)
2:00 - Feel Free Fitness (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

WEDNESDAY, NOVEMBER 11

Veteran's Day
9:15 - Morning Walk (AR)
10:00 - Veteran's Day Ceremony (LR)
10:30 - Veteran's Day Social with Kim Myers on Guitar (LR)
1:00 - On the Whiteboard: Wordle (LR)
1:30 - Balance for Life with Joan (AR)
2:00 - SIGN UP: Scenic Drive to Francisco Drive (L)
2:15 - Board Games: Yahtzee (CR)
3:30 - Happy Hour with Midtown Jazz (AR)
6:00 - Evening Movie (AR)

THURSDAY, NOVEMBER 12

9:00 - Garden Group (CC)
10:15 - Morning Discussion: Time Capsule (AR)
11:00 - Morning Walk (L)
1:00 - Art: ImPRESSive Fall Foliage (CR)
2:00 - Feel Free Fitness (CR)
3:30 - 10¢ Bingo (AR)
6:00 - Evening Movie (AR)

FRIDAY, NOVEMBER 13

9:15 - Morning Walk (L)
10:00 - Spintopia (AR)
11:00 - Star of the Month: Jamie Lee Curtis (AR)
1:00 - Spine Mobility Yoga (CR)
1:30 - Card Group: Uno (CR)
2:30 - Well Traveled - Europe Ranked (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

SATURDAY, NOVEMBER 14

9:30 - Morning Walk (L)
10:00 - Bean Bag Toss (LR)
11:00 - Morning Stretch (AR)
1:00 - Coffee, Tea, and Adult Coloring (CR)
2:00 - Live! In the Living Room: Ben Martinez on Guitar (LR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

Follow Us!

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SUNDAY, NOVEMBER 15

9:15 - SIGN UP: Church Shuttles Begin (L)
9:30 - Morning Walk (L)
10:15 - Donuts and Trivia (LR)
11:00 - Bean Bag Toss (LR)
1:00 - SIGN UP: Scenic Drive to Barton and Laird Roads (L)
1:15 - Sunday Afternoon Football: 49ers vs. Cowboys on FOX (CR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

MONDAY, NOVEMBER 16

9:15 - Morning Walk (L)
10:00 - Worship Service (CR)
11:00 - What Am I? (AR)
1:00 - Gentle Seated Exercises with Shauna (Tai Chi) (CR)
2:00 - Singing Circle: American Songbook #1 (LR)
3:30 - 10¢ Bingo (AR)
6:00 - Evening Movie (AR)

TUESDAY, NOVEMBER 17

9:15 - Morning Walk (L)
10:00 - Stitching Circle (AR)
11:00 - Morning Discussion: Destination (AR)
1:00 - Origami Frog (CR)
1:30 - Therapy Dogs Visit (LR)
2:00 - Feel Free Fitness (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

WEDNESDAY, NOVEMBER 18

9:15 - Morning Walk (L)
10:00 - SIGN UP: Pastry Heaven (L)
10:15 - Morning Discussion: This Week in History (AR)
11:00 - Happy 98th Birthday Mickey Mouse! (AR)
1:00 - On The Whiteboard: Rebus (LR)
1:30 - Balance for Life with Joan (CR)
2:00 - Destination of the Quarter: Thailand (AR)
3:30 - Happy Hour with Antonio on Violin (AR)
6:00 - Evening Movie (CR)

THURSDAY, NOVEMBER 19

9:15 - Morning Walk (L)
10:00 - Morning Discussion: Time Capsule (AR)
11:00 - USA Word Games & Trivia (LR)
1:00 - SIGN UP: Ceramics with Susan (CR)
2:00 - Feel Free Fitness (AR)
3:15 - Resident Council Meeting (AR)
4:00 - Spintopia (AR)
6:30 - Evening Movie (AR)

FRIDAY, NOVEMBER 20

9:30 - Morning Walk (L)
10:15 - Spintopia (AR)
11:00 - Forever Young: Immortal Jellyfish (AR)
1:00 - Afternoon Stretch (CR)
1:30 - Card Group: Twenty-One (CR)
2:30 - Aviation Mysteries (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

SATURDAY, NOVEMBER 21

9:30 - Morning Walk (L)
10:00 - Bean Bag Toss (LR)
11:00 - Morning Stretch (AR)
1:00 - Coffee, Tea, and Adult Coloring (CR)
2:00 - Live! In the Living Room: Jimmy Spero on Guitar (LR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

Resident Council

Thursday, November 19th

3:15 PM - Activities Room

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

SUNDAY, NOVEMBER 22

9:15 - SIGN UP: Church Shuttles Begin (L)
10:00 - Donuts and Trivia (LR)
11:00 - (LR)
1:00 - SIGN UP: Scenic Drive to Folsom Marina and Folsom Point (L)
1:30 - Standing Balance (CR)
2:30 - Who Am I? (AR)
3:30 - Bingo (AR)
5:15 - Sunday Night Football: 49ers vs. Vikings on NBC (CR)
6:00 - Evening Movie (AR)

MONDAY, NOVEMBER 23

9:15 - Morning Walk (L)
10:00 - Worship Service (CR)
11:00 - It Happened in November (AR)
1:00 - Gentle Seated Exercises with Shauna (Tai Chi) (CR)
2:00 - Singing Circle: Broadway Favorites (LR)
3:30 - 10¢ Bingo (AR)
6:00 - Evening Movie (AR)

TUESDAY, NOVEMBER 24

9:15 - Morning Walk (L)
10:00 - Stitching Circle (AR)
11:00 - 10 For Today - Sensational 60s (AR)
1:00 - Science for Seniors: The Four Forces of Flight (AR)
2:00 - Feel Free Fitness (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

WEDNESDAY, NOVEMBER 25

9:15 - Morning Walk (L)
10:00 - SIGN UP: Scenic Drive to Francisco Drive (L)
10:15 - Celebration Nation - For The Birds (AR)
12:15 - SIGN UP: Bernhard Museum in Auburn (L)
1:30 - Balance for Life with Joan (CR)
2:00 - Documentary: "Gorilla Story" (2026) Rated TV-PG (1h 17m) (AR)
3:30 - Monthly Birthday Celebration with Michelle Devol (AR)
6:00 - Evening Movie (AR)

THURSDAY, NOVEMBER 26

Happy Thanksgiving
9:00 - Macy's Thanksgiving Day Parade (AR)
10:00 - Reading the Gratitude Tree Leaves (LR)
11:00 - Morning Walk (L)
11:30 - Special Thanksgiving Day Buffet (DR)
1:00 - Open Arts Studio (CR)
2:00 - Fabulous Fitness (AR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

FRIDAY, NOVEMBER 27

9:30 - Morning Walk (L)
10:15 - Spintopia (AR)
11:00 - Nostalgic US Slang Quiz (AR)
1:00 - Spine Mobility Yoga (CR)
2:15 - Card Group: Uno (CR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

SATURDAY, NOVEMBER 28

9:30 - Morning Walk (L)
10:00 - Bean Bag Toss (LR)
11:00 - Morning Stretch (AR)
1:00 - Coffee, Tea, and Adult Coloring (CR)
1:30 - Live! In the Living Room: Curt Stoffel on Guitar (LR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

Salon

Salon Hours:
Open Tuesdays
Beginning at 10 AM

To book your appointment, give Wendy a call at (916) 412-2349.

SUNDAY, NOVEMBER 29

9:30 - Morning Walk (L)
10:00 - Donuts and Trivia (LR)
11:00 - Conversation Ball Toss (LR)
1:00 - SIGN UP: Scenic Drive to Winding Way and Sailor Bar (L)
1:30 - Standing Balance (AR)
2:15 - Friends Fun Feud (LR)
3:30 - Bingo (AR)
6:00 - Evening Movie (AR)

Welcome to the
Carlton Family

Glen W

MONDAY, NOVEMBER 30

9:15 - Morning Walk (L)
10:00 - Worship Service (CR)
11:00 - Reviewing the December Calendar (LR)
1:00 - Gentle Seated Exercises with Shauna (Tai Chi) (CR)
2:00 - Singing Circle: American Songbook #2 (LR)
3:30 - 10¢ Bingo (AR)
6:00 - Evening Movie (AR)

Volunteer Activity

We're excited to welcome volunteers to our community!

Volunteers will join us once a month to help with activities, crafts, and building connections.

Ceramics Class at 1:00 PM
Thursday 11/5 and 11/19

Happy Birthday

Mavis C - 11/4

Ken H - 11/5

Rosalinda B - 11/5

Alan B - 11/9

Kay K - 11/23

John A - 11/24

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.