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.

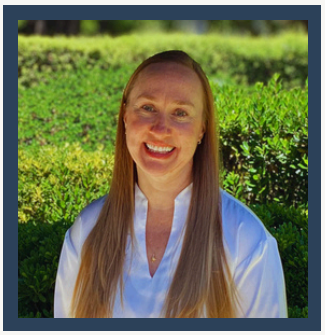
Have you noticed our new uniforms?

Our uniform shirts are now color coded by department!

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

Meet The Management Team

Angie Turin
Executive Director



Sarah Vance
Executive Assistant

Garett Vaughan
Sales Manager

Mohammad Amirbeigi
Director of Resident Services

Pam Sidhu
Medication Manager

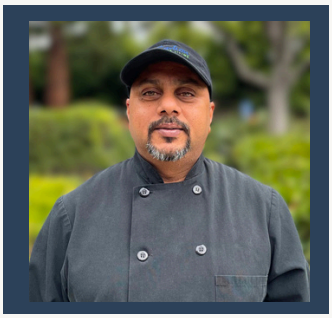
Jordan Davis
MC Activities Manager

Rosalind "Roz" Davis
AL Activities Manager

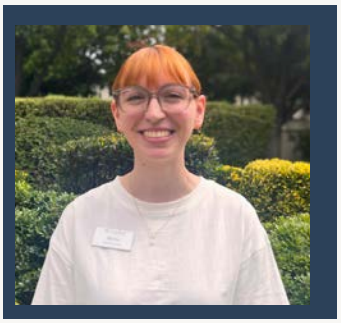
Brain Abshire
Maintanence Manager

Kevin Rodrigues
Dining Room Manager

Mazzie Alapati
Care Manager



Raj Gounder
Executive Chef



Aurora Brum
Resident Liason

Carlton
SENIOR LIVING
SAN LEANDRO

Transportation Guidelines

Doctor Shuttles

Tuesdays & Thursdays, 10:00 AM–4:30 PM
Earliest departure is 9:30 AM
Last depature is 2:30 PM

Tuesday Locations: San Leandro, Castro Valley & Union City
Thursday Locations: San Leandro, Oakland & Alameda

48-hour notice required.

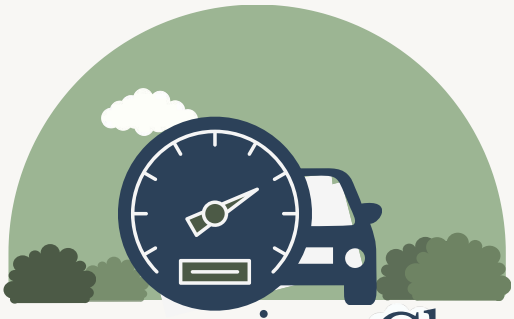
Church Shuttle

Sundays, 9:00 AM–1:00 PM
We offer transportation to religious services in San Leandro on Sunday mornings. Residents attending church must be able to do so independently. See route schedule at the front desk.

Shopping Shuttle

Mondays at 9:45 & 10:15 AM
Weekly shuttle service to local stores, weather permitting. Contact the Assisted Living Activities Team for details.

Refer to the activity schedule for additional monthly outings and shopping trips.



Transportation Charges

San Leandro, Castro Valley, Union City, Oakland & Alameda: Free on service days!

Transportation Outside Service Areas and Service Days
Requests may be accommodated at the AL Activities Manager's discretion. See Summary of Services rates.

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

November *Happenings*

Outings

Sunday 11/3: Dollar Tree Shopping
1:30 PM

Sunday 11/8: Scenic Drive/Hayward
1:15 PM

Wednesday 11/11: Coffee Outing The Posh Bagel
10:15 AM

Wednesday 11/18: Lunch Outing La Pinata
11:15 AM

Events

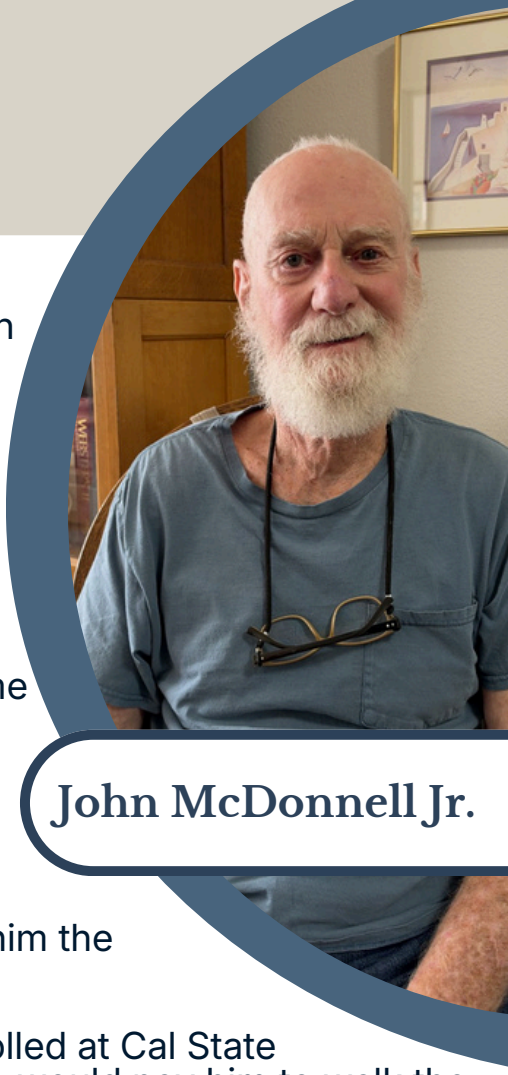
Wednesday 11/11: Veterans' Day Ceremony
1:00 PM

Thursday 11/19: Destination Thailand Presentation
10:30 AM

Sunday 11/22: Family Thanksgiving Brunch and Entertainment
11:30 AM

Wednesday 11/25: Visit from Fremont Carlton Residents
10:30 AM - 2:00 PM

RESIDENT *Spotlight*



John McDonnell Jr.

John R. McDonnell Jr. is quick to spell his last name: "Like the McDonnell Aircraft Company. Not the hamburgers." He was born in Oakland and moved to San Lorenzo at age 5. He grew up in the area and graduated from the old Chabot College campus. Then he was drafted. While friends and a cousin died in Vietnam, McDonnell was stationed at Fort Irwin near Barstow. His knack for teaching earned him a training post there, and his swimming landed him a summer as a lifeguard in the middle of the desert.

After the Army, he admits he drifted for a while. He joined a jobs-abroad program and worked at a hotel in Zurich, came home in late 1967 and married. He opened a motorcycle wheel shop in Castro Valley and raced speedway and motocross, including at Daytona. When the California Highway Patrol switched to Japanese motorcycles, McDonnell submitted a bid far above his competitors. He sent a letter with it explaining that cheaper rims and spokes would fail. He says the CHP later lost two officers to collapsed wheels, found his letter during its research and gave him the contract. He built their wheels for several years.

At 32, still unsure "what I wanted to be when I grew up," he enrolled at Cal State Hayward. In an earth science class, he discovered that someone would pay him to walk the backcountry looking at rocks. He became a serious student and a teaching assistant, all while running his shop and racing. A U.S. Geological Survey summer internship in Denver led him to sell his house and business and move to Colorado. He spent his career with the U.S. Bureau of Mines, crawling through abandoned mines to map and sample them. The work helped determine whether proposed wilderness areas held minerals worth developing. When the bureau closed, he moved to the Minerals Management Service and retired in 2004, days after turning 60.

In retirement, he lived on a horse property in Evergreen, Colorado. He discovered sailing and crewed boat deliveries between Canada and Mexico. Later he bought his own boat on the Bay, dreaming of sailing it to Mexico. About nine years ago he moved to Sparks, Nevada, to be closer to the water. This summer, when his plan to live aboard a powerboat fell through, he sold his house, car and boat and moved into the Carlton to be near family.

He's settled in. He praises the kitchen's cooking but still eats the yogurt-and-granola breakfast he discovered in Mexico 35 years ago. He keeps shrimp and salmon in his freezer to round out dinner, which he picks up at 4:45 so he can eat it in front of the news. His advice: find work you enjoy. "It wasn't like I was working," he said of geology. "It was like they paid me to go on vacation and make reports."

SUNDAY, NOVEMBER 1

DAYLIGHT SAVINGS TIME ENDS TODAY

9:00 - 10:00 - Church Shuttles (VO)-sign up
9:30 - Balance Fitness (LR)
10:30 - Wheel of Fortune (LR)
12:45 - Afternoon Movie Matinee (AR)
1:30 - Dollar Tree Shopping (VO)-sign up
2:00 - Independent Dominoes (GR)
3:00 - Bingo (LR)
4:00 - Video Trivia Quizzes (LR)
6:00 - Evening Movie (AR)

MONDAY, NOVEMBER 2

DIA DE LOS MUERTOS

9:30 - Feel Free Fitness (LR)
9:45 & 10:15 - Shopping Shuttles (VO) -sign up
10:30 - Memory Fitness (LR)
11:15 - Nintendo Bowling (AR)
12:30- Independent Bridge Group (GR)
1:00 - Play Rummikub (AR)
1:30 - Learn Spanish with Ruben (LR)
3:00 - Bingo (LR)
6:00 - Evening Movie (AR)

TUESDAY, NOVEMBER 3

ELECTION DAY

9:30 - Morning Stretch (LR)
10:30 - Balloon Swat (LR)
1:00 - Independent Mahjong (GR)
1:00 - Strummin' Seniors Band Practice (LR)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

WEDNESDAY, NOVEMBER 4

PODIATRIST VISIT

9:30 - Feel Free Fitness (LR)
10:30 - Sing Along with Jack (LR)
1:00 - St. Leander's Prayer Service (GR)
1:15 - Scenic Drive (VO)-sign up
1:30 - Root Beer Floats (C)
3:00 - Bingo (LR)
4:00- Carlton Blackjack (LR)
6:00 - Evening Movie (AR)

THURSDAY, NOVEMBER 5

9:30 - Balance Fitness (LR)
10:30 - Chain Reaction Game (LR)
12:30 - Independent Bridge Group (GR)
1:00 - Independent Mahjong (GR)
1:30 - Book Lovers Club Meeting (AR)
2:00 - Zumba Video Exercise (LR)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

FRIDAY, NOVEMBER 6

9:30 - Feel Free Fitness (LR)
10:30 - Who Wants to be a Millionaire? (AR)
1:00- HOGO Word Game (AR)
1:15 - Armchair Travel (LR)
1:30 - Bill's Smile Awhile (GR)
2:15 - Attitudinal Healing Connection (PDR)
3:00 - Bingo (LR)
4:00 - Walking Group (TBD)
6:00 - Evening Movie (AR)

SATURDAY, NOVEMBER 7

9:30 - Donuts & Coffee Social (LR)
9:45 - Ziv's Gentle Exercise (AR)*Canceled
10:00 - Balance Fitnes (LR)
11:00 - News Currents (AR)
1:30 - Afternoon Entertainment (LR)
3:00 - Bingo (LR)
4:00 - Docuseries "The Dinosaurs" (LR)
6:00 - Evening Movie (AR)

Podiatry Clinic

Wednesday, November 4th

11:00 AM - 1;00PM Memory Care
1:00 PM - 3:00PM Assisted Living

Sign up at the Front Desk.

SUNDAY, NOVEMBER 8

9:00 - 10:00 - Church Shuttles (VO)-sign up
9:30 - Balance Fitness (LR)
10:30 - Wheel of Fortune (LR)
12:45 - Afternoon Movie Matinee (AR)
1:15 - Scenic Drive/Hayward (VO)-sign up
2:00 - Independent Dominoes (GR)
3:00 - Bingo (LR)
4:00 - Video Trivia Quizzes (LR)
6:00 - Evening Movie (AR)

MONDAY, NOVEMBER 9

9:30 - Feel Free Fitness (LR)
9:45 & 10:15 - Shopping Shuttles (VO) -sign up
10:30 - Memory Fitness (LR)
11:15 - Nintendo Bowling (AR)
12:30- Independent Bridge Group (GR)
1:00 - Play Rummikub (AR)
1:30 - Learn Spanish with Ruben (LR)
3:00 - Bingo (LR)
6:00 - Evening Movie (AR)

TUESDAY, NOVEMBER 10

9:30 - Morning Stretch (LR)
10:30 - Balloon Swat (LR)
1:00 - Independent Mahjong (GR)
1:00 - Strummin' Seniors Band Practice (LR)
1:30 - Colorful Creations (LR)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

WEDNESDAY, NOVEMBER 11

VETERANS' DAY
9:30 - Feel Free Fitness (LR)
10:15 - The Posh Bagel Outing (VO)-sign up
10:30 - Words In a Word (LR)
1:00 - St. Leander's Prayer Service (GR)
1:00 - **Veterans' Day Ceremony & Social** (LR)
3:00 - Bingo (LR)
4:00- Carlton Blackjack (LR)
6:00 - Evening Movie (AR)

THURSDAY, NOVEMBER 12

9:30 - Balance Fitness (LR)
10:30 - Matching Game (LR)
12:30 - Independent Bridge Group (GR)
1:00 - Independent Mahjong (GR)
1:30 - Zumba Video Exercise (LR)
3:00 - Bingo (LR)
4:15 - Happy Hour with Margaret & Kristof (LR)
6:00 - Evening Movie (AR)

FRIDAY, NOVEMBER 13

9:30 - Feel Free Fitness (LR)
10:30 - Who Wants to be a Millionaire? (AR)
1:00- HOGO Word Game (AR)
1:15 - Armchair Travel (LR)
1:30 - Bill's Smile Awhile (GR)
3:00 - Bingo (LR)
4:00 - Walking Group (TBD)
6:00 - Evening Movie (AR)

SATURDAY, NOVEMBER 14

9:30 - Donuts & Coffee Social (LR)
9:45 - Ziv's Gentle Exercise (AR)
11:00 - News Currents (AR)
1:30 - Afternoon Entertainment (LR)
3:00 - Bingo (LR)
4:00 - Docuseries "The Dinosaurs" (LR)
6:00 - Evening Movie (AR)

Welcome to the
Carlton Family

Hazel Delucchi
Percy Greer
Joyce Greer

SUNDAY, NOVEMBER 15

9:00 - 10:00 - Church Shuttles (VO)-sign up
9:30 - Balance Fitness (LR)
10:30 - Wheel of Fortune (LR)
1:30 - Youth Band Performance (LR)
2:00 - Independent Dominoes (GR)
3:00 - Bingo (LR)
4:00 - Video Trivia Quizzes (LR)
6:00 - Evening Movie (AR)

MONDAY, NOVEMBER 16

9:30 - Feel Free Fitness (LR)
9:45 & 10:15 - Shopping Shuttles (VO) -sign up
10:30 - Memory Fitness (LR)
11:15 - Nintendo Bowling (AR)
12:30- Independent Bridge Group (GR)
1:00 - Play Rummikub (AR)
1:30 - Learn Spanish with Ruben (LR)
3:00 - Bingo (LR)
6:00 - Evening Movie (AR)

TUESDAY, NOVEMBER 17

9:30 - Morning Stretch (LR)
10:30 - Word Collections Game (LR)
1:00 - Independent Mahjong (GR)
1:00 - Strummin' Seniors Band Practice (LR)
1:30 - Balloon Swat (LR)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

WEDNESDAY, NOVEMBER 18

9:30 - Feel Free Fitness (LR)
10:30 - Memory Match Game (LR)
11:15 - Lunch Outing/La Pinata (VO)-sign up
1:00 - Spirit Care Worship (LR)
1:00 - St. Leander's Prayer Service (GR)
1:30 - The Jazz Therapists Perform (LR)
3:00 - Bingo (LR)
4:00- Carlton Blackjack (LR)
6:00 - Evening Movie (AR)

THURSDAY, NOVEMBER 19

DESTINATION THAILAND DAY
9:30 - Balance Fitness (LR)
10:30 - Thailand Day Presentation (AR)
12:30 - Independent Bridge Group (GR)
1:00 - Independent Mahjong (GR)
1:00 - Blood Pressures and Weights (AR)
1:30 - Resident Town Hall Meeting (LR)
3:00 - Bingo (LR)
4:15 - Destination Day Happy Hour (LR)
6:00 - Evening Movie (AR)

FRIDAY, NOVEMBER 20

9:30 - Feel Free Fitness (LR)
10:30 - Who Wants to be a Millionaire? (AR)
12:45 - Armchair Travel (LR)
1:00 - HOGO Word Game (AR)
1:30 - Bill's Smile Awhile (GR)
3:00 - Bingo (LR)
4:00 - Walking Group (TBD)
6:00 - Evening Movie (AR)

SATURDAY, NOVEMBER 21

9:30 - Donuts & Coffee Social (LR)
9:45 - Ziv's Gentle Exercise (AR)
11:00 - News Currents (AR)
1:30 - Afternooon Entertainment (LR)
3:00 - Bingo (LR)
4:00 - Game Show Hour (LR)
6:00 - Evening Movie (AR)

Town Hall Meeting

Thursday, November 19th

1:30 PM - Living Room

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

SUNDAY, NOVEMBER 22

FAMILY & FRIENDS THANKSGIVING

9:00 - 10:00 - Church Shuttles (VO) -sign up
9:30 - Balance Fitness (LR)
10:15 - Wheel of Fortune (AR)
11:30 - **Family Thanksgiving Brunch** (DR)
1:30 - **Don Edmonds & Friends Perform** (LR)
2:00 - Independent Dominoes (GR)
3:00 - Bingo (LR)
4:00 - Video Trivia Quizzes (LR)
6:00 - Evening Movie (AR)

MONDAY, NOVEMBER 23

9:30 - Feel Free Fitness (LR)
9:45 & 10:15 - Shopping Shuttles (VO) -sign up
10:30 - Memory Fitness (LR)
11:15 - Wii Bowling (AR)
12:30- Independent Bridge Group (GR)
1:00 - Play Rummikub (AR)
1:30 - Learn Spanish with Ruben (LR)
3:00 - Bingo (LR)
6:00 - Evening Movie (AR)

TUESDAY, NOVEMBER 24

9:30 - Morning Stretch (LR)
10:30 - Word Collections Game (LR)
1:00 - Independent Mahjong (GR)
1:30 - Chai Tea & Snack Socal(C)
3:00 - Bingo (LR)
4:15 - Happy Hour (LR)
6:00 - Evening Movie (AR)

WEDNESDAY, NOVEMBER 25

9:30 - Feel Free Fitness (LR)
10:30 - Balloon Volleyball (LR)
1:00 - St. Leander's Prayer Service (GR)
1:00 - **Early Bingo w/Fremont Carlton** (LR)
2:00 - Lourdes Ice Cream Outing (VO)-sign up
3:00 - Bingo (LR)
4:00 - Carlton Blackjack (LR)
6:00 - Evening Movie (**LR**)

THURSDAY, NOVEMBER 26

HAPPY THANKSGIVING!

9:30 - Balance Fitness (LR)
10:15 - Coffee, Pastries & Football (LR)
11:00 - UNO Game (LR)
12:30 - Independent Bridge Group (GR)
12:30 - Afternoon Matinee Movie (AR)
1:00 - Independent Mahjong (GR)
2:30 - Early Bingo & Wine (LR)
4:30 - Thanksgiving Dinner Starts (DR)
6:00 - Evening Movie (AR)

FRIDAY, NOVEMBER 27

9:30 - Feel Free Fitness (LR)*Canceled
9:30 - Zumba video Exercise (LR)
10:30 - Who Wants to be a Millionaire? (AR)
12:45 - Armchair Travel (LR)
1:00- HOGO Word Game (AR)
1:30 - Bill's Smile Awhile (GR)
3:00 - Bingo (LR)
4:00 - Walking Group (TBD)
6:00 - Evening Movie (AR)

SATURDAY, NOVEMBER 28

9:30 - Donuts & Coffee Social (LR)
9:45 - Ziv's Gentle Exercise (AR)
11:00 - Table Topics Discussion (AR)
1:30 - Afternoon Entertainment (LR)
3:00 - Bingo (LR)
4:00 - Nature Documentary (LR)
6:00 - Evening Movie (AR)

Location Key

(LR) Living Room
(AR) Activities Room
(GR) Game Room
(C) Cafe
(VO) Outing
(DR) Dining Room
(PDR) Private Dining Room

Activities and times are subject to change.

SUNDAY, NOVEMBER 29

9:00 - 10:00 - Church Shuttles (VO) -sign up
9:30 - Balance Fitness (LR)
10:30 - Wheel of Fortune (LR)
12:45 - Afternoon Movie Matinee (AR)
1:15 - Scenic Drive/Emeryville (VO)-sign up
2:00 - Independent Dominoes (GR)
3:00 - Bingo (LR)
4:00 -Video Trivia Games (LR)
6:00 - Evening Movie (AR)

MONDAY, NOVEMBER 30

9:30 - Feel Free Fitness (LR)
9:45 & 10:15 - Shopping Shuttles (VO) -sign up
10:30 - Memory Fitness (LR)
11:15 - Wii Bowling (AR)
12:30- Independent Bridge Group (GR)
1:00 - Play Rummikub (AR)
1:30 - Bean Bag Challenge (LR)
3:00 - Bingo (LR)
4:00 - Documentary Hour (AR)
6:00 - Evening Movie (AR)

Independent Bridge Group

Mondays & Thursdays

Join the group of players
in the game room on the 3rd floor
at 12:30pm

Salon

Salon Hours:
Open Wednesdays,
Thursdays, and Fridays

To book your appointment,
give us a call at
510-938-9992.

Happy Birthday

Nov 6 - Margurite H.
Nov 10 - Harold W.
Nov 12 - Donna P.
Nov 13 - Sharon G.
Nov 15 - Judy S.
Nov 15 - Kathy P.
Nov 15 - Wai Wah C.
Nov 20 - Alvin G.
Nov 23 - Joel B.
Nov 24 - Linda S.
Nov 27 - Bill P.
Nov 27 - Tony Y.
Nov 28 - Carolynn R.
Nov 28 - Allison Y.

ST. LEANDER'S CATHOLIC PRAYER SERVICE

Wednesdays at 1:00 pm
with Dan Martinez
in the game 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.