



December 2024

The Carlton Times

Nourishing Mind, Body, and Soul



Featured Resident: Elizabeth T.

Start Your Day with Alexa

Alexa's "Start My Day" feature is the best way for you to get all of your community's daily information.

When you ask Alexa to start your day, Alexa will read the day's menu, activities schedule, and any community messages. Aside from providing useful information, this also lets your community know that you are up and about.

To use this feature, simply say, "Alexa, start my day."

Alexa, start my
day.

You're going to have a
great day. Would you like
to hear the activities?



Tips

- Alexa will only read information that is available. For example, if you do not hear the menu, it means that the menu is not currently available.
- Speak slowly and clearly when giving Alexa a command.
- If it doesn't work the first time, try again!
- If you are done listening or do not want Alexa to continue speaking, say "Alexa, stop," or "Alexa, off."

Questions about Alexa? Speak with your Resident Liaison or Activities Manager.



December

Happy Hours and Social Events

- **Trimming the Tree and Refreshments:** Sunday, the 1st at 3:15 PM
- **Coffee, Tea & Cookies Social:** Every Tuesday at 11:00 AM
- **Jewelry by Marie:** Tuesday, the 3rd 11:00 AM
- **Carlton University Presents:** Wednesday the 4th at 1:00 PM
- **Happy Hour with Alex:** Wednesday the 4th at 2:00 PM
- **Holiday Craft Making with the Bowman's:** Thursday the 5th at 1:00 PM (sign-up)
- **Painting and Art Sale by Cathy Apt #304:** Sunday the 8th from 2-4 PM
- **Resident Craft and Rummage Sale:** Wednesday the 11th 12:00 PM
- **Las Lomas Cheerleaders and Craft:** Sunday the 15th at 3:30 PM
- **Resident Cookie Exchange:** Monday the 16th at 12:00 PM (sign-up)
- **Winter Happy Hour with Eddie:** Thursday the 19th at 1:00 PM
- **Wine and Bites:** Sunday the 22nd at 3:15 PM
- **Mark your Calendar for New Year's Day Champagne Brunch 11:00 AM**

Meetings and Presentations

- **Bible Study with Carol:** Women of The Bible: Every Thursday at 11:30 AM
- **The Page Turners Book Club:** Saturday the 21st at 1:00 PM (TR)
- **Town Hall with Terry!:** Wednesday the 18th at 11:45 AM
- **Managing Holiday Stress Informational with Leslie C:** Monday the 23rd at 1:30 PM
- **Resident Council:** Friday the 27th at 1:00 PM

Outings and Shopping

- **Grocery Shopping Shuttle:** Every Monday, starting at 9:00 AM, 24-hour sign-up is required.
- **Loop Shuttle Service:** Every Friday, starting at 9:45 AM, 24-hour sign-up is required.
- **Senior Center Gift Fair:** Saturday the 7th 10:00 AM (sign-up)
- **Red Robin Restaurant Outing \$\$:** Wednesday the 18th 3:00 PM (sign-up)



Carlton Concord Management Team



Terry Barrett
Community Director
Sunday - Thursday



Natalie Earley
Sales Director
Sunday - Thursday



Lloyd Farr
Executive Chef
Sunday - Thursday



Marnée Gonsalves
Activities Manager
Sunday - Thursday



Jorge Lomeli
Maintenance Manager
Tuesday - Saturday

Support Staff

Administrative Assistant: Suja Oldenburg

Receptionists: Tammy Demler, Linda Crittendon-Johnson, Katherine Soriano

Activity Driver: Leslie Pollock

Maintenance: Rafael Hernandez, Dominic Colchico, Carlos Contreras,
Joel Montano Godinez

Housekeeping: Karen Medrano, Araceli Ramirez

Culinary Team: Josef Galicki and Danny Esquivel

Lead Waitstaff: DeDee Santos

Waitstaff: Delia Quintana, Mary Lou Lambert, Maralain Massey, Zsarrysse Puerto

Dishwasher: Mario Rodriguez, Fabiola Bernuy

Overnight Supervisors: Alfredo Aguilar and Erick Klein



Carlton Spotlight:
Nancy Rae Peterson



Nancy was born on January 17 to David and Dorothy Peterson. David owned a trucking business, which required extensive travel across the East and West Coasts. Meanwhile, Dorothy, a trained teacher, chose to become a homemaker to care for their children during David's absences. Nancy is the second of four siblings, which includes her brothers David and Phillip and sister Denise. On September 30, 2023, Nancy and her sister Denise relocated to Carlton, Concord.

One of Nancy's fondest memories from childhood is walking to school with friends, during which she enjoyed engaging in conversation and laughter.

Professionally, Nancy dedicated over fifteen years to the Marines Memorial Club in San Francisco. She frequently traveled to Mexico and even spent some time living there, in addition to exploring overseas and northern regions.

Nancy advocates for authenticity, encouraging individuals to be true to themselves, assist others, and engage in volunteer work as much as possible. She embodies kindness in every interaction, leaving a positive impact on those around her.

Her favorite aspect of Carlton is the numerous activities and volunteer opportunities available. Nancy has a diverse taste in music and delights in a hearty roast beef meal complete with all the fixings, as well as anything chocolate.

COMPLIMENTARY TRANSPORTATION

Church Shuttle - Sundays

We offer transportation to local religious services on Sunday mornings beginning at 9:00 AM. We require at least 24 hours notice for church shuttle requests; please sign up at the front desk. There is no shuttle service on the fourth Sunday of each month.

Grocery Shopping - Mondays

Refer to the *Carlton Times* for destinations and departure times. Sign up at the front desk.

Doctor Shuttle - Tuesdays and Thursdays

We offer transportation to medical appointments in **Concord and Martinez on Tuesdays** and **Pleasant Hill and Walnut Creek on Thursdays**. Drop offs begin at 9:30 AM; the final pick up time is 3:00 PM. Transportation is available on a first come, first served basis and is subject to driver availability. We require at least 48 hours' notice for doctor shuttle transportation requests. Stop by the front desk to pick up or submit a shuttle request form.

In order to provide service to all, we are not able to accommodate doctor shuttle requests outside of the listed services days and times.

Loop Shuttle - Fridays

The Friday Loop Shuttle provides transportation to local shopping centers. Refer to the *Carlton Times* for this week's schedule. We require 24 hours notice for loop shuttle reservations; sign up at the front desk. Seats are available on a first come, first served basis. When signing up, you must specify your desired date and loop number. You may choose one loop route per day.

LOOP #1

Loading: 9:45 AM
Departure: 10:00 AM

A. Todos Santos

Arrival: 10:10 AM
Pick Up: 11:15 AM

Dollar Tree (Concord), banks, barber/hair dresser, House of Bagels, Peets Coffee, and more!

B. Park and Shop

Arrival: 10:20 AM
Pick Up: 11:30-11:45 AM

99 Ranch Market, Jo-Ann, UPS Store, Chick's Donuts, Grocery Outlet, and more!

LOOP #2

Loading: 12:30 PM
Departure 12:45 PM

C. Diamond Blvd

Arrival: 1:00 PM
Pick Up: 2:30 PM

The Willows, Hobby Lobby, the Veranda, TJ Maxx, Home Depot, and more!

D. Pleasant Hill Shopping Center and Monument Blvd

Arrival: 1:15 PM
Pick Up: 2:45-3:00 PM
Kohl's Pick Up: 3:15-3:30

Target, Home Goods, Burlington Coat Factory, In-n-Out Burger, Kohl's, and more!

LOOP #3

Loading: 9:45 AM
Departure: 10:00 AM

A. Walmart

Arrival: 10:20 -10:30 AM
Pick Up: 11:45 AM

LOOP #4

Loading: 12:45 PM
Departure: 1:00 PM

B. Sunvalley Mall

Arrival: 1:15 PM
Pick Up: 2:30-2:45 PM

Nordstrom Rack, Macy's, JC Penny's, Mrs. Fields Cookies, Safeway, and more!

SUNDAY, DECEMBER 1

11:00 to 1:00 PM - Brunch (DR)

1:00 to 3:00 PM - Bridge (TR)

2:00 PM - \$5.00 BINGO! with Sal (AA)

3:15 PM - Trimming the Tree and Refreshments (LR)

4:00 PM - Open Table Game Time (AA)

THURSDAY, DECEMBER 5

9:00 AM to 3:00 PM - Doctor Shuttles (LB)

10:00 AM - Chair Yoga with Robert! (DR)

10:30 AM - Scrabble (AA)

11:30 AM - Bible Study with Carol: Women of The Bible (TR)

1:00 PM - Holiday Craft with the Bowman's

MONDAY, DECEMBER 2

9:00 AM - Trader Joe's (LB)

10:30 AM - Bank/Pharmacy Pick Up Only (LB)

10:45 AM - Live 2B Healthy (DR)

12:30 PM - Safeway (LB)

1:00 PM - Activity Forum (DR)

2:00 PM - Dime Bingo with Sal! (DR)

FRIDAY, DECEMBER 6

9:45 AM - **Loop Shuttle 3 & 4 (LB)**

10:45 AM - Live 2B Healthy (LR)

11:45 AM - Canasta with The Gang! (3rd Fl)

12:00 to 1:30 - Mexican Train (TR)

2:00 PM - Dime Bingo with Sal! (AA)

TUESDAY, DECEMBER 3

9:00 AM to 3:00 PM - Doctor Shuttles (LB)

10:00 AM - Chair Yoga (AA)

11:00 AM - Coffee, Tea & Cookies Social (DR)

11:00 AM - Jewelry by Marie (DR)

1:00 to 3:00 PM - Tripoley with Lyn (TR)

7:00 PM - Dime Bingo with Sal! (AA)

SATURDAY, DECEMBER 7

9:00 AM - Puzzles (AA)

10:00 AM - Chair Yoga (AA)

10:00 AM - Senior Center Gift Fair (LB)

1:30 PM - Dime Bingo with Sal! (AA)

3:00 PM - Shuffleboard with Don! (TR)

7:00 PM - Open Table Game Time (AA)

WEDNESDAY, DECEMBER 4

10:45 AM - Live 2B Healthy (DR)

12:30 PM - Sharing Our Stories with Lyn (TR)

1:00 PM - Carlton University: Tornadoes with Lauren (AA)

2:00 PM - Happy Hour with Alex (DR)

3:30 PM - Tech Help with Jeff (AA)

7:00 PM - \$5.00 BINGO! with Sal! (AA)

LOCATION KEY

(LR) Living Room

(DR) Dining Room

(CY) Courtyard

(TR) Theater Room

(LB) Lobby

(AA) Activity Area

(\$) Additional Cost

Activities are subject to change.



SUNDAY, DECEMBER 8

Happy Birthday Lynda R !

11:00 AM to 1:00 PM - Brunch (DR)

1:00 to 3:00 PM - Bridge (TR)

**2:00 to 4:00 PM - Painting & Art Sale by
Cathy Apt # 304**

2:00 PM - \$5.00 BINGO! with Sal (AA)

THURSDAY, DECEMBER 12

Happy Birthday Galina C!

9:00 AM to 3:00 PM - Doctor Shuttles (LB)

10:00 AM - Chair Yoga with Robert! (DR)

10:30 AM - Scrabble (AA)

**11:30 AM - Bible Study with Carol:
Women of the Bible (TR)**

MONDAY, DECEMBER 9

9:00 AM - Trader Joe's (LB)

10:30 AM - Bank/Pharmacy Pick Up Only (LB)

10:45 AM - Live 2B Healthy (DR)

**12:30 to 1:30 PM - Keeping in Touch: Notes
to Family and Friends with Binnette (AA)**

12:30 PM - Safeway (LB)

2:00 PM - Dime Bingo with Sal! (DR)

FRIDAY, DECEMBER 13

9:45 AM - **Loop Shuttle 1 & 2 (LB)**

10:45 AM - Live 2B Healthy (LR)

11:45 AM - Canasta with The Gang! (3rd Fl)

12:00 to 1:30 - Mexican Train (TR)

2:00 PM - Dime Bingo with Sal! (AA)

TUESDAY, DECEMBER 10

Happy Birthday Garold S!

9:00 AM to 3:00 PM - Doctor Shuttles (LB)

10:00 AM - Chair Yoga (AA)

11:00 AM - Coffee, Tea & Cookies Social (DR)

1:00 to 3:00 PM - Tripoley with Lyn (TR)

7:00 PM - Dime Bingo with Sal! (AA)

SATURDAY, DECEMBER 14

9:00 AM - Puzzles (AA)

10:00 AM - Chair Yoga (AA)

1:30 PM - Dime Bingo with Sal (AA)

3:00 PM - Shuffleboard with Don! (TR)

7:00 PM - Open Table Game Time (AA)

WEDNESDAY, DECEMBER 11

Happy Birthday Judy W!

10:45 AM - Live 2B Healthy (DR)

12:00 PM - Resident Craft and Rummage Sale (DR)

12:30 PM - Sharing Our Stories with Lyn (TR)

2:30 PM - Knitting and Crocheting Circle (LR)

3:30 PM - Tech Help with Jeff (AA)

7:00 PM - \$5.00 BINGO! with Sal! (AA)

Follow Us!

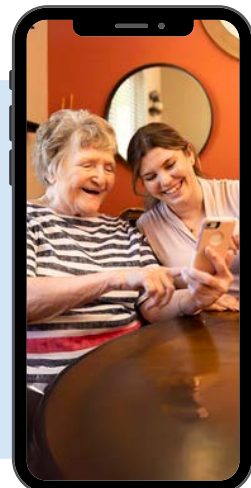
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SUNDAY, DECEMBER 15

11:00 AM to 1:00 PM - Brunch (DR)

1:00 to 3:00 PM - Bridge (TR)

3:30 PM - Las Lomas Cheer Leaders & Craft

2:00 PM - \$5.00 BINGO! With Sal (AA)

4:00 PM - Open Table Game Time (AA)

THURSDAY, DECEMBER 19

9:00 AM to 3:00 PM - Doctor Shuttles (LB)

10:00 AM - Seated Yoga with Robert (DR)

10:30 AM - Scrabble (AA)

11:30 AM - Bible Study with Carol: The Women of the Bible (TR)

1:00 PM - Winter Happy Hour with Eddie (DR)

MONDAY, DECEMBER 16

Happy Birthday Sherwood E!

9:00 AM - Trader Joe's (LB)

10:30 AM - Bank/Pharmacy Pick Up Only (LB)

10:45 - Live 2B Healthy (DR)

12:00 PM - Resident Cookie Exchange/Sign up

12:30 PM - Safeway (LB)

2:00 PM - Dime Bingo with Sal! (DR)

FRIDAY, DECEMBER 20

9:45 AM - **Loop Shuttle 3 & 4 (LB)**

10:45 AM - Live 2B Healthy (LR)

11:45 AM - Canasta with Juanita (3rd Floor)

12:00 to 1:30 - Mexican Train (TR)

2:00 PM - Dime Bingo with Sal! (AA)

TUESDAY, DECEMBER 17

9:00 AM to 3:00 PM - Doctor Shuttles (LB)

10:00 AM - Chair Yoga (AA)

11:00 AM - Coffee, Tea & Cookies Social (DR)

1:00 to 3:00 PM - Tripoley with Lyn (TR)

7:00 PM - Dime Bingo with Sal! (AA)

SATURDAY, DECEMBER 21

First Day of Winter!

9:00 AM - Puzzles (AA)

10:00 AM - Chair Yoga (AA)

1:00 PM - The Page Turners Book Club (TR)

1:30 PM - Dime Bingo with Sal! (AA)

3:00 PM - Shuffleboard with Don! (TR)

7:00 PM - Open Table Game Time (AA)

WEDNESDAY, DECEMBER 18

10:45 AM - Live 2B Healthy (DR)

11:45 - Town Hall with Terry! (DR)

12:30 PM - Sharing Our Stories with Lyn (TR)

2:30 PM - Knitting and Crocheting Circle (LR)

3:00 PM - Red Robin Restaurant Outing \$\$

3:30 PM - Tech Help with Jeff (AA)

7:00 PM - \$5.00 BINGO! with Sal! (AA)

**Let's Welcome
our New Residents!**

Elaine A

Paul M

Margaret H

SUNDAY, DECEMBER 22

11:00 AM to 1:00 PM - Brunch (DR)

1:00 to 3:00 PM - Bridge (TR)

2:00 PM - \$5.00 BINGO! With Sal (AA)

3:15 PM - Wine and Bites (DR)

4:00 PM - Open Table Game Time (AA)

THURSDAY, DECEMBER 26

**Happy 100th Birthday Pat B!
Happy Birthday Carl P & Henry G!
Kwanzaa Begins!**

9:00 AM to 3:00 PM - Doctor Shuttles (LB)

10:00 AM - Seated Yoga with Robert (DR)

10:30 AM - Scrabble (AA)

**11:30 AM - Bible Study with Carol: The
Women of the Bible (TR)**

MONDAY, DECEMBER 23

9:00 AM - Trader Joe's (LB)

10:30 AM - Bank/Pharmacy Pick Up Only (LB)

10:45 AM - Live2B Healthy (DR)

12:00 PM - Safeway (LB)

**1:30 PM - Managing Holiday Stress
Informational with Leslie (TR)**

2:00 PM - Dime Bingo with Sal! (DR)

7:00 PM - Open Table Game Time (AA)

FRIDAY, DECEMBER 27

9:45 AM - **Loop Shuttle 1 & 2 (LB)**

10:45 AM - Live 2B Healthy (CY)

11:45 AM - Canasta with Juanita (3rd Floor)

12:00 to 1:30 PM - Mexican Train (TR)

1:00 PM - Resident Council (AA)

2:00 PM - Dime Bingo with Sal! (AA)

TUESDAY, DECEMBER 24

9:00 AM to 3:00 PM - Doctor Shuttles (LB)

10:00 AM - Chair Yoga (AA)

11:00 AM - Coffee, Tea & Cookie Social (DR)

1:00 to 3:00 PM - Tripoley with Lyn (TR)

7:00 PM - Dime Bingo with Sal! (AA)

SATURDAY, DECEMBER 28

9:00 AM - Puzzles (AA)

10:00 AM - Chair Yoga (AA)

1:30 PM - Dime Bingo with Sal (AA)

3:00 PM - Shuffleboard with Don! (TR)

7:00 PM - Open Table Game Time (AA)

WEDNESDAY, DECEMBER 25

**Merry Christmas!
Hanukkah, Begins at Sunset!**

Holiday Brunch 11:00 AM to 1:00 PM

**May you revel in the joy of your day,
surrounded by cherished family and
friends.**

**Managing Holiday Stress
Presented by Leslie C
December 23rd
at 1:30 PM
(AA)**



SUNDAY, DECEMBER 29

Happy Birthday Dolores B!

- 11:00 AM to 1:00 PM - Brunch (DR)
- 1:00 to 3:00 PM - Bridge (TR)
- 2:00 PM - \$5.00 BINGO! With Sal (AA)
- 4:00 PM - Open Table Game Time (AA)

MONDAY, DECEMBER 30

Happy Birthday Ken R!

- 9:00 AM - Trader Joe's (LB)
- 10:30 AM - Bank/Pharmacy Pick Up Only (LB)
- 10:45 PM - Live2B Healthy (DR)
- 12:00 PM - Safeway (LB)
- 2:00 PM - Dime Bingo with Sal! (DR)
- 7:00 PM - Open Table Game Time (AA)


TUESDAY, DECEMBER 31

Happy Birthday Thelma L & Sherry B!
New Year's Eve!

- 9:00 AM to 3:00 PM - Doctor Shuttles (LB)
- 10:00 AM - Chair Yoga (AA)
- 11:00 AM - Coffee, Tea & Cookie Social (DR)***
- 1:00 to 3:00 PM - Tripoley with Lyn (TR)



**PAINTING AND
ART SALE WITH
CATHY
DECEMBER 8TH
APARTMENT 304
2:00 TO 4:00 PM**



New Year's Day

Champagne Brunch

Thursday January 1st

11 to 1:00 PM



***Las Lomas Cheerleaders
and Craft
Sunday 15th
at 3:30 PM***

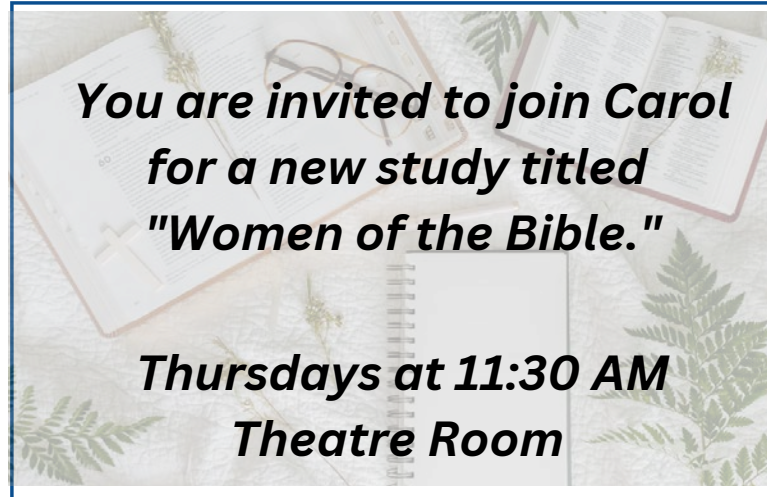


Wednesday

18th

3:00 PM

Sign-Up at Front Desk



***You are invited to join Carol
for a new study titled
"Women of the Bible."***

***Thursdays at 11:30 AM
Theatre Room***



Is it the Flu, a Cold, RSV, or COVID-19?

In the U.S., flu season usually peaks between December and February. Several other respiratory viruses, including the common cold, RSV, and COVID-19, also spread during the winter months. These illnesses tend to have very similar symptoms, so it can be difficult to tell the difference between them based on symptoms alone.

The flu is caused by influenza viruses. Common symptoms of the flu include fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. The common cold can be caused by a number of different viruses, often rhinoviruses. A cold is usually milder than the flu and is more likely to cause a runny or stuffy nose. RSV (respiratory syncytial virus) causes mild, cold-like symptoms such as a runny nose, a decrease in appetite, coughing, sneezing, fever, and wheezing. Older adults and adults with chronic heart or lung disease, weakened immune systems, or other underlying medical conditions are more likely to develop severe RSV. COVID-19 is caused by an infection with SARS-CoV-2. The flu and COVID-19 have very similar symptoms, but COVID-19 spreads more easily and symptoms tend to be more severe. It's more common to have a change in your sense of smell or taste with COVID-19 than with the flu.

Luckily, similar prevention measures can be taken to avoid all four of these illnesses:

- Wash your hands often with soap and water, and especially after touching “high contact” surfaces like door knobs and elevator call buttons. When washing, scrub your hands with soap for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth. Wash your hands before and after touching your face.
- Avoid close contact with people who are sick or experiencing cold-like symptoms.
- Cover your coughs and sneezes with a tissue or your upper shirt sleeve.
- Stay home if you are sick. Avoid eating in your community's dining room or participating in group activities until your symptoms subside.
- Wear a mask if you are feeling unwell but need to leave your apartment.

If you are experiencing any of the above symptoms, speak with your community's nurse or Director of Resident Services. Your physician can prescribe antiviral drugs to treat the flu and COVID-19. Most colds and RSV infections will go away on their own, but you can take over-the-counter medicines (such as pain relievers and fever reducers) to lessen symptoms. It is also important to get good rest and drink plenty of fluids.

For more information, visit the CDC's respiratory viruses website:
<https://www.cdc.gov/respiratory-viruses>.