



## Happy Birthday!

### Resident Birthdays:

January 1st– Dorothy E.  
January 6th– Pat N.  
January 22nd– Joann T.  
January 23rd– Gerry E.



### Associate Birthdays:

January 5th– Sammi S.  
January 13th– Deborah B.  
January 13th– Faith P.  
January 21st– Camillia D.  
January 21st– Christa B.  
January 23rd– Kristal S.  
January 27th– Ashley S.



# January 2018

## Upcoming Exciting Events:

Friendly reminder: If you would like to go on an outing, please be sure to sign up in the Assisted Living Post Office in the Outing Binder on the table to the right. Thank you!

**Monday, January 8th at 11:30am–** Lunch Outing: Tony Sacco's

**Monday, January 8th at 2:00pm–** Live Entertainment

with Howard Meell Gospel Performance

**Wednesday, January 10th at 2:00pm–** Live Entertainment by Jim Kochans

**Thursday, January 11th at 8:00am–** Breakfast Outing: Bob Evans

**Monday, January 15th at 11:30am–** Lunch Outing: IHOP

**Friday, January 19th at 2:00pm–** Root Beer Float Social with Tanya Lukomski

**Monday, January 22nd at 11:30am–** Lunch Outing: Mexican Fiesta

**Wednesday, January 24th at 2:00pm–** Live Entertainment by Joel Palmer

**Friday, January 26th at 2:00pm–** New Resident Social with

Live Entertainment by Tom Birchler

**Monday, January 29th at 11:30am–** Lunch Outing: Buddy's Pizza

**Monday, January 29th at 2:00pm–** Celebrate National

Polka Music Month with Live Entertainment by Mike Wolverton

**Wednesday, January 31st at 2:00pm–** January Birthday Party

with Live Entertainment by Craig Marsden

*Independent Living,  
Licensed Assisted Living  
& Memory Care*  
42600 Cherry Hill Rd.  
Canton, MI 48187



## What's Cooking?

**Chocolate Cupcakes with  
Decadent  
Peanut Butter Frosting**



### **Ingredients:**

- 1 1/2 cups peanut butter
- 1/2 cup butter, room temperature
- 2 teaspoons vanilla extract
- 2 cups powdered sugar
- 2–3 tablespoons milk
- \* 12 chocolate cupcakes (unfrosted)

### **Directions**

1. Cream peanut butter and butter in a medium bowl with a hand mixer until smooth. Add vanilla, powdered sugar, and milk. Blend until smooth.
2. Spread frosting evenly over each cupcake and serve.

# Health & Fitness

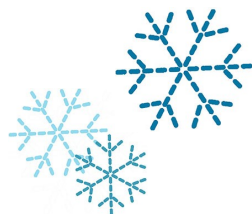
## Start Fresh

By Chris Grabowski,  
Fitness Instructor

As the frenetic pace of the holiday season slowly gives way to the rhythm of the New Year there's no better time to reflect on the year that was and project our goals for the months to come. This year as you sit down to make your list why not join the millions of other Americans making health and wellness a top priority for 2018. Each year over 21% of adults add exercise to their annual list of resolutions and the effects shouldn't go unnoticed. With just 20 minutes per day, regular exercise had been shown to improve mood, increase energy and strengthen

memory. It also significantly helps to decrease stress and lowers the risk of cardiovascular disease and diabetes. So this January put yourself first and make your health for the year ahead objective #1.

As the calendar flips to 2018 I would also like to extend an open invitation to all those new to exercise or those who may have taken an extended hiatus. Please join us for class and try something new we'd be glad to help make that resolution a reality.



Dear Friends,  
Happy New Year!! Welcome 2018!!! To celebrate National Polka Music Month we are bringing in Mike Wolverton to perform some of your favorite polka classics on Monday, January 29<sup>th</sup> at 2:00pm. Please feel free to invite your friends and family to this fun event!! We will have great polish food and beverages during the entertainment. Please do not forget about our resident referral program!! It's a great way to save \$1000 on your rent by referring a friend or family member to move into our great community. If you have any questions about our referral program, please do not hesitate to ask me.

Sincerely,  
Renee  
Marketing Manager



1018– Mary W.  
1041– Jean K.  
1045– Betty D.

1057– Mae K.  
1058– Michael M.  
1059– Esther B.

## Executive Director Message:

Dear Waltonwood Residents and Families,

I hope everyone enjoyed the holiday season and I wish everyone the best of health and happiness for the new year.

I am very excited to announce that we now have a Life Enrichment Manager in IL, her name is Ariel Starr. She comes to us with a great deal of education and experience. She has already jumped right in and is working diligently to create an activity program that will be enjoyed by all. Please take time to stop in and welcome her to our community.

We also have a new Life Enrichment Manager for MC too, her name is Candice Jones. She will formally start on January 1, 2018. She comes to us from Waltonwood at Carriage Park and also has a great deal of education and experience. She has been spending a few days in the community to help us out until she starts fulltime on January 1<sup>st</sup>. Please take time to welcome her into the community as well.

Our new Environmental Services Manager started on the 18<sup>th</sup> of December as well. He is a very kind and personal gentleman with a great deal of knowledge and expertise in many areas of maintenance. Make sure to stop him to chat, because I think you will all appreciate his friendliness as well. Chris comes to us from the Singh Apartments side of the business and was highly recommended by many people in the Singh Organization.

I will be scheduling a meet and greet with the new members of our department team in January. Letters will go out informing everyone of the date and time.

Now that winter is upon us in full force, please be careful when going outside. If you need help cleaning off your car please let the front desk know and we will be happy to assist you.

Stay safe and keep warm!!!

Best Regard,

Sherie



## AT YOUR SERVICE

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Memory Care Life Enrichment Manager



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**Assisted Living and Memory Care**  
**Associate of the Month**  
**Kevin Amey, Server**

**Assisted Living and Memory Care**  
**Associate Of the Year**  
**Natalie Muniz, Caregiver**