



14750 Lakeside Circle
Sterling Heights, MI
48313



Special Events for March 2018:



1. MGM Casino, Chair Exercise
2. Kitchen Fun, Movie
3. Love on a Leash, Girl Scout Cookies for Sale NO ERRANDS
4. Sunday Matinee
5. Tai Chi for Health Class NO VINCE AND JOES, Chair Yoga
6. Chair Exercise, Lunch Club: Olive Garden, Bible Study
7. NO MEIJER RUN, Tea Time With Paul, WW Warblers Practice
8. Chair exercise, Salvation Army Run, Estate Planning Seminar
9. Reflexology, Jewelry with Inge
10. Errands, Crafts with Kaylea , Mass at St. Michaels
11. Daylight Saving Time starts!
12. Nexus Medical Group, Chair Yoga
13. Chair Exercise, Welcome Committee, Bible Study, Dinner Club: Lakeside Family Restaurant
14. PENDANT CHECKS, Kroger shopping, WW Warblers Practice
15. Chair Exercise, Food Council, Trip to the Cinema
16. St. Patrick's Day Party, Movie
17. St. Patrick's Day
18. Sunday Matinee
19. Tai Chi for Health Class, Dollar Tree/Target stores, Chair Yoga,
20. March Equinox, Chair Exercise, Shelby Nursing Sponsored Pizza Party, Bible Study, Dinner Club: Longhorn Steakhouse
21. Calendar Planning, WW Warblers Practice
22. Chair Exercise, Line Dance Practice
23. Reflexology, Jewelry Class with Inge, Jeopardy!
24. Easter Brunch, Mass at St Michaels
25. Palm Sunday
26. Tai Chi for Health Class, Randazzo's Market, WW Bookies Book Club, Chair Yoga
27. Chair Exercise, Lunch Club: The Pantry, Welcome Committee, Meet the Nurse w/ OOH/OCH Bible study
28. Kroger Shopping, WW Warblers Practice
29. Chair Exercise, Men's Outing: Cloverleaf, Detroit Tigers Opening Day Game Party
30. Good Friday, Resident Council, Birthday Party w/ Joel Palmer
31. Errands, Crafts w/ Kaylea, Mass at St. Michaels

MARCH 2018

PLEASE JOIN US...

Easter Brunch



*When: Saturday, March 24th
Time: 10AM & 11:30AM
Where: Dining Room*

Kids 12 and under are invited to join us for our Annual Easter Egg Hunt. We will be meeting downstairs near the wellness center. Bring your Easter Baskets!

RSVP by March 12th



FROM THE DIRECTOR

Dear Residents and Loved Ones,

Construction is well underway and we appreciate your understanding and patience throughout the process. We know it will be well worth it when it is complete! We are going to be hosting our annual Easter Brunch on Saturday, March 24, 2018. We will be having two seating times available, and residents and families must RSVP to attend one of the seating times. RSVP's will need to be in by March 12th in order for us to plan the seating arrangements and put the finishing touches on our event. It's a great time to gather and celebrate. We hope you will be able to attend!

Sincerely,
Greg Cossaboom



SILENT AUCTION

We will be auctioning off some of the art work that has come down off the walls to make room for the new pieces we will be receiving. Please visit the auction to see what is up for sale! All Proceeds will be donated to the Alzheimer's Association

The COMEPTITION is on!

Like to brag? Do you like to be fit? Do you like trophies?

Beginning this March we will be keeping track of each physical activity that you attend. A tally board will be kept in the Activity Room and at the end of the month, we will announce a winner whose



picture will be placed next to the winning trophy! Each Month will bring a new champion!

Activities included but not limited to: Balloon Volleyball, Tai Chi, Chair Exercise, & Walking

It is officially cookie season! Girl Scout Cookie season that is. Come get your box from your favorite troop the first Saturday of the month Plan on \$5 a box.



Welcome to the Waltonwood Family

Harry and Wanda Preuss #203
Richard Carbary #205
Inis and Hudson Winninghman #320

PENDANT CHECKS ~ March 14th 8:30AM-5PM (FRONT DESK)



**Drop off old medications too!!
Remove all personal labels.
Pills and Capsules only, NO liquids.**

EXPAND your horizons at Waltonwood

Tai Chi– Mondays 10:50 am BR

Wellness Center w/ Lisa– Mondays/Wednesdays/Fridays 4pm
Learn how to use the fitness equipment with ease and confidence. Meet with Lisa in the Wellness Center and try the machines for yourself. She is here to help guide you to your fitness goals.

Bible Study w/ Pastor Tim – Tuesdays 2:30pm TR ~ Join Pastor Tim for his weekly Bible study.

Sunshine Visits/Committee– Tuesdays 11am/12pm ~ We head out to visit residents and deliver care packages. Residents are welcome to help fill 'thought jars' with messages of love and hope and to wrap cookies and other goodies for your neighbors who are away at rehab/hospital. Resident volunteers are needed for both the committee and the visits, so please help in any way you can. Your neighbors really appreciate it!!

Waltonwood Warblers -Wednesdays 2:00pm AR ~ All residents who love to sing, are welcome to join in on the fun. This is not a serious choir group, just a group of people who love to sing and lead others in song, for the joy of it!! Join us!!

Line Dancing- 'The Senior Shakers'- Thursdays 2:00pm DR
All residents are welcome to join in the dancing fun!! Learn how to dance with a walker, cart or cane. We practice just 3 dance routines regularly and have a whole lot of fun!! Let's dance!!

Chair Yoga– Mondays 7:00pm TR

Salvation Army Donations— Got any unwanted items? Bring them to the Activity Room every 3rd Thursday of the month before 2 o'clock **that day only**.

Jeopardy– Keep your brain on its toes with a fun filled trivia game. Everyone knows it, it's Jeopardy!! Look for it on the calendar!!

AT YOUR SERVICE

Jennifer Matash
Executive Director

Greg Cossaboom
Assistant Executive Director/
Independent Living Manager

Meghan Kahm
Business Office Manager

Paul Gilleran
Culinary Services Director

Mo Martinez
Maintenance Director

Jenna Durlock
Life Enrichment Manager

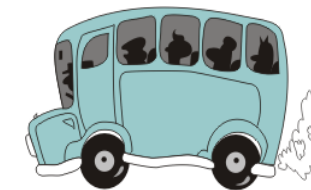
Vickie Drohan
Leasing Consultant

Courtney Rocho
Leasing Consultant

Jaida McCree
Move-In Coordinator

Attention Residents:

When signing up for the bus and to ensure you are on time for your appointments, please include more detailed information as to where you are going. **For all appointments we need the address, phone number and time of appointment.** All appointments are on a first come first serve basis. Thank you.



When riding in the bus, please remember to remain in your seat with your belt fastened, until the bus has completely stopped. Also, on shopping days, remember to bring your cloth bags with you, as they are more sturdy and earth friendly than the plastic grocery bags.