



Happy Birthday!

Resident Birthdays:

- ♦ May 13th– Toni P.
- ♦ May 26th– Ann Kurtz

Associate Birthdays:

- ♦ May 1st– Arthur C.
- ♦ May 14th– Jill W.
- ♦ May 17th– Micaela M.
- ♦ May 24th– Alexis W.
- ♦ May 30th– Andrea W.

May 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!

Tuesday, May 1st at 2pm– Liv Entertainment by Liberace Piano Concert

Wednesday, May 2nd at 2pm– Live Entertainment by Tom Birchler

Friday, May 4th at 2pm– Cinco de Mayo Social

Monday, May 7th at 11:30am– Lunch Outing: Olga's Kitchen

Wednesday, May 9th at 11am– The Henry Ford Giant Screen Experience: "America's Musical Journey"

Thursday, May 10th at 5pm or 6:30pm– Mother's Day Family Dinner– RSVP's Due by Friday, May 4th

Friday, May 11th at 2pm– Hostess Cupcake Social

Monday, May 14th at 11:30am– Lunch Outing: Outback Steakhouse

Monday, May 14th at 2pm– Live Entertainment by Howard Meell Gospel Performance

Wednesday, May 16th at 2pm– Live Entertainment by Paul Johannes

Thursday, May 17th at 12:30pm– Outdoor Adventure Center Outing

Monday, May 21st at 11:30am– Lunch Outing: Applebee's

Tuesday, May 22nd at 2pm– Live Entertainment by Cherry Hill Choir Spring Concert

Thursday, May 24th at 9:45am– Yankee Air Museum Guided Tour and Film "Willow Run Story"

Friday, May 25th at 2pm– Wine Social

Monday, May 28th at 2pm– Memorial Day Live Entertainment by Gail Engling

Wednesday, May 30th at 2pm– May Birthday Party with Live Entertainment by Joel Palmer

Thursday, May 31st 11:45am– Detroit Tigers Game

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



What's Cooking?

Game Day Ranch

Guacamole

Prep: 15min Cook: 0min  
Total: 15min  
Servings: 8



Ingredients:

- 3 Large Hass avocados halved, pitted, peeled
- 1 cup diced red onion
- 3/4 cup freshly chopped cilantro leaves
- 3/4 cup diced red bell peppers
- 1 large Anaheim chili, diced
- 7 tablespoons fresh lime juice
- 1 packet Hidden Valley Original Ranch Dips Mix
- 1/4 teaspoon freshly ground black pepper

Directions:

Mash avocados in a large bowl. Stir in red onion, bell pepper, chili, and cilantro. Mix contents of dips packet with lime juice. Stir into the avocado mixture along with the black pepper. Store in the refrigerator with a piece of plastic wrap directly on the surface of the guacamole until ready to serve.

# Health & Fitness

## Step Into Spring

By Chris Grabowski,  
Fitness Instructor

Finally spring has arrived so why not head outside for a little sunshine and fresh air. It's the perfect time to resume your walking program and continue to take steps toward a healthier you. But what you may not know is that the most important step you can actually take is selecting the proper shoe. As we age the shape and size of our feet tend to change. The foot typically becomes longer and wider and the fat pads on both the heels and balls of the feet decrease in size. This physical change will also typically cause a change in shoe size, and while it may not seem significant variations can drastically affect your overall health. Correctly fitting shoes help to reduce foot, knee, hip and back pain, promote healthy circulation and drastically help to reduce the risk of falls. Below are just a few tips to consider the next time you go shoe shopping so this spring to can step in style and comfort!

Not all shoe stores are created equal. Try to find retail locations that specialize in shoes for seniors. Their knowledgeable sales staff can both properly fit you and educate you on how to select the right shoe.

Know your size! Just because you wore a size 8 twenty years ago doesn't necessarily mean you still do. Have your feet accurately measured, both length & width, to ensure a well fitted shoe.

Shoes with wide boxy toes, low-padded heels and flexible, breathable materials are great options to handle the stress placed on our feet throughout the day.

Choose shoes that match your environment. Whether boots for snow or walking shoes for summer be sure the shoes you're wearing provide appropriate support and traction.



Dear Friends,

On Tuesday, May 15<sup>th</sup>, The Detroit Historical Society will be here at noon for a lunch and learn. This lunch and learn is in honor of Mother's Day.

Residents along with outside guests are invited to come and enjoy a complementary lunch and presentation about "Remembering the J.L. Hudson Company, Detroit's Legendary Department Store."

To Detroiters, the name "Hudson's" evokes many memories. The world's largest American Flag. Freedom Festival Fireworks. Magical animated Christmas windows and the home of the real Santa Claus. Maurice Salads. And throngs of dressy shoppers in one of the largest department stores in the world! Those memories come alive in this lecture presentation by Hudson's veteran and historian Michael Hauser. Attendees will be treated to signage, photos, artifacts and video clips of Detroit's home grown retailer, once the anchor of Woodward Avenue.

Please RSVP to the front desk if you would like to attend and also if you are bringing a guest.

Thank you!

Renee Ralsky  
Marketing Manager



1059– Wayne S.  
1060A - Virginia A.

## Executive Director Message:

Dear Waltonwood Residents and Families,

April showers bring May flowers...I'm so excited to see all the flowers blooming and the weather finally getting warm. We put out the chairs on the front porches so hopefully many of you can get out and soak in the sun's rays.

I want to wish all our Mothers a very Happy Mother's Day and I hope all of you plan on joining us for our Mother's Day Family Dinner on Thursday, May 10<sup>th</sup>. A good meal with family and friends is a wonderful way to honor our beloved moms.

We have hired a new maintenance technician. His name is Mark Demmers. He comes to us with a great deal of experience and training. He is certified in many areas of maintenance. Our goal is to quickly get caught up on all our work orders and be able to offer professional and timely customer service to all our residents.

We have a full calendar during the month of May. I'm very excited to see our fabulous Cherry Hill Choir will be performing for us on May 22<sup>nd</sup>. The talent we have here at Cherry Hill is outstanding so plan on joining us for an enjoyable evening.

We have some great outings planned during the month. We are going to the IMAX theater on the 9<sup>th</sup>, and the Outdoor Adventure Center on the 17<sup>th</sup>, Yankee Air Museum on the 24<sup>th</sup>, and we end the month attending a Detroit Tiger Game on the 31<sup>st</sup>. Please plan on attending some of the fun excursions.

Several events are going on inside our community as well. We have our Cinco de Mayo Social on the 4<sup>th</sup>, Jungle themed Senior Prom on the 11<sup>th</sup>, National Wine Day Social on the 25<sup>th</sup>, and our Senior Health & Fitness Day event on the 30<sup>th</sup>. These are just some of the fun things planned. Please check your calendar for the full list.

I hope everyone has a wonderful month and always know that I am always available whenever you need me. Even if it is just to chat, I would love the company. If you don't see me out and about just tell the receptionist and she will call or radio me.

Take care and be safe,

Sherie

## AT YOUR SERVICE

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## Assisted Living and Memory Care

### Associate of the Month

Tiffany Woodson, Scheduler

### Independent Living

### Associate Of the Month

Courtney Buckles, Morning Cook Supervisor