



Resident Birthdays:

June 4th—Jim Dane
June 6th—Michael Baran
June 6th—Sharon Cardwell
June 7th—Roy Hewett
June 10th—Earl Lundin
June 10th—Lillie Williams
June 14th—Margaret Schupra
June 15th—Marion Graham
June 19th—Mary Johnston
June 20th—Rich Oestreicher
June 28th—Elenor Kosinski
June 28th—Thelma Heppner



June 28th—Irene D'sa
June 30th—Cecile Rey

Associate Birthdays:

June 3rd—Ariana Carter
June 4th—Ashley Amey
June 4th—Kevin Amey
June 7th—Ariel Purifoy
June 16th—Alexis Bossidis
June 19th—Linda Evanoff
June 23rd—Rachel Rubio
June 29th—Austin Lanza
June 30th—Gabrielle Chouinard

June 2018

Upcoming Exciting Events:



Friday, June 1st 11:30-1:00pm—Dine & Dash Lunch Event
Monday, June 4th at 7:00pm—Bingo Game Night with Oak Pointe Church
Tuesday, June 5th at 11:30am—Lunch Outing: New Peking Chinese
Wednesday, June 6th at 2:00pm—"Senior Scamming" Presentation by the Crime Stoppers of Michigan
Thursday, June 7th at 9:30am—Outing: Frankenmuth Boat Tour and Lunch
Friday, June 8th at 2:00pm—Live Entertainment by Balancing Earth Duo
Tuesday, June 12th at 11:30am—Lunch Outing: Ironwood Grill
Tuesday, June 12th—Father's Day Family Dinner—Seatings at 4:00, 5:30, and 7:00
Thursday, June 14th at 1:00pm—Resident and Staff Meet & Greet—Dining Room
Thursday, June 14th at 2:00pm—Caribbean Heritage Month Social with Steel Drum Entertainment
Thursday, June 14th at 6:00pm—Outing: Plymouth Music in the Park
Monday, June 18th at 2:00pm—June Birthday Party with Live Entertainment by Richard Sennema
Tuesday, June 19th at 11:45am—Outing: Diamond Jack Boat Tour
Wednesday, June 20th at 2:00pm—Ice Cream Social with OHH
Thursday, June 21st at 9:15am—Outing: Eastern Market Tour
Thursday, June 21st at 2:00pm—OHH Blood Pressure Clinic
Thursday, June 21st at 2:00pm—First Day of Summer Party with Live Entertainment by Rob Crozier
Monday, June 25th 11:00am-1:00pm—Spa Day Massages with Audrey and Manicures with Ariel
Monday, June 25th at 3:00pm—Family and Friends CPR Class
Tuesday, June 26th at 11:30am—Lunch Outing: Scrambler Marie's
Tuesday, June 26th at 12:00pm—Men's Luncheon
Tuesday, June 26th at 2:00pm—Alzheimer's Support Group—Reflections Room
Wednesday, June 27th at 10:30am—Ladies Show & Tell—Third Floor Library
Wednesday, June 27th at 2:00pm—Wine & Cheese Social with Live Entertainment by Angela Sheppard
Thursday, June 28th at 10:00am—Outing: Taylor Conservatory Tour and Lunch
Thursday, June 28th at 1:30pm—Food Service Meeting—Theater
Thursday, June 28th at 6:00pm—Outing: Plymouth Music in the Park
Friday, June 29th 5:00pm-8:00pm—Classic Car Show and Silent Auction
Saturday, June 30th at 2:00pm—Student Violin Recital



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



What's Cooking?

Chocolate Strawberry Fool

Ingredients:

- 2 oz. semisweet chocolate, finely chopped
- 2 cups sliced fresh strawberries
- 1/4 cup sugar
- 1/2 tsp vanilla extract
- 1/2 cup heavy whipping cream, very cold



Directions:

1. Place 1 cup of strawberries in a bowl, and add the sugar and vanilla extract. Mash the strawberries into small pieces using a fork. Refrigerate for 30 minutes.
2. Pour the cold whipping cream into a cold, medium-sized bowl. Using a beater, whip the cream until it holds stiff peaks.
3. Fold the mashed strawberries and 3/4 of the chocolate into the whipped cream.
4. Using a tablespoon, fill a wide-mouth glass (such as a martini glass or tumbler) 1/3 full with the whipped cream, then top with a layer of sliced strawberries. Repeat with more whipped cream and another layer of strawberries. Top with remaining whipped cream and garnish with chocolate shavings.

Health & Fitness

Fit Fruits

By Chris Grabowski,
Fitness Instructor

The start of summer means longer days, warm sunshine and plenty of ripe delicious fruits packed with key nutrients essential for any active lifestyle. While some of us may be quick to avoid fruits over fear of their sugar content, do be so quick to ignore them all together. By choosing options with a minimal impact on blood sugar, (low on the Glycemic Index (GI) scale) keeping serving sizes within recommended limits and avoiding processed fruits packed in syrups and other additives you can fit these seasonal treats into any well balanced diet. Keeps these tips in mind when making your next tasty decision.



- Try berries! Berries are a diabetic super food packed with antioxidants, vitamins and fiber. These low-carb option pose very little risk to blood sugar levels.
- Cherries are a delicious low-GI snack that also contain more anti-inflammatory agents than most other fruits.
- Apples, apricots and peaches are all great low calorie choices that offer a hefty dose of vitamins A & C, potassium and fiber (especially in the fruits skin).

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FIT



Dear Friends,

June has arrived and it's National Caribbean American Heritage Month!! On Thursday, June 14th at 2:00 in the Independent Living dining room, we will be celebrating with live steel drum entertainment. We will also have a sampling of some Caribbean food and drinks as well. Please feel free to join in the celebration and bring a friend or a family member as well! Looking forward to seeing you there...

Also, if you are on Facebook or your family is, we would love it if you followed our page to see all the great things we do here. You may just see yourself in the pictures!!

Here is how you would find us-
<https://www.facebook.com/WaltonwoodCherryHill/>

Sincerely,
Renee Ralsky
Marketing Manager



Welcome
HOME

127—Norina Paciero

Executive Director Message:

Dear Waltonwood Residents and Families,

Well, we got the heat!!! Summer has arrived!!! Please take advantage of the outdoor spaces in the community. We have put up table and chairs, with umbrellas in the North courtyard in independent living and in the patio area off of the IL dining room. Please feel free to enjoy this space and even take your lunch from the café outdoors. We will gladly assist you with your food if you need it. These courtyards are for everyone and we would really like to see our residents enjoying them.

We also have courtyards in assisted living and memory care. Right now, the MC courtyard has been taken over by fast growing baby ducklings who are making it almost impossible to not step in their droppings. The ducks will be removed this week. They will be transported to a duck rescue. We did want to leave them in the courtyards for a few weeks because many residents and guest were enjoying them.

Happy Father's Day to all the Dads out there! This is your month! I hope all of you have a safe and relaxing celebration. Here at Cherry Hill, we will be celebrating all of you on June 12th with a good old country themed BBQ. We have entertainers that will be walking around singing your favorite country hits while you dine on some delicious BBQ. Please make sure to call and make your reservation.

As many of you have probably noticed, we are really trying to up our services in our café. Our variety of food has increased and we still have more planned. Please come down between 11am – 1:30pm any day to sample our fine menu.

Don't forget to check the activity calendars for all the fun events and entertainment planned this month. There is a trip to Frankenmuth on the 7th, the Diamond Jack Boat Tour on the 19th, the Eastern Market on the 21st, and the Taylor Conservatory on the 28th. Many entertainers are scheduled to come in as well. Rob Cozier will be here for our first day of summer party on the 21st, and a student violin recital on the 30th, along with many others. Please plan on attending.

Please stay cool and drink plenty of fluids during these hot summer days!

Warm regards,

Sherie



Independent Living Associate of the Month

Micaela McLean
Receptionist



AT YOUR SERVICE

Sherie.Ingels@singhmail.com
Executive Director

Khushbir.Bedi@singhmail.com
Business Office Manager

Chris.Sloan@singhmail.com
Environmental Service Manager

Renee.Ralsky@singhmail.com
Marketing Manager

Jolene.Maples@singhmail.com
Move-In Coordinator

April.Marcotte@singhmail.com
Independent Living Manager

Monique.Sartor@singhmail.com
Resident Care Manager

Ariel.Starr@singhmail.com
Independent Living Life Enrichment Manager

Allison.Bock@singhmail.com
Assisted Living Life Enrichment Manager

Candice.Jones@singhmail.com
Memory Care Life Enrichment Manager



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