



Resident Birthdays:

- ♦ June 12th - John G.
- ♦ June 21st - Gisela G.
- ♦ June 23rd - Nat S.
- ♦ June 23rd - June V.
- ♦ June 26th - Gerard A.
- ♦ June 29th - Robert S.

Associate Birthdays:

- ♦ June 8th - Sheena Bell
- ♦ June 8th - Donyel Jackson
- ♦ June 10th - Sharita Curry
- ♦ June 14th - Brittany Moomaw
- ♦ June 29th - Denise Mcgee

June 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!

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



What's Cooking? Kiwi Summer Limeade Pie



- 6 tablespoons coarsely chopped macadamia nuts, divided
- 1 9 - inch baked pastry shell
- 1 6 - ounce can frozen limeade concentrate, thawed
- 1 4-serving-size package vanilla instant pudding and pie filling mix
- 2 8 - ounce packages cream cheese, softened
- 3/4 cup powdered sugar
- 3 medium kiwifruit (peeled, halved lengthwise and sliced), divided
- 1 6 - ounce carton lime low-fat yogurt
- 1 1/2 cups frozen whipped dessert topping, thawed

Directions

1. Sprinkle 2 tablespoons of the macadamia nuts in the bottom of the pastry shell.
2. In a small bowl, whisk together limeade concentrate and vanilla pudding mix. Set aside.
3. In a medium mixing bowl beat cream cheese with an electric mixer for 30 seconds. Beat in powdered sugar, followed by limeade mixture. Transfer 3/4 cup of the mixture to another medium bowl; set aside. Spoon remaining mixture into the pastry shell. Top with two of the kiwifruit. Beat yogurt into the reserved 3/4 cup cream cheese mixture until combined. Fold in whipped topping. Spoon over filling in pastry shell. Cover and chill 8 to 24 hours. Garnish with remaining kiwifruit and nuts. Makes 8 servings.

Friday, June 1st at 1pm - Donuts with Dad

Monday, June 4th at 11:30am - Lunch outing at Scrambler Maries

Wednesday, June 6th at 2pm - Live Entertainment with Chuck Sharp

Friday, June 8th at 2pm - Live Entertainment by Balancing Earth

Monday, June 11th at 11:30am- Lunch outing at Big Boys

Monday, June 11th at 2pm - Praise and Worship Music with Howard Meel

Tuesday, June 12th at 5 & 6:30pm - Fathers Day Dinner

Thursday, June 14th at 2pm - Live Performance by the Steel Drum Band

Friday, June 15th at 11:30am - Lunch at Belleville Lake

Monday, June 18th at 11:30am- Lunch outing at Leos Coney Island

Tuesday, June 19th at 11:30am - Diamond Jack Boat Tour

Thursday, June 21st at 2pm - First Day of Summer Party with Live Entertainment
by Vern Lawrence

Monday, June 25th at 11:30am - Lunch at Buffalo Wild Wings

Wednesday, June 27th at 2pm - Live Entertainment with Danial Bryson

Friday, June 29th at 2pm - Bomb Pop Social in the café

Friday, June 29th at 5pm - Classic Car Show in Independent Living

Health & Fitness

Fit Fruits

By Chris Grabowski,
Fitness Instructor

Forever Fit
Focus on Fitness

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)



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



Nicholas W. - 1034

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 Frankenthum 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

AT YOUR SERVICE

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Assisted Living and Memory Care
Associate of the Month
Elaine Flowers

Independent Living
Associate Of the Month
Micaela McClean