



Resident Birthdays:

August 6th—Virginia Jones
 August 7th—Jim Lilley
 August 10th—Bettie Jenkin
 August 12th—Doris Williamson
 August 12th—Barbara Olson
 August 16th—Lou Lambert
 August 16th—Joan Vandegrift
 August 27th—Jean Mercieca
 August 29th—Ron Lieberman
 August 30th—Joan Bolwahn



Associate Birthdays:

August 2nd—Emma Burek
 August 3rd—Sally Rais
 August 8th—Ryan Bird
 August 9th—Bre'lan Whitaker
 August 12th—Allison Bock
 August 16th—Emily Turi
 August 22nd—Renee Ralsky
 August 23rd—Joseph Deeter
 August 28th—Mark Demers
 August 30th—Katherine Matson



Upcoming Exciting Events:

Cherry Bowlers
Every Wednesday at 3:30pm in the fitness center, come join our Wii Bowling team as we compete against other Waltonwood Communities for the chance to win a trophy!



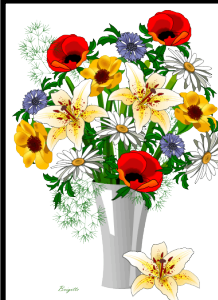
Computer Lab with Ariel
 Have questions about using the computer? Learn basic tasks, or even set up a Skype account! Come to the Library **every Tuesday at 3:00pm!**



Looking for something to do?
Come to the activity room!
 Play card games, color, crafts, socialize, listen to music...
The room is yours to use!



Fresh Flower Arrangements
Every Monday at 11:00am, come use donated flowers from Fresh Thyme Market in Canton to spruce up your apartment!
Bring your own vase if you prefer!



Weekly Exercise Schedule (Third Floor Fitness Center)

Chair Yoga
 Every Monday at 11:00am
 1st and 3rd Friday at 12:30pm

Chair Kickboxing
 2nd and 4th Friday at 12:30pm

And don't miss out on Balance Class with Chris Monday-Thursday!

Resident Council Elections

There will be an **election** for seven members of the resident council held in October. If you are interested in becoming a council member, please fill out a **candidate form** at the front desk beginning September 4th.

Please see Ariel in activities with any questions.

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



Fun Facts about August

1. August is known as the "dog days of summer." This refers to the star Sirius, also known as the dog star, which rose at the same time as sunrise during the month of August in ancient Roman times.
2. August 3rd is National Watermelon Day.
3. National Smile Week is August 5-11.
4. August is named after Augustus Caesar, founder and the first emperor of the Roman Empire.
5. Two birthstones are associated with this month: peridot and sardonyx.
6. The official flower this month is the gladiolus. These vertical-growing flowers were named from the Latin "gladius," meaning "sword."
7. On August 21, 1911, the Mona Lisa was stolen from the Louvre Gallery and not recovered for two years.
8. On August 24th in 79 A.D., the volcano Mount Vesuvius erupted, destroying the city of Pompeii and others.
9. Martin Luther King, Jr.'s famous "I have a dream" speech was given on August 28, 1963.



Health & Fitness

Well Rested

By Chris Grabowski,
Fitness Instructor

The pace of life today is faster than ever. With places to be, appointments to keep and events to attend it's no wonder we often find ourselves exhausted from the hectic nature of our daily schedule. Our fatigue is only amplified when we're not allowing ourselves to rest, recover and sleep the adequate amount of hours we need each day. A good night's sleep not only enhances our mood but also bolsters our immune system and improves our overall health providing the foundation on which are day is built. While everyone has different needs the National Sleep Foundation has recently released an updated set of

guidelines for those individuals 65 and older. According to the results of a 2 year study, those over the age of 65 are best rested with 7-8 hours of nightly sleep. Within this range an overwhelming majority of individuals reported feeling well rested, more alert and more productive when compared to those who regularly slept less than 7 or more than 8 hours a night. Remember it doesn't matter if you're an early bird or a night owl, these numbers are a great guide and a perfect target to strive for because the best way to restore a tired body is with a good nights sleep.



Dear Friends,

Happy August! I hope you are enjoying your summer so far. This month the Detroit Historical Society will be here talking about "Detroit's Belle Isle Park." Often called the crowning jewel of Detroit's riverfront, Belle Isle has a long and storied history. The park has hosted world class sporting events, musical performances and family parties. It has also witnessed massacre, riot and military incursion. But for a few twists of fate, this beloved island might have been a much different place. Join us for lunch and learn more on Thursday, August 16th at noon. Please RSVP to the front desk if you plan on coming.

Look forward to seeing you there!

Sincerely,
Renee
Marketing Manager



124—Mary Anne Ayotte
204—Margaret & Robert Rice
211—Don Wixon

Executive Director Message:

Dear Waltonwood Residents and Families,

The summer is going by quickly! I Hope everyone is enjoying the warm sunshine. As I seem to say quite often....this is my favorite time of the year. I love summer!

I know everyone received information regarding the new resident portal. If you have any questions please feel free to contact us. For our residents in IL we will offer individual training sessions with April and Ariel to assist you with the setup and usage of your personal Waltonwood portal. Please contact the front desk for further details.

We have a very busy and full month of activities in the month of August. Something that is new is our Camp Waltonwood event on August 4th. We are hoping that you have grandchildren or great grandchildren who will be attending our fun event. We are really looking forward to it.

We have a very important presentation on personal safety, scams, and ID theft on August 14th. Officer Patty Esselink will be our presenter. This type of theft is happening more often as technology advances occur. Please plan to join us; I'm sure the information will be very valuable.

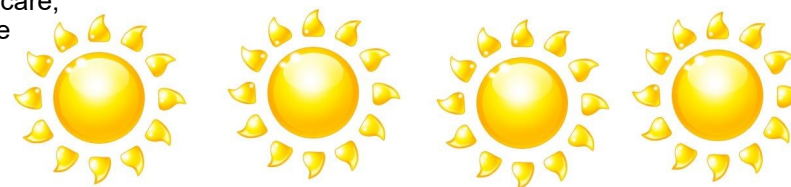
We are in full swing of our bowling tournament with all the other Waltonwoods. In independent living they are playing Wii bowling and in assisted living they are playing table top bowling. Please check the calendar and come cheer them on!

We are in the process of planning a community wide garage sale with the proceeds benefiting the Alzheimer's Association, so start thinking about what you may want to donate. Remember one person's junk is another person's treasure!

Our Annual Car Show and Auction that we held on June 29th was a great success! I am proud and excited to announce that we raised over \$2195.00 for the Alzheimer's Association through our BBQ, Alzheimer's table, and our silent auction. Thank you so much to everyone who participated and donated. I hope everyone had an enjoyable evening.

Remember to check out the calendar for all the wonderful events, outings, and entertainment planned for the month of August.

Take care,
Sherie



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

Tiffany.Woodson@singhmail.com
Wellness Coordinator

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



[www.facebook.com/
WaltonwoodSeniorLiving](http://www.facebook.com/WaltonwoodSeniorLiving)

[www.facebook.com/
WaltonwoodCherryHill](http://www.facebook.com/WaltonwoodCherryHill)