



## CHEF’S COOKING DEMONSTRATIONS

### 06 Fat Tuesday Paczkis

Each winter, metro Detroiters of all stripes look forward to the Polish Catholic tradition of stuffing their faces with a delicious Paczki!

### 20 Omelet Breakfast

Start the day right with a flavorful omelette made just for you!!

### 24 Spring Menu Starts

Spring is finally here! Our new spring menu has something for everyone!!

### 26 Taste of Waltonwood

## IRISH SODA BREAD

A good old fashioned soda bread with just the basic ingredients. Buttermilk gives this crusty loaf a good flavor. The best Irish soda bread around!

### Ingredients

4 cups all-purpose flour	1/2 cup margarine, softened
4 tablespoons white sugar	1 cup buttermilk
1 teaspoon baking soda	1 egg
1 tablespoon baking powder	1/4 cup butter, melted
1/2 teaspoon salt	1/4 cup buttermilk

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.

In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.

Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

*-Chef Joel Vassallo, Culinary Services Manager*

# CARRIAGE PARK CONNECT

MARCH 2019



2000 Canton Center Rd., Canton, MI 48188  
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Facebook: /WaltonwoodCarriagePark



## ST. PATRICK’S DAY PARTY

We will be having a St. Patrick’s Day Party on Thursday, March 14<sup>th</sup> at 2pm Please join us for musical entertainment, green beer and a tasty dessert at our Assisted Living building.

## ST. PATRICK’S DAY TRIVIA

St. Patrick's revelers thought wearing green made one invisible to leprechauns, who would pinch anyone they could see (which was anyone not wearing green). People began pinching those who didn't wear green as a reminder that leprechauns would sneak up and pinch green-abstainers.

## COMMUNITY MANAGEMENT

Dustin Stolzman  
Executive Director

Terry Lobb  
Business Office Manager

Joel Vassallo  
Culinary Services  
Manager

Erin McGraw  
Life Enrichment Manager

Nichole Passmore  
Life Enrichment Manager

Annette Rogers  
Marketing Manager

JoAnn Mayher  
Resident Care Manager

Jeremy Meriwether  
Wellness Coordinator

Mike Burlett  
Maintenance Manager

Nathan Brown  
Independent Living  
Manager

## Celebrating Birthdays In March

Pandora 3/6

Bettie 3/7

John 3/9

Chris 3/10

Pat W. 3/11

Rodger 3/28



FRIENDS & FAMILY REFERRAL PROGRAM!

## \$1,000 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!

## ASSOCIATE SPOTLIGHT

**Congratulations to Valencia Smith, our Associate of the Month! Since starting with Waltonwood Carriage Park, Valencia has been a consistent, hard-working, and reliable asset to our housekeeping team. She brings a positive energy to our community, truly providing service with a smile!**

**Thank you for making Waltonwood Carriage Park look good—literally!**



## FEBRUARY HIGHLIGHTS

01

Go Red for Women! We showed our support for heart health awareness by wearing red and enjoyed the red wine and dark chocolate social!

11

Thank you Jean, for saving our birthday social entertainment. Your hubby, Steve, was amazing!



14

Valentines Day Social: We enjoyed great love songs from the past with Prism

22

Just what we needed A trip to Ann Arbors Botanical Gardens.



## FOREVER FIT

This March Chris Grabowski again has a new and exciting exercise program for you, MORNING STRETCH. This class starts Friday March 1<sup>st</sup> and will continue every Friday. Morning stretch is a great way for you to get moving first thing in the morning. By incorporating movements from head to toe, using light weights and therabands this seated, low-impact class provides a safe and effective total body workout for all ability levels.

**TRANSPORTATION INFORMATION** Our Waltonwood bus or Cadillac runs five days a week for your transportation needs. We ask that you schedule your medical appointments on Mondays or Tuesdays if at all possible. Bus transportation schedules are kept in a binder in our mail room for your convenience. Please sign up 24 hours in advance for local trips and 1 week or in advance for doctor appointments.

## MARCH OUTINGS

- 3-10 Bolshoi Ballet AMC Theater
- 3-21 Sapporo Hibachi Japanese Steak House
- 3-22 Gregory Poppovich's Comedy Pet Theater
- 3-27 Jazz Concert / Schoolcraft
- 3-31 Ann Arbor Dance for Mother Earth Powwow

## MARCH SPECIAL EVENTS

4

Special craft class! We will be making St. Patrick door decorations for your doors.

11

Brain Awareness Week begins, join us for Cranium Crunches!

19

Canton Library joins us for our monthly Book Club meeting. Book: Waters Edge by: Sara Gruen

25

Today we honor our National Meal of Honor recipients.



## EXECUTIVE DIRECTOR CORNER

Spring is finally on the horizon, officially commencing on March 20<sup>th</sup>. With that we find ourselves preparing for another season of new beginnings and change. You will find a seasonal array of new items on our menu as we introduce our spring/summer menu on that date. You will begin to see more activities begin to become available to you outside of the community as well. It won't be long until our beautiful outdoors will be in full bloom! Until then, let's get through these final days of winter and enjoy a Shamrock Shake or two!