



Celebrating
Birthday's in
May

- Jackie S
- Barbara H
- Neva S
- Marie C
- Genevieve T
- Carol T

May 6th Sundaes on
Monday/Birthday
Celebration

Wishing you a very
Happy Birthday!

CHEF'S COOKING DEMONSTRATIONS

06 Arancini with Pomodoro 13 Philly Steak Bar

15 Lamb Sliders, Feta
Cucumber Sauce on Bricoché Bun 28 Pasta & Sauces

CHEF'S SIGNATURE RECIPE

Harissa Chicken

2 tablespoons harissa
4 1/2 tablespoons extra-virgin olive oil
3 teaspoons kosher or flaky sea salt
3/4 teaspoon freshly ground black pepper
1/2 teaspoon ground cumin
3 chicken thighs
3 chicken legs
1 1/2 pounds roasting potatoes (such as Yukon Golds), peeled and cut into 1 1/2-inch (4cm) cubes
2 leeks, washed, sliced in half lengthwise, and thinly sliced crossways
grated zest of one lemon
1/2 cup plain yogurt
1 clove garlic, peeled and minced
lemon or lime juice
1 cup (10-12g) a mix of fresh herbs, such as parsley, mint, dill, chervil, and tarragon, very coarsely chopped.



- Directions:
1. In a large bowl, mix together the harissa, 3 tablespoons of the olive oil, cumin, 2 1/2 teaspoons of the salt, and 1/2 teaspoon of the black pepper. Add the chicken and potatoes, then rub the thighs and legs and potatoes with the marinade. Let stand for 30 minutes at room temperature.
 2. In a medium bowl, toss the leeks together with the lemon zest, 1/4 of the salt, and the remaining 1 1/2 tablespoons of olive oil.
 3. Preheat the oven to 425°F. Adjust the oven rack to the center of the oven.
 4. Transfer the chicken and potatoes, and any sauce in the bowl, onto a large rimmed baking sheet. Arrange the chicken pieces so they are skin side up, and make sure the chicken parts and potatoes are in a single layer. Bake for 20 minutes.



\$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!

TWELVE OAKS
CONNECT

MAY 2019



UPCOMING EVENT HIGHLIGHT

Mother's Day Brunch

Saturday May 4, 2019

11:00-2:00pm

IL Dining Room

Please R.S.V.P

by April 29th



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www.waltonwood.com | 248-735-1500
Facebook: /WaltonwoodTwelveOaks

COMMUNITY
MANAGEMENT

Alissa Gash
Executive Director

Nicole McDonald
Business Office Manager

Nicholas Lalios
Culinary Services Manager

Alyssa Tobias
Independent Living Manager

Monique Furniss
Life Enrichment Manager

Stephan Skidmore
Environmental Services
Manager

Heather Lasko
Marketing Manager

Parnell Kenan
Marketing Manager

Barbara Exel
Resident Care Manager

Melissa Berg
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Waltonwood wants to welcome Jamie Carlisle. He loves fixing things so he is thrilled to be our newest addition to our Maintenance Team. Jamie was born in Livonia, MI but was raised in the thumb. He loves all Michigan teams so with March Madness still going on, he is cheering on the Green & White. Jamie loves animals. He has 1 dog, Luna and 2 cats - Serverus and Albus,

Jamie is always smiling, but as of late he has a few extra reasons to smile. He just recently received his HVAC Technology degree and in June he will be marrying his best friend, Shelbv!



APRIL HIGHLIGHTS

01 April Fool's
Elvis Impersonator
Live Entertainment

04 Tigers Opening Game
"Never let the fear of
striking out Keep you from
playing the game"
Let's Go Tigers!!!



15 Men's Outing
Miller's Bar
It's all about having fun,
smiling and shaking hands.

30 Line Dancing
"Life may not be the party
we hope for but while we're
here, we should dance."



FOREVER FIT/WELLNESS TOPIC/LE
National Senior Health and Fitness Day

On Wednesday May 29th join with over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day. Now in its 26th year, this annual celebration highlights the impact that staying healthy and fit has on our overall wellness as we age. This year's theme "Live and Thrive with Exercise", shifts the focus squarely onto the role that regular exercise plays in maintaining our health and independence. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise while finding creative ways to incorporate it into your daily routine. From group classes to fitness center training and everything in between the Waltonwood Forever Fit Program can help lay the foundation for an active, healthy lifestyle. This May 29th join us as we celebrate National Senior Health and Fitness Day and show what it means to truly "Live and Thrive with Exercise."

TRANSPORTATION INFORMATION

"Open" Bus Service Every Thursday

- ❖ Doctor's visit
- ❖ Shopping Trips
- ❖ Emagine Theatre
- ❖ Restaurants
- ❖ Local Community Centers



Doctor's visits will take priority over all other requests.

Please see Jacqueline 2 week prior to your appointment date so that she can confirm the request.

Jacqueline will make every attempt to accommodate your request.

Please join us on Friday's for our Outings, sign up book located in the Fireside Lounge.

MAY SPECIAL EVENTS

04 Mother's Day Brunch
"A Mother is like a flower
each one is Beautiful and
Unique."

06 Sundaes on
Monday/Birthday
Celebration
Wishing you a very Happy
Birthday.

11 Amy Dance Troop
Dance Recital An Entire
Hour of Performance by
Amy Dance Troops

20 Game Show
We have created our very
own television program.
This program is a friendly
competition among
residents to compete to
win prizes.



EXECUTIVE DIRECTOR CORNER

Welcome May and Happy Mother's Day! Please make sure to RSVP for our annual Mother's Day Brunch on Saturday, May 4th, we would love for you and your family join us!

I would like to announce that Waltonwood Twelve Oaks has a new addition to our management team. Mekisha Stovall recently started as our Assisted Living Wellness Coordinator. Mekisha has worked in a variety of healthcare settings over the last 22 years, most recently working at Waltonwood since 2015. Earlier this spring she completed the LPN program at Dorsey Schools Wayne Campus. When not working, Mekisha enjoys spending her free time with her two children. Please join me in welcoming Mekisha to Waltonwood Twelve Oaks!