



Celebrating Birthdays In May

- 5/2 Tom S.
- 5/7 Sharron M.
- 5/12 Marie M.
- 5/22 Marie F.
- 5/23 Mike W.

CHEF’S COOKING DEMONSTRATIONS

01 Uno de Mayo

Enjoy tableside chips and guacamole!

15 Tableside Caesar Salad

22 Cooking On The Grill

Nothing beats firing up the grill for tasty burgers, dogs and brats!

24 Strawberry Brownie Flambe

Apple Streusel Bread (Great for Mother’s Day Brunch!)

Ingredients:

- 1/2 cup butter, softened
- 1 cup sugar
- 2 eggs
- 1 tablespoon lemon juice
- 2 teaspoons vanilla
- 2 cups flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 cups apple, peeled and diced

Topping Ingredients:

- 2 tablespoons brown sugar
- 2 tablespoons sugar
- 2 tablespoons flour
- 1 tablespoon butter
- 1 teaspoon cinnamon

Instructions:

- In the bowl of a stand mixer, blend butter, sugar, eggs, lemon juice, and vanilla.
- In a medium bowl, stir together flour, baking soda, and salt. Add flour mixture to sugar mixture while stand mixer is on medium speed until well combined.
- Gently fold in apples.
- For topping, blend all ingredients together with two knives or a pastry blender until dry and crumbly.
- To assemble bread, spread half of apple batter into the bottom of a well-greased loaf pan. Sprinkle half of streusel over batter. Repeat layers with remaining batter and streusel.
- Bake at 350 degrees for 55 to 60 minutes. Allow bread to cool before slicing and serving.

- Chef Joel Vassallo, Culinary Services Manager

CARRIAGE PARK CONNECT

MAY 2019



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Facebook: /WaltonwoodCarriagePark



MOTHER’S DAY TEA

Join us on **Saturday, May 11** at 1:30pm when we celebrate our moms with a special tea party! Gather together with family and friends and enjoy a delicious array of food from finger sandwiches to scones and everything in between! Enjoy live entertainment with mom while sipping tea, coffee or sangria.



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

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

ASSOCIATE SPOTLIGHT

Our Associate of the Month is Oliva Chamberlain! Oliva recently celebrated five years with Waltonwood Carriage Park, the last two as the Dining Room Supervisor. Oliva has been pivotal in helping successfully implement our new Point of Sale system in the dining room. Oliva is known for her reliability in the team, working hard to uphold the Waltonwood standards. We appreciate Oliva’s contributions to our community!



APRIL HIGHLIGHTS

07

We were so happy to host a Harp & Piano Concert. The beautiful sounds were a real treat!

13

Our Easter Egg Hunt was so much fun! Kids of all ages enjoyed a visit from the Easter Bunny!



17

Our bus rides are always full of adventure! Scouting for bald eagles is one of our favorite trips!

20

It’s SPRING! We welcomed in the new season with fun floral craft!



NATIONAL SENIOR HEALTH & 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.”

- **Chris Grabowski, MS, Senior Forever Fit Manager**

TRANSPORTATION INFORMATION

This month we continue to post a sheet near the mailboxes for families and residents to sign up for outings or other transportation. If you or your loved one would like to be included in an outing please be sure to sign up! Family members are welcome to attend too! Outings that require additional fees will be charged to the resident’s account.

Note: If transportation is needed for an appointment, please confirm availability with the front desk.

MAY OUTINGS

- **Wednesday Bus Rides**
Bus Rides will take place Wednesdays at 2:00pm, unless otherwise noted. Locations will vary. All bus rides are subject to weather. Please see calendar for details.
- **Lunch Out:** Join us as we head to Bob Evans this month for a delicious lunch! Lunch fees will be charged to resident’s account. Bus loads 11:30am

***Please note that all outings are weather permitting.*

MAY SPECIAL EVENTS

08

Lunch and a walk in the park. Explore this beautiful wetland preserve with us!

11

Let’s celebrate Mom! We will be hosting a special Mother’s Day Tea today at 1:30pm.



19

Local piano students will be here to share their talents with us!

29

It’s National Senior Health & Fitness Day! Start the day off right with Chris’ exercise class!



EXECUTIVE DIRECTOR CORNER

Mark your calendar: On the evening of Friday, June 21st, we will be hosting our inaugural Camp Waltonwood! This intergenerational event will be hosted at Waltonwood Carriage Park for kids between ages 5-11 and will include outdoor games, crafts, food & beverages, music, campfire, s’mores & more! Please be sure to Save the Date and invite your grandchildren, great-grandchildren, or any special kids in your life! We hope to create summer camp memories to be remembered for years to come!

Best Regards, Dustin Stolzman, Executive Director