



Celebrating Birthdays In September
Ann 9/1
Ron 9/10
Ruth 9/12

Birthday Celebration
September 24th

CHEF’S COOKING DEMONSTRATIONS

02 BBQ Grilling on Patio

Enjoy dinner with fresh berries and hand whipped cream right at your table!

10 Tableside Salad

Field Green Salad and Dijon Chicken Breast right at your table!

17 Ice Cream Sundae Bar

After dinner treat yourself to a delicious ice cream sundae! Choose your toppings and make it great!

26 Oktoberfest

Dinner today will feature delicious foods celebrating the beginning of Oktoberfest!

POTATO GNOCCHI

Dough Ingredients

- 8 lbs Idaho potatoes
- 4 whole eggs
- 7 cups cake flour
- Salt and pepper to taste

Method:

Boil potatoes with the skins on until they are nice and tender.
Drain potatoes, while they are still hot carefully peel off the skins using a paring knife.
Rice the peeled potatoes into a mixing bowl
Slowly mix in the whole eggs and then the flour, season.
(For great gnocchi the dough should stay as warm as possible.)
On a floured table roll the dough out into long logs, cut with a bench scraper.
Roll the little dough onto the side of a flour bread basket.
Freeze until ready to serve.



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!

CARRIAGE PARK CONNECT
SEPTEMBER 2019



2000 Canton Center Rd., Canton, MI 48188
www.waltonwood.com | 734-844-3060
Facebook: /Waltonwood Carriage Park

Happy September everyone! We have a wonderful selection of activites planned for this month in the hopes of enticing you to learn a new skill, laugh a little more, make more friends, and to love your experiences here at Waltonwood even more!

Start the month off with a trip downtown to the Belle Isle Aquarium and Conservatory, where we will see exotic plants, fish, and reptiles. We will also enjoy a boxed lunch on the island. See Apollo 11 at the Imax theater, which tells the story of NASA sending men to the moon! Don't miss the musical Mamma Mia at the Cherry Hill Village Theater. We are going to Sabina's Polish Restaurant in Dearborn, come with a hearty appetite! It wouldn't be a summer without a Cruise on the Detroit River aboard the Diamond Jack. This tour is narrated with Detroit and Canadian history.

Also, during the month of September, we will be initiating our own Fantasy Football League! We will make our predictions weekly, followed by prizes! Don't forget we're celebrating Oktoberfest Thursday Sept 26! Starting Monday September 9th Laura will be leading, Sharing God's Word. This will be a time of reading, sharing and understanding what blessing and guidance God has for us. Every religion is welcome to join this worship time with Laura.

Need a new sweater or have one you no longer wear? September 17th join us for our first Clothes Swap! You can trade, barter, and donate clothes to your friends while snagging some new stuff to breathe new life into your closet!

Whatever you decide to partake in this month, we hope you thoroughly enjoy it!



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

We would like to congratulate our Associate of the Month, Renee Chambers, (IL Concierge)! Renee has become a staple in our community, integrating with the residents with her friendly and compassionate demeanor. Renee always extends herself to help the residents, going above and beyond to meet the needs and expectations of our community. She is also a team player and one of our most reliable associates. We appreciate Renee’s contributions to our community!



AUGUST HIGHLIGHTS

12

We were given the opportunity to pay our respects to the lives lost during the Vietnam War by visiting the Vietnam Veterans Memorial Wall in Livonia.

17

Oh yea, the 60’s! We took a look back at the sixties, visited the historical museum, enjoyed fashion, food and music. Memories were overflowing.

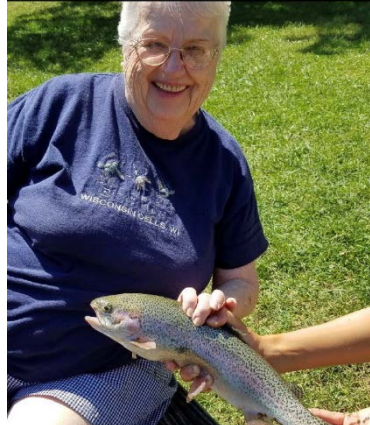


22

Thank you, Bethany Moses, for bringing your student to serenade us with their great violin music.

27

So much fun at Spring Valley Trout Farm. We caught some trout and fried them up for lunch! Congrats to Loretta for catching the largest fish!



FOREVER FIT: CONSISTENCY IS KEY

As fragile as our bodies can be, they are equally as resilient and capable. Their innate ability to grow stronger, faster and more efficient is one of the tangible qualities that drives many people’s exercise motivation. Our muscle memory, or the ability to complete a movement without thought through constant repetition, relies heavily on our commitment to regular, daily exercise. Over time these constant repetitions allow your body to be stronger and far more efficient in the activities you perform. With exercise, an increase in efficiency also typically means an increase in safety. Muscles strengthen, joints become more mobile and a potential fall risk can reduce significantly. So, while the results you want may not come in a day, stick with it. Consistency is key and your commitment to exercise will pay off in the long run.

- Chris Grabowski, MS, Senior Forever Fit Manager

TRANSPORTATION INFORMATION

Mondays and Tuesdays are our preferred medical appointment days. We will do our best to accommodate your appointments.

SEPTEMBER OUTINGS

- Sept 5th Emagine Theater: *Movie Overcome*
- Sept 6th Belle Isle Aquarium & Conservatory
- Sept 12th Imax Theater: *Apollo II*
- Sept 13th Dixboro Farmers Market
- Sept 17th Sabina’s Polish Restaurant
- Sept 19th Cruise the Detroit River: *Diamond Jack*
- Sept 20th Northville Cider Mill
- Sept 22nd Village Theater: *Mamma Mia*
- Sept 27th MGM Casino

SEPTEMBER SPECIAL EVENTS

08

Carriage Park Art Showcase. Enjoy resident artwork, live music and of course appetizers, at our Assisted Living Community.

13

We will be having a petting farm visit us!



20

Enjoy our first trip to the cider mill!

26

Oktoberfest is here! Have a frosty brew and pretzels while enjoying the sounds of the season!



EXECUTIVE DIRECTOR CORNER

Our wonderful summer will be soon be coming to an end, but Michigan has amazing fall seasons, so we still have many beautiful days to come! However, with the upcoming seasonal changes come the potential for influenza (flu). The flu activity often begins to increase in October. Most of the time flu activity peaks between December and February, and it can last as late as May! According to the CDC, there are many different flu viruses and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. Once again, Waltonwood Carriage Park will be partnering with Oakland Home Care on **Thursday October 3rd** to offer our residents the opportunity to receive the flu shot onsite. Consent forms are available at the concierge desk if you would like to receive the flu shot—times will be announced closer to the scheduled date.

Best Regards, Dustin Stolzman, Executive Director