



CHEF’S COOKING DEMONSTRATIONS

04

Cooking with Chef Dan at 1pm in the Activity Room – Putting the Jar Toppers on our Home Made Jam Lids.

18

Instant Pot Cooking with Jamie – French Onion Soup

11

Cooking with Chef Kevin at 1pm in the Activity Room – Decorating Ginger Bread Cookies.

25

Merry Christmas!!

CHEF DAN’S SMOKY BLACK BEAN BURGER

This Recipe makes about 4 burgers.

1 #10 can blackbeans drained, rinsed, and mashed roughly by hand
3 cups and 2 tablespoons panko bread crumbs
121/ 2 cloves garlic, minced
2 Tablespoons salt
4 Tablespoons Worcestershire sauce
2 teaspoons liquid smoke

2. Mix flax mixture, black beans, panko bread crumbs, garlic, salt, Worcestershire sauce, and liquid smoke together in a bowl until combined. Form batter into 4-6oz patties; arrange on a plate. Chill in refrigerator until set, about 30 minutes.
3. Spray a skillet with cooking spray; place patties in skillet over medium heat. Cook until browned, about 5 minutes per side.

Celebrating Birthdays November

Residents

- Mary Edman 12-6
- James Hartline 12-13
- Ralph Tennant 12-16

Associates

- Marilyn Boytin 12 -10

Welcome New Resident

- Ralph Tennant



\$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!

ROYAL OAK CONNECT

DECEMBER 2019



Waltonwood Annual Thanksgiving Dinner

Executive Director Corner

It's the most wonderful time of the year!

I want to express my gratitude to all those who attended our annual Thanksgiving dinner, we are thankful to all of you for making Waltonwood Royal Oak your home and bringing so much joy into our lives each and every day. We look forward to seeing you all at our annual Christmas Dinner on December 18th, 2019 - Please RSVP by December 13th.

During this holiday season let us share love to our furry friends through “Operation Santa Paws”. The campaign goal of Operation Santa Paws is to stock animal shelters with basic supplies to help companion animals such as dogs, cats and other domestic pets. December is an opportunity to donate to a shelter near you of a new blanket, toy or even some treats for a shelter animal to enjoy during the holidays.

Happy Holidays!!

Best Regards,

Fatou Ceesay
Interim Executive Director



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COMMUNITY MANAGEMENT

Fatou Ceesay
Interim Executive Director

Michele Hamm
Business Office Manager

Robert Auberle
Culinary Services Manager

Kathleen Whitehead
Housekeeping and Laundry

Jamie Samolej
Life Enrichment Manager

Kathleen Carleton
Life Enrichment Assistant

Derek Hill
Maintenance Supervisor

Shelly McGarvey
Marketing Manager

Tonicka Benefield
Wellness Coordinator

Sharon Regets
Bus Driver

Andrea Gabris
Forever Fit Coordinator

ASSOCIATE SPOTLIGHT

Congratulations to our December Employee of the Month, Kyla Harris. Kyla just recently joined our dietary team, within such short period Kyla has shown her love and dedication to our residents. She always goes out of her way to assist our residents while maintaining a great attitude. Kyla is a great team player who takes great initiative to assist her team members. She is currently in nursing school aspiring to make a difference in this world, her favorite thing to do is make people laugh. Thank you Kyla for all that you do for our residents, we are beyond happy to have you as part of the WW Team.



NOVEMBER HIGHLIGHTS

4

WW Royal Roller Mary Wright bowling with other residents.

13

Turkey decorated brownies with Chef Kevin

18

Ann did a Great job with her Turkey Bottle centerpiece.

21

Waltonwood Annual Thanksgiving Dinner.



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FOREVER FIT/WELLNESS TOPIC

Positive Outlets- Happy Healthy Holiday

The holiday season is in full swing and one of the happiest times of the year is also one of the most stressful. Taking care of ourselves should be a top priority in the coming weeks and no matter what big plans you have in store don't let the hectic pace of the season derail your health and wellbeing. Be sure to take "me time". Setting aside even a few mindful minutes every day can help to prevent the burnout and the overwhelming feeling that the holidays can bring.

TRANSPORTATION INFORMATION

Please note, 24 hour notice is required and you do have to schedule ALL transportation with the concierge and/or Sharon. This is still on a first come first serve basis. All residents wishing to participate on our Friday Outings must sign up at the Front Desk at least a day before the outing is scheduled.

Our Bus Schedule is as follows:

- Monday through Thursday 8:30 AM until 3:00 PM
- Fridays 8:30 AM until 10:30 AM (After 10:30 AM the bus will be used for resident outings on Fridays)
- 3rd Wednesday Afternoon of every month for Resident Dinner Outings

If we are not able to accomidate you for your scheduled appointments you may wish to contact the transporation services: **Logisticare: 866-569-1903** **Smartbus: 866-962-5515**

DECEMBER SPECIAL EVENTS

06

Entertainment – Bob Ridgeway in the Bistro from 3:30pm – 4:30pm

13

Entertainment – Saxophone Joe in the Bistro from 3:30pm – 4:30pm

20

Entertainment – Ben Schatler on Steel Drums in the Bistro from 3:45pm – 4:30pm

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Entertainment – Gary Pillow in the Bistro from 3:45pm – 4:30pm



Living Nativity – Truscott Family

Up – Coming Events

- December 4 – Open House – Home for the Holiday
- December 14 – Egypt Presentation – Part IV in the Media Room
- December 15 – Entertainment – Kirk in The Hills Choir Performance
- December 26 – Resident Council Meeting in the Media Room