



### Chef Stations

09 Waffles your way!

16 Seafood Dinner

23 Pasta Station

30 Skillet Cookie Station

## Celebrating Birthdays In January

Regina D. 1/7

Eda Cortez 1/15

Betty B. 1/19

Jean R. 1/31

Birthday Social

January 28<sup>th</sup>

1:30 pm

Healthy Kale Cabbage Slaw – Vegan and gluten free

#### INGREDIENTS:

2 cups shredded kale, carrots and purple/red cabbage

¼ c apple cider vinegar

1Tbsp raw cane sugar

Sea salt and ground black pepper to season

2 Tbsp extra virgin olive oil



#### INSTRUCTIONS:

Mix all the ingredients for the slaw together. Ideally place in fridge or on counter up to an hour so all the flavours can marry.



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

JANUARY 2020



2000 Canton Center Rd., Canton, MI 48188  
[www.waltonwood.com](http://www.waltonwood.com) | 734-844-3060  
Facebook: /WaltonwoodCarriagePark



## 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

Chandler Bryant  
Marketing Manager

Happy New Year

From Our Family to Yours

## ASSOCIATE SPOTLIGHT

Our Associate of the Month is Krista Norred (IL Concierge)! Krista has been with Waltonwood Carriage Park since March of 2014, and she has been a consistently strong member of our team, always delivering a high degree of customer service to our residents and their families. Krista is thoughtful and inquisitive, always advocating for the best interest of our IL residents. Overall, Krista has made a positive impact on our community, and she is extremely deserving of this accolade. Congrats, Krista!



## DECEMBER HIGHLIGHTS

10

It was so much fun celebrating the holidays with such great friends!

Fanisty Football Winner!



## FOREVER FIT: JANUARY JOURNAL

Every January millions of Americans resolve to move more, eat better and stress less. In fact, nearly 55% of all New Year's resolutions focus on improving our overall health & wellness and while that's an encouraging number, only 8% actual stick to their plan. There are certain tactics however that make it much more likely you'll have success in staying on track and reaching your goals. This January try a resolution journal. A quick entry of daily activity provides a 24-hour snapshot showing if the choices you've made took you closer too or further from your ultimate goal. Whether a short note or lengthy paragraph keeping a journal helps to create the accountability necessary to achieve success now and for the months to come. So, this January write it down, give yourself a tool to help make 2020 your healthiest year ever!

- Chris Grabowski, MS, Senior Forever Fit Manager 02

## TRANSPORTATION INFORMATION

**Note: As winter approaches us your safety is our number one priority. During inclement weather and the schools closing, so will our transportation until streets are safe.**

## JANUARY OUTINGS

- \***Movie Little Women:** At Emagine Theater in Canton – Tuesday January 20<sup>th</sup>
- \***Noon Jazz Concert – Plymouth Park :** Friday January 20<sup>th</sup> bring a bag lunch if you like. Concert begins at noon.
- \***Laurel Park Place Mall:** Tuesday January 14<sup>th</sup> Bus will depart at 9:30 am and return pick up 12:30 pm
- \***Tyme Well Spent Tea Room:** Thursday January 16<sup>th</sup>, bus departs at 11:30 am.
- \* **Dinner at the Golden Feather:** January 21<sup>st</sup> bus departs at 4:15 for some great ribs!
- \* **Hollywood Casino:** Try your luck at the slots Friday January 31<sup>st</sup>. Bus will depart at 9:00 am and return promptly at 2:00 pm.

## JANUARY SPECIAL EVENTS

8

Tia Chi exercise classes begins today and continues all month. Try something new!

16

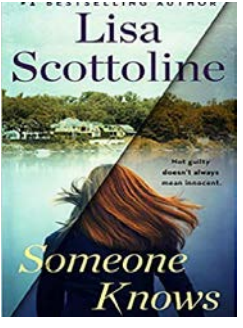
Don't miss high tea at Tyme Well Spent tea House.

9

Winter Crafts, snow flakes! We will be making all kinds for our Winter White Social.

21

Canton Library meets to discuss the book Someone Knows



## EXECUTIVE DIRECTOR CORNER

Happy New Year! What a fantastic finale to 2019 we had here at Waltonwood! Behind the scenes, our entire team worked hard over the past year to consider how we can continuously improve our Carriage Park community, and hopefully you've recognized some of the improvements we've made to better your experience as a part of the Waltonwood Carriage Park family. We always encourage and welcome feedback and suggestions at our monthly resident council meetings, of course, and you can always reach out to myself or any manager for an individual conversation to address your suggestions.

- Dustin Stolzman, Executive Director