



CHEF’S COOKING DEMONSTRATIONS

05

Sauteed Garlic Shrimp Station

12

Caramel Apples ala Mode Station

19

Tomato Basil Pasta Station

26

Taco Salad Station

FEBRUARY BIRTHDAYS

Allan J. 2/18

Phyllis S. 2/24

June M. 2/25

Marie M. 2/27

Ron B. 2/27

CHEF’S SIGNATURE RECIPE

Roasted Tomato Soup

- 3 pounds ripe plum tomatoes, cut in half lengthwise
- 1/4 cup plus 2 tablespoons good olive oil
- 1 tablespoon kosher salt
- 1 1/2 teaspoons freshly ground black pepper
- 2 cups chopped yellow onions (2 onions)
- 6 garlic cloves, minced
- 2 tablespoons unsalted butter
- 1/4 teaspoon crushed red pepper flakes
- 1 (28-ounce) canned plum tomatoes, with their juice
- 4 cups fresh basil leaves, packed
- 1 teaspoon fresh thyme leaves
- 1 quart chicken stock or water

Preheat the oven to 400 degrees F. Toss together the tomatoes, 1/4 cup olive oil, salt, and pepper. Spread the tomatoes in 1 layer on a baking sheet and roast for 45 minutes. In an 8-quart stockpot over medium heat, saute the onions and garlic with 2 tablespoons of olive oil, the butter, and red pepper flakes for 10 minutes, until the onions start to brown. Add the canned tomatoes, basil, thyme, and chicken stock. Add the oven-roasted tomatoes, including the liquid on the baking sheet. Bring to a boil and simmer uncovered for 40 minutes. Pass through a food mill fitted with the coarsest blade. Taste for seasonings. Serve hot or cold.

-Sean McNally | Culinary Services Manager



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!

MAIN CONNECT

FEBRUARY 2020



1401 North Rochester Rd., Rochester Hills, MI 48307
www.waltonwood.com | 248-601-7600
Facebook: /WaltonwoodMain



Higgins Lake, January 2020

THE WONDERS OF WINTER

It’s February and we are deep in the middle of a Michigan Winter. We are lucky to live in a beautiful state that offers so many winter activities. What are some of your favorite things about this time of year?

- Cozy gloves or handmade scarf?
- Helping your kids build a snowman?
- The smell of smoke in the air from a wood-burning fireplace?
- Watching children sled down a hill?
- Hot cocoa with marshmallows?

Waltonwood Main offers a variety of programs to keep you engaged and thriving in our Rochester community. Please check out the following pages for programs that interest you. As always, we thank you for choosing Waltonwood Main as your home and look forward to serving you this winter season.

COMMUNITY MANAGEMENT

Lance Helton
Executive Director

Lora Baltosiewich
Business Office Manager

Sean McNally
Culinary Services Manager

Liz McMurtrie, CTRS
AL Life Enrichment Manager

Kathleen Colonello
MC Life Enrichment Manager

David Mantels
Environmental Services
Manager

Celeste Roth
Marketing Manager

April Myers
Marketing Manager

Natoria Wheeler
Wellness Coordinator

Jonathan Hills
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Celeste Roth

Celeste was born in Memphis, Tennessee. She is the oldest of three sisters. She grew up in Jackson, Mississippi. Celeste enjoys playing tennis and plays in USTA competitive leagues. In her free time she tries to play as much tennis as she possibly can. Prior to working here as a marketing manager she was a sales manager at Nordstrom. Celeste has been married for 30 years. She has two daughters, Ashton, 26, and Kendall, 21. Ashton just got married in August 2019.



JANUARY HIGHLIGHTS

12/31

Ring in 2020 with a fabulous entertainment and a toast to the new year!

02

Romo lines up his putt during the putting contest.



07

The men enjoying a slice of pie and coffee on our outing to Grand Traverse Pie Company.

14

Appreciating "American Paintings" at the Oakland University Art Gallery.



KNOW YOUR NUMBERS

Heart health starts with a healthy lifestyle. Being active, eating well and maintaining a healthy body weight are all excellent ways to help ensure you will stay fit. There are, however, some other factors to consider, some elevated numbers can greatly impact how you feel. High blood pressure, high cholesterol and elevated blood sugar all place a great amount of stress on the body, making your heart work harder and you may become more susceptible to heart disease and stroke. So, this February, join with the American Heart Association and help celebrate American Heart Month. Schedule an appointment with your doctor to get your numbers checked. Reducing your risk factors by even a few points can help fight off the serious effects of heart disease and can help you continue to lead a healthy, happy lifestyle for years to come.

Chris Grabowski, MS | Senior Forever Fit Manager 02

TRANSPORTATION INFORMATION

Interested in going out on the bus for an appointment, shopping, church or one of our group outings to the movies or out to lunch? We offer many opportunities to get out and about in the community! Please check your calendars for the group outings on Tuesdays and Wednesdays or see below. We also have church transportation every other Sunday for St. John's Lutheran and St. Andrew's Catholic Church (see calendar for dates). To sign up for a personal appointment or shopping trip see the front desk for days and times and be sure to sign up at least 48 hours in advance at the front desk. You must be able to be safe going out on your own or have a family member meeting you at your destination. The maximum distance we travel is 10 miles. Check out our group outings this month and be sure to join us!

- February 4th—Juliet's Chocolate Shop Tour—2:15pm
- February 5th—Shopping at Walgreen's/Dollar Tree—3:00pm
- February 11th—Valentine Visit at Neighborhood Childcare Center—10:15am
- February 12th—Lunch Outing to Stony Creek Roadhouse—11:00am
- February 19th—Donuts & Coffee at Tim Horton's—3:00pm
- February 25th—Movie Outing—TBA

FEBRUARY SPECIAL EVENTS

7

Go Red Day for Heart Health! Be sure to wear RED today and enjoy the various activities to celebrate this day!

10

John, from the Rochester Hills Fire Department, will be here to present on Fire & Fall Prevention. Attend this presentation and learn how to keep yourself safe!

11

Join us on an outing to visit the children at Neighborhood Childcare Center. We will celebrate Valentine's Day with these cuties!

18

Want to learn to ballroom dance? All abilities welcome. Even if you don't want to dance, come enjoy the music and dancing!



EXECUTIVE DIRECTOR CORNER

Valentine's Day, also called St. Valentine's Day, is a holiday (February 14) when lovers express their affection with greetings and gifts. The holiday has origins in the Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery (Can you imagine?).

At the end of the 5th century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day. It came to be celebrated as a day of romance from about the 14th century.

Lance Helton | Executive Director