



Happy Birthday

Sue W. 2/3

Marion 2/14

Irene 2/21

MADE-TO-ORDER STATIONS

2/6

Fresh Fruit Smoothies

2/13

Ice Cream Cookie Sandwiches

2/20

Milkshake Station

2/27

Banana Splits

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

Directions

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 MC CONNECT

FEBRUARY 2020



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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

Natoria Wheeler
Wellness Coordinator

Jonathan Hills
Wellness Coordinator

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
Maintenance Supervisor

Celeste Roth
Marketing Manager

April Myers
Marketing Manager

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.



DECEMBER HIGHLIGHTS

1/9

Sanders Factory Tour

1/15

Shoes from Around the World Presentation



1/21

Bleu visits Waltonwood Main for his first monthly visit!

1/22

Making Steam Cakes



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 as a fiddle. 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

TRANSPORTATION INFORMATION

We love to get out and about at Waltonwood Main! You are always welcome to join your family members on outings! The more the merrier! Please let our Life Enrichment Team know you are coming, so we can adjust seating accordingly. The colder weather has arrived, but we still enjoy outings during the Fall and Winter Seasons. Please make sure your loved one has hats, gloves, scarves and warm jackets.

February Outings:

- 2/3 1:30PM Wild Birds Unlimited
- 2/6 2:00PM Ice Cream at Culver's
- 2/10 1:30PM Troy Motor Mall Drive
- 2/13 1:30PM Barnes & Noble
- 2/20 11:30AM Lunch at Kerby's Coney Island
- 2/24 1:30PM Juliet's Chocolates
- 2/27 1:30PM Shopping at Debby's Dollar in Romeo

FEBRUARY SPECIAL EVENTS

2/7

Go Red for Heart Health Beauty Bar 11AM

2/14

Valentine's Party with the D&A Duo 3PM

2/20

Lunch at Coney Island 11:30AM

2/26

Ash Wednesday Celebration 2PM in AL



EXECUTIVE DIRECTOR CORNER

Did You Know?

Valentine's Day, also called St. Valentine's Day, 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