



### LAKESIDE LIFE



## RESIDENT & ASSOCIATE BIRTHDAY'S

16 Chester

27 Jenel



### FRIENDS & FAMILY REFERRAL PROGRAM!

## \$3,500 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!

# LAKESIDE CONNECT

JULY 2021



14560 Lakeside Circle 48313  
[www.waltonwood.com](http://www.waltonwood.com) | 586-532-7601  
Facebook: /WaltonwoodLakeside



## COMMUNITY MANAGEMENT

Jenel Stoinski  
Executive Director

Kelly Mattox  
Business Office Manager

Paul Gilleran  
Culinary Services Manager

Mauricio Martinez  
Maintenance Manager

Allison Neal  
Independent Living Manager

Tonya Wilson  
Life Enrichment Manager MC

Rae Matey  
Marketing Manager

Melissa Wright  
Marketing Manager

Tracy Chamberlain  
Wellness Coordinator

## UPCOMING EVENT HIGHLIGHT

Happy 4<sup>th</sup> of July!

We are traveling to some fun places in July. Be sure to check the Calendar for updates.

July 29<sup>th</sup> we are hosting our second Aging with Grace Support Group. Please RSVP to save your spot.

If you have any questions, ideas, suggestions and concerns please do not hesitate to reach out! My email is; [Tonya.wilson@singhmail.com](mailto:Tonya.wilson@singhmail.com)



## TRANSPORTATION INFORMATION

We strive to provide exceptional transportation service for our residents. All outings occur on Friday, and those interested can sign up at the front desk. Sign up is required for all outings. We love when family joins us, so please consider attending--the more the merrier! Additionally, we carefully plan our outings based on residents' interests, to provide continued success in the community at large.

## JUNE HIGHLIGHTS

14

Flag Day

20

Happy Father's Day



21

Aging with Grace Support Group

30

Peace on the Patio

## JULY SPECIAL EVENTS

04

Happy Independence Day

07

Chinese Lunch Out

26

Aging with Grace Support Group

29

Community Wide Party



## FOREVER FIT

**A Fresh Start** A great exercise plan starts with a great foundation and a commitment to wanting to improve how we move and how we feel. The past 15+ months however have taught us that the world around us often has other plans, directly impacting the consistency and success of even the best designed fitness routine. A lack of consistency coupled with countless stressors have changed the way even the most dedicated individual approaches exercise. Putting it simply, *"life gets in the way"* and that's ok, the good news is that it's never too late to hit the reset button and get a fresh start on your exercise journey. As we slowly return to normal, now's the perfect time to reassess your current fitness level and determine what changes can help you return to your strongest, healthiest self. While many of us are ready to reestablish our exercise routine, many of us don't quite know where to begin. By taking some time to meet with our fitness team whether for just a few quick questions or a full assessment we can help identify your strengths, pinpoint your weaknesses and create an accurate picture of your current fitness level to better help you start your fitness journey on the right foot. This summer commit to movement and let our fitness team help you reclaim the health and fitness that lets you feel your very best.

## EXECUTIVE DIRECTOR CORNER

July is one of my favorite months of the year; Detroit Tigers baseball is in full swing, we have long hours of daylight, it's the perfect time for a dip in the pool, a nice cool refreshing glass of lemonade, the good ole summertime.

Our world and our community continues to emerge from the Pandemic. We will do our best to continue to keep you informed on all updates. Please do not hesitate to reach out if you have any questions. The outlook is good, progress continues.

Jenel Stoinski, Executive Director Waltonwood Lakeside