

LAKESIDE LIFE





JULY 2021



Redefining Retirement Living*

14560 Lakeside Circle 48313 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



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!

UPCOMING EVENT HIGHLIGHT

Happy 4th of July!

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

July 29th 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





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

20

Flag Day

Happy Father's Day

21

30

Aging with Grace Support Group

Peace on the Patio



JULY SPECIAL EVENTS

04

07

Happy Independence Day

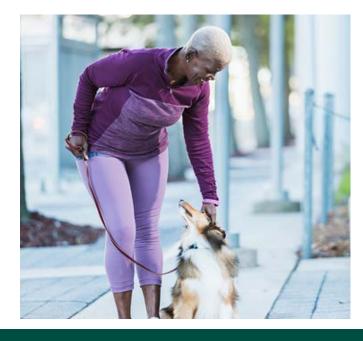
Chinese Lunch Out

Community Wide Party

26

Aging with Grace Support Group

29



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