



## OCTOBER BIRTHDAYS

**Norman P.-**

**10/9**

**Adele 10/17**

**Gene 10/28**

**Happy  
Birthday!**



**October 4-10, 2021**

Active Aging Week was created to promote the benefits of a healthy lifestyle on a national scale for all people who are aging – and that’s everyone! We all can learn how to better take care of our bodies and thrive. Look for enriching activities this week – listed on the activity calendar.

We will close Active Aging Week with a special party, complete with games, music, punch and a recital!

Don’t miss it!



**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!

## CARRIAGE PARK CONNECT

OCTOBER 2021



Autumn has arrived, and here at Carriage Park, we welcome the season change with appreciation! Fall is a time for cider and donuts, costumes, and good food - all of which we will have this month! We will be taking an outing to the Plymouth Cider Mill, to Johnny Cakes for a delicious brunch, and we will top everything off with a fabulous Halloween party! Get your costumes ready now!

Also in October, we are participating in National Active Aging Week, where we will celebrate all the ways we can age well and thrive in our later years.

At the end of Active Aging week, we will have a party to celebrate Active Aging and our Waltonwood family, complete with games, music, treats, and our very own chair dancing troupe, the Waltonettes will perform!

Keep an eye on the Activity Calendar for Tabletop Bowling, live musicians, cute and spooky crafts, and more! We hope you have a wonderful October ☺



**SINGH**

2000 N. Canton Center Rd., Canton, MI 48187  
[www.waltonwood.com](http://www.waltonwood.com) | 734-335-1246  
Facebook: /WaltonwoodCarriagePark

## COMMUNITY MANAGEMENT

Angie Hanson  
Executive Director

Terry Lobb  
Business Office Manager

Joel Vasallo  
Culinary Services Manager

Mike Burlett  
Environmental Services  
Manager

Nathan Brown  
Independent Living Manager

Erin McGraw  
Life Enrichment Manager

Sarah Rauen  
Life Enrichment Manager

Christine Chalmers  
Marketing Manager

Esperanca DeAbreu  
Resident Care Manager

Marion Stevens  
Wellness Coordinator



## EMPLOYEE OF THE MONTH

### KATELYN GODDARD

We are pleased to announce our October Employee of the Month is our dishwasher Katelyn! Katelyn may have the title of dishwasher, but she is a true team player and will help anyone with anything – even if it’s outside her department! She can be seen serving residents their dinner if the kitchen is busy, or walking kitchen items back and forth from Independent to Assisted Living, and she has a heart of gold. She is a kind individual and we are so blessed to have her as part of our Waltonwood Family!



## SEPTEMBER HIGHLIGHTS

**02** We tried our hand at creating Tuscan sunsets to mimick Mother Nature’s beauty.

**08** Sunshine and good friends make for an enjoyable bus ride!



**07** Rick Davis and his wife Golden came to entertain us with golden tunes.

**13** During Assisted Living Week we had our very own petting zoo!



## Building Better Bones

While many of us exercise to keep strong, healthy muscles that benefit our bones are just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training all work to increase bone density and improve overall bone health. As bones weaken with age, the need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

- Chris Grabowski, MS, Senior Forever Fit Manager

## New this month! Tabletop Bowling

We will form teams and compete with other Waltonwood locations! Let’s show them that Carriage Park is a force to be reckoned with! And have fun too!



## OCTOBER OUTINGS

**06** Time for a delicious brunch at Johnny Cakes of Canton!

**13** Now is the perfect time of year to take in Autumn’s vibrant beauty with a bus ride!



**20** We will journey to Plymouth Cider Mill for cider and donuts!

**27** Come join our bus trip for homemade root beer in Ypsilanti!



## EXECUTIVE DIRECTOR CORNER

“The trees are about to show us how lovely it is to let things go.” ~Unknown

Autumn has finally arrived with temperatures that we can tolerate and enjoy! I am looking forward to the change in colors right around the corner and all the beauty it presents. Autumn season and change in temperatures also invites the dreadful flu season. To prepare for a safe and healthy year, WCP along with Oakland Home Care will be hosting a flu shot clinic. The clinic will be held on Friday October 22nd from 9 a.m. – 4:30 p.m. Shots will be administered in the privacy each resident’s apartment. You will need to complete an online consent form prior to the clinic date. If you need assistance with this process, please let the concierge know so that they can direct you to a support person.

Do you enjoy living in a community setting and all the wonderful things going on at Carriage Park? If so, we would like to invite you to share your experiences with others by submitting a google or yelp review. This is a great way to personalize your experience and share it with associates and neighbors in the community. If you need help submitting a review, please ask a life enrichment manager and they can assist you.

~Angie