

Darlene Smith 10/4 Blair Vernal 10/6 Ken Vanderwall 10/7

10/10

Nancy Woodruff

Shirley Zombeck

10/16

Loretta Miller

10/23

### **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 22<sup>nd</sup> from 9 a.m. - 4:30 p.m. Shots will be administered in the privacy of the 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





\$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



# Active Aging Week October 4th thru 8th

This weeklong campaign calls attention to and wholeheartedly celebrates the positivity of aging today. Join us in "Celebrating Retired Culinary Services Life" because aging is so much more than just exercise! We will be taking time this week to focus on the following areas of wellness:

**Monday**, we get physical with a Cardio Drumming class. **Tuesday**, We get our love of gaming on with a special game of Bunco. **Wednesday**, We get social! New entertainer Chuck Sharp. Thursday, Lets get creative, with a special fall painting. **Friday**, we get spiritual with Shirley at bible study. Take time to join in on all our highlighted wellness activities!

This month is jam packed with resident lunches and dinners out. Enjoy a trip to the Fredrick Meijers Gardens, Detroit Parade Company and Port Huron. We have many opportunities for you to enjoy fall, scenic drives, cidermills, Plymouth's lane of scarecrow and Northville's skeletons!

We will also be offering you the FLU shot Friday October 22<sup>nd</sup>. Please sign up at our concierge desk.



Redefining Retirement Living

2000 Canton Center Rd., Canton, MI 48187 www.waltonwood.com | 734-844-3060 Facebook: /WaltonwoodCarriagePark

# **COMMUNITY MANAGEMENT**

Angie Hanson **Executive Director** 

Terry Lobb **Business Office Manager** 

Joel Vassallo Manager

Erin McGraw Life Enrichment Manager

Sarah Rauen Life Enrichment Manager

**Chris Chalmers** Marketing Manager

Esperanca DeAbreu Resident Care Manager

**Betsy Bohnett** Marketing Manager

**Marion Stevens** Wellness Coordinator

Mike Burlett Maintenance Manager

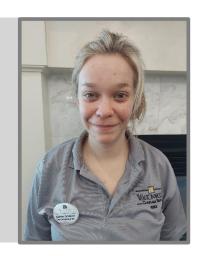
Nathan Brown Independent Living Manager

Chandler Bryant Marketing Manager

01

#### **ASSOCIATE SPOTLIGHT: KATLEYN**

Katelyn is a super valuable associate here at Waltonwood. She is always willing to help anyone in any way she can. She is always kind and considerate of others needs. Katelyn is a joy to work with. She hopes to move out of Michigan someday but until then were happy to have her part of our Waltonwood family.



## SEPTEMBER HIGHLGHTS

13 16

**OUTDOOR CONCERT** PICNIC LUNCH AT GALLUP WITH THE BACK YARD PANDEMIK BAND

**FUN DAY AT BELLE ISLE!** 

PARK IN ANN ARBOR

FALL DOOR







## FOREVER FIT: BETTER BONES

While many of us exercise to keep strong, healthy muscles the benefits our bones get are just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age the need to 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

### TRANSPORTATION INFORMATION

Sign up for personal transportation is located in our mail room. Sign up for monthly trips will also be in the mail room beginning October 1st 9:00 am. Please schedule your medical appointment at the reception desk when you make them so we are able to accommodate you.

**Note:** If transportation is needed for an appointment, please confirm availability with the front desk.

## OCTOBERS SPECIAL DAY TRIPS PLANNED

FREDRICK MEIJER GARDENS - This is an all day trip bus loads at 9:30am. This Park is a 158-acre botanical garden, art museum, and outdoor sculpture park. We will take the tram to view the sculptures and enjoy a lunch out at the museum. This trip will cost: 15 for entry and tram ride plus your lunch out.

**PORT HURON** – Enjoy a picture perfect ride to Port Huron and enjoy lunch at Freighter and with fingers crossed we see some freighters!

# **OCTOBER SPECIAL EVENTS**

80

TOUR THE PLYMOUTH **SCARECROWS** 

BEER AND BINGO.





22

**FLU SHOTS** 

29

HALLOWEEN SOCIAL COSTUMES INCOURAGED





