

COMMUNITY COMMUNICATION



Please join us for Resident Council on May 20th at 2:30pm to stay in the know of community updates!

New Programs for May!

- **Kentucky Derby Celebration-** On May 2nd residents are invited to a very special Kentucky Derby All Community Party in IL at 1:30pm. Come dressed in your finest and enjoy treats and a very special “horse race”!
- **Mother’s Day Dinner-** Residents and their families can RSVP with the AL front desk to attend our Mother’s Day Dinner with their loved ones on May 6th!
- **Musical Performances-** This month we have 1 AL Musical Performance on May 12th and 2 All Community Parties on May 19th and 26th! Check the calendar for more details!
- **English Gardens and Eastern Market Trips-** This month we are taking every opportunity to enjoy blooming flowers and everything May has to offer! On Wednesday May 25th we are going to English Garden’s and Tuesday May 31st we will travel to the Eastern Market! Sign up at the AL front desk!
- **Open Gym-** Eryss, our Forever Fitness instructor is available to assist residents in our fitness room by appointment on Tuesday’s and Thursday’s! Call the AL front desk to reserve a time with her! This is a great addition to individual PT/OT and our fitness classes!



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

LAKE SIDE
CONNECT

MAY 2022



May is Blooming at Lakeside!

April showers bring May flowers and we are so excited to get outside and enjoy the sun and watch our courtyard bloom! This month we are starting off strong with a Kentucky Derby celebration on May 2nd and a Cinco de Mayo snack cart on May 5th! Men's Group will go for lunch at 11 am on May 4th to Danny's with Oliver and family members can call the AL front desk to RSVP for the Mother's Day Dinner May 6th at 5pm. On May 11th the Women's group will go for Lunch at the Aspen and a shopping trip to Hobby Lobby and on the 12th we will have Tom back performing for us in the AL dining room! On May 18th we will take a trip to Target for some shopping and we will have a Luau All Community Party on May 19th with Richard. May 24th is national Scavenger Hunt Day and On May 25th we celebrate Senior Health and Fitness day and Wine day! On the 26th join us for an All Community Party that is animal print theme at 1:30 with Jeff! We honor all those who have passed on Memorial Day and finish up our month with a very special Tuesday outing to Eastern Market on May 31st at 10:30am!



SINGH

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COMMUNITY
MANAGEMENT

- Gina Conway
Executive Director
- Travis Parshall
Culinary Services Manager
- Mo Martinez
Environmental Services
Manager
- Allison Neal
Independent Living Manager
- Rosa Martin
IL Life Enrichment Manager
- Marcia Combs
MC Life Enrichment Manager
- Emilia Gnida
AL Life Enrichment Manager
- Rae Matey
Marketing Manager
- Melissa Wright
Marketing Manager
- Melissa Kania
Resident Care Manager
- Tracy Chamberlain
Wellness Coordinator

ASSOCIATE OF THE MONTH – PORTIA

Portia has been with Waltonwood for 5 and a half years and absolutely loves the residents and feels like they are her own family. "I love putting a smile on their faces and and hearing their wisdom and backstories!" Thank you Portia for your dedication to our resident's care!



APRIL HIGHLIGHTS

6

For our special outing we went to lunch and then to see CODA at Emagine theatres!

9

Our crafters enjoyed making birdhouses to put out in the courtyard!



17

Our Men's Club enjoyed an outing with Oliver to Outback Resturaunt for lunch!

18

Marla was the big winner at bingo! Look at all her snacks!



National Senior Health and Fitness Day

On Wednesday May 25th join Waltonwood and over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day. The annual celebration highlights the impact that staying active and fit has on our overall health and wellness as we age. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise by finding creative ways to incorporate fitness into your daily routine. From group classes to fitness center training and education programs to informative demonstrations, the Waltonwood Forever Fit Program can help lay the foundation for an active, healthy lifestyle. This May 25th, lace up your walking shoes gather a few of friends and join us as we celebrate National Senior Health and Fitness Day 2022!

TRANSPORTATION INFORMATION

We have a busy month of outings! This month on May 4th Oliver will take the Men's Club to lunch at Danny's at 11am then Women's Group goes to the Aspen for lunch and Hobby Lobby right after for some shopping on May 11th at 11am. On May 18th we will take a shopping trip to Target at 1:30pm and a visit to the English Gardens on May 25th at 2pm. Finally we will be doing a special trip to the Eastern Market on Tuesday May 31st at 10:30am!

All outings are first come first serve. Please sign up at the front desk at least 1 day before the outing. If you have any questions feel free to contact Emilia or the front desk.

MAY SPECIAL EVENTS

2

Its off to the races on May 2nd as we celebrate the Kentucky Derby with a Derby of our own!

12

Join us for a Luau themed All Community Party on May 12th!

25

Join Emilia and Oliver for an outing to English Gardens!

31

Sign Up at the front desk to join us for a trip to the Eastern Market!



EXECUTIVE DIRECTOR – Gina Conway

April presented us with unexpected challenges, and we are eager to put those behind us! The month of May offers many exciting and fun opportunities for residents, families and associates. We kick the month off with what is sure to be a fun Cinco de Mayo event, along with a lovely Mother's Day dinner celebration. Then we look forward to burgers on the patio for National Burger Day, a wine-paring for National Wine Day and special fitness offerings to celebrate Senior Health and Fitness Day. Later in the month, we honor our Veterans on Armed Forces Day and Memorial Day. We hope you join us for all the fun!