



## Reminders

- ✓ A May Calendar is included with this Newsletter. Please keep in mind that all scheduled activities are subject to change depending on the executive orders and community policies. Programs are posted in the elevator, the Hobby Room, the TV screens and in-room channel 952.
- ✓ Be sure you sign up for trips by using the book in the library! Outings for grocery, pharmacy, bank runs, and other trips will be listed in the calendar and on the InTouch screens.

## May Birthdays

Judy M. 1<sup>th</sup>

Stanley S. 8<sup>th</sup>

Gretchen G. 11<sup>th</sup>

Mary Y. 18<sup>th</sup>

Marie D. 28<sup>th</sup>

Carroll K 24<sup>th</sup>

## Something To Look For!

Computer Training Class – May 2<sup>nd</sup> at 3:00pm

Detroit Princess Cruise – May 8<sup>th</sup> at 11:00 \$65 for tickets  
Purchase w/Rosa

Remember The Time Show & Tell – May 4<sup>th</sup> at 2:00pm

Cooking Demo With Chef Travis – May 10<sup>th</sup> at 12:00pm

Painting with a Margarita Twist – May 16<sup>th</sup> at 11:30am

Lunch on the deck – May 17<sup>th</sup> at 1:00pm

Lunch & Learn with Rosa – May 20<sup>th</sup> at 12:00pm

Monthly Birthday Celebration – May 31<sup>st</sup> at 4:00pm

# LAKE SIDE CONNECT

## MAY 2022

14750 Lakeside Circle, Sterling Heights, MI 48313  
[www.waltonwood.com](http://www.waltonwood.com) | 586-532-6200  
Facebook: /WaltonwoodLakeside



## May Flowers Are Springing

Hello all, I am so excited to be jumping into May. We had an awesome April starting off with our beautiful Lunch and Learn gathering. Tears were shed, memories were made and bonds were created. May will have even more unexpected activities and fun—hopefully in the sun! For some reason spring seems to be a little shy but we won't lose the faith because it's coming! Mother's Day is approaching and I am so honored to be able to share that with the beautiful women and Mothers here at Waltonwood. Look forward to coming out on the deck to gaze at your luxurious view of the lake while sharing laughs, food and fun! Let's do spring together!

-Rosa Martin Life Enrichment Manager

## COMMUNITY MANAGEMENT

Gina Conway  
*Executive Director*

Travis Parshell  
*Culinary Services Manager*

Mo Martinez  
*Environmental Services  
Manager*

Allison Neal  
*IL Manager*

Rosa B. Martin  
*IL Life Enrichment Manager*

Emilia Gnida  
*AL Life Enrichment Manager*

Marcia Combs  
*MC Life Enrichment Manager*

Rae Matey  
*Marketing Manager*

Melissa Wright  
*Marketing Manager*

Tracy Chamberlain  
*Wellness Coordinator*



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!





ASSOCIATE OF THE MONTH -

Mira Sinaj – Server

“Perfect excellent service” says the residents of Waltonwood. Mira has shown nothing but love and explemplary service to not just the residents but staff also. We are so grateful to have her here to serve with us.

May Highlights

4

Easter Egg Painting was a blast. The ladies of WW did an amaxing job creating a splash of Easter painting.

8

Opening Day was a complete success, not to mention the Tigers won their first home game!

Forever Fit

8

Henrik the violin player was absolutely amazing and will be back by popular demand.

14

Our monthly lunch outing was such an awesome experience. We visited Shogun’s, a Japanese Bistro where they prepared the food right in front of us!



TRANSPORTATION INFORMATION

Transportation will be offered for Independent Living on Monday, Tuesday and Thursday each week for appointments. Residents are able to sign up inside the book at the drivers desk in the Library. Also in the book are outings and community events. Residents are required to fill out slips for all appointments and return to box inside library. Please keep in mind all events are first come first serve.

May Special Events

2

Our very first computer training class of 2022. Bring your electronics and lets get into gear with new updates and tech fun!

9

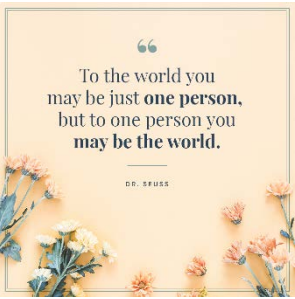
Pastry & Wine Tasting in our Café Bistro. Our amazing Pastry Chef, Chris is putting together some special treats!

6

Mother’s Day dinner will be a complete blast. Family members are invited. More details to come.

20

2<sup>nd</sup> monthly Lunch and Learn with Life Enrichment manager Rosa Martin! Dress to impress and invite another resident to lunch.



National Senior Health and Fitness Day

On Wednesday May 25<sup>th</sup> 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 25<sup>th</sup>, lace up your walking shoes gather a few of friends and join us as we celebrate National Senior Health and Fitness Day 2022!

Gina Conway :



Hello Residents, Family and Friends!

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!