

Musical Guests This Month

14

19

6:00 Kevin Wills

1:00 Carol Jean Sing-a-Long

Resident Birthdays Waultina Davis 9/9

Natalie Payne 9/13

Staff Birthdays

Brennen Bolinger 9/3

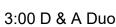
James McClan 9/9

Jon Beckett 9/16

Christopher Polasky 9/20

Christopher Robertson 9/25

29



1:00 Traveling Bob

Life Enrichment Outings

September 19- Detroit Institute of Arts

12-4pm. One-hour guided museum highlights tour, followed by an hour of self-tour time to view various galleries. Box lunch will be provided early for residents who plan to attend this event. RSVP by 9/5.

September 26- Paint Creek Cider Mill

2-4pm. Enjoy fresh pressed Cider and Cinnamon Sugar Donuts at the historic Paint Creek Cider Mill. Baked goods and other items may be purchased from the bakery or store. RSVP by 9/22.

RSVP with activities or front desk.



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!



UNIVERSITY CONNECT



Assisted Living Week Special Events

Sunday, September 10th-Sundae Bar with Staff 1-3pm **Activity Room**

Monday, September 11th-Sunflower Craft 1pm **Activity Room**

Tuesday, September 12th-Wii Sports 2:30pm Commons

Wednesday, September 13th-Tie Dye & Punch Day 2:30pm **Activity Room**

Thursday, September 14th-Little Donut Factory 10am Parking Lot

Friday, September 15th-Salsa Making 2:30pm **Activity Room**

SEPTEMBER 2023



Redefining Retirement Living

SINGH

3250 Walton Blvd, Rochester Hills. MI 43309 www.waltonwood.com 248-375-2500

COMMUNITY MANAGEMENT

Jonathon Hills **Executive Director**

Dan Bannigan Culinary Services Manager

Taylor Crowe **Environmental Services** Manager

Katelyn Pescola IL Life Enrichment Manager

Donna Donakowski AL Life Enrichment Manager

Celeste Roth Marketing Manager

Derricka Mason **Resident Care Manager**

Henry Peoples Wellness Coordinator

Tammy Collins Business Manager



Employee Spotlight-Giselle Martinez Giselle Martinez has worked at Waltonwood University for three years. She was interested to work here because her close friend also works here. Giselle lives in Pontiac. She has three sisters and a brother. She enjoys being active, going on walks, swimming, and traveling in her free time. Giselle likes to spend quality time with each resident, and is especially interested to hear their unique stories about the past. Giselle is hoping to attend nursing school and eventually work in an outpatient nursing setting. Thank you, Giselle, for your hard work and commitment to our residents.

August HIGHLIGHTS710Lighthouse PaintingCardio Drumming
Exercise Class831Oppenheimer Movie
OutingEnd of Summer
Luau Party

FOREVER FIT/WELLNESS TOPIC

If nothing else we are creatures of habit. The schedules and routines that we've developed over the years help us to be effective, efficient and comfortable. Sometimes however, in order to see the improvements we need we have to make that awkward step outside our comfort zone. As fragile as our bodies can be they are equally resilient and adapt to the stresses we place upon it. By failing to regularly add new stimuli, we often find ourself making little to no progress. If you find yourself at a bit of a plateau it may the perfect time to try a new or more challenging exercise. Remember exercise should never be painful, rather taxing enough to test your ability so you can make the small incremental steps to a stronger healthier version of you.

Adventure Waltonwood

At Waltonwood, we pride ourselves in providing residents with exceptional life experiences. Adventure by Waltonwood is a company sponsored program encouraging Waltonwood residents to pursue their life's desire. Whether meeting their great grandchild for the first time, riding in a hot air balloon, hiking a national park, riding in a Beemer or reuniting with their best friend from college, Adventure by Waltonwood is available to support resident ambitions. If you are interested in setting up an adventure, please contact Donna Donakowski in Life Enrichment.

September Events

	7	10-16	
	Lions Football Tailgate	Assisted Living Week	
	19	26	
	Detroit Institute of	Cider Mill Outing	
<u>ak</u>	Arts Outing		

EXECUTIVE DIRECTOR CORNER

As Labor Day weekend comes to an end and we see summer in the rearview mirror, we look forward to see what fun events we have planned in September. There is one week each year in September called "Assisted Living week" where we take time to celebrate our residents in the community, along with our staff who provide the services they need day in and day out. This is a great opportunity for us as leaders of the community to show appreciation of all of the hard-working staff we have here at Waltonwood. It takes an army of dedicated individuals to ensure this community operates at the high-quality service we expect to provide! Assisted Living week starts on September 10th and runs through September 16th. We have many fun events planned that entire week for the whole community to join in on the fun! We hope that all of our residents, families, and associates are able to join in on our celebration!





