



COMMUNITY COMMUNICATION



RESIDENT BIRTHDAYS

Barbara Hamilton 10/6

Norman Pelletier 10/9

Gene Paputa 10/28

Autumn Equinox

October is a special month for skygazing. With the autumnal equinox, the seasons have turned, and we'll enjoy darker night skies ahead. Gaze up any time after dinner for star-filled planetarium conditions through the end of the month with the Hunter's Moon. Lunar brightness won't be around before midnight after October's first week, and the sky will be totally moonless mid-month, making for a perfect 8 PM sky-session. Look east for the sky's brightest "star," Jupiter. And for those with telescopes, you can't beat Saturn, the solitary bright "star" halfway up the southern sky.

October 8 to 10: Draconid Meteor Shower The late evening is the best time to see these shooting stars.

October 10: The Morning Show Take your morning cup of Joe outside today! At 6:00 A.M., or whenever your alarm goes off, look east for a dazzling view of Venus and the crescent Moon.

October 14: Annular Solar Eclipse

For the first time in 11 years, a "**Ring of Fire**" Solar Eclipse will be visible in North America.

October 20 to 21: Orionid Meteor Shower Another overhead phenom this month will be meteors. The Orionids, which peak around the 21st, zoom through the sky at 41 miles per second and deliver a shooting star every three to five minutes **October 28: Full Hunter's Moon Rises** October's full Moon appears on October 28, 2023, at 4:24 P.M. Like last month's Harvest Moon, the Hunter's Moon is tied to an astronomical event, the autumnal equinox, and rises around the same time for several nights in a row... so start looking for it on Friday, October 27!

CARRIAGE PARK CONNECT

October 2023



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WELCOME FALL

The change of season is happening all around Waltonwood Carriage Park. Leaves are falling, pumpkins are popping up everywhere, and there is a crispness in the air. Fall brings to mind cozy sweaters, spiced hot chocolate, cool nights, and beautiful Fall colors. We plan to take advantage of all that Fall has to offer here at WWCP Assisted Living. The month of October starts out with Active Aging Week. It is a week dedicated to celebrating aging, living life to the fullest and exploring new ways to enhance your mind body and spirit. We have some great opportunities this week to hear some great speakers, as well as try some new activities, so be sure to check your calendars. You don't want to miss a thing.

Later in the month we have a Football Party for the Michigan vs. Michigan State game. Wear your team colors and come cheer them on. There will be lots of tailgating snacks and drinks, and maybe a cheerleader or two. To really put you in a Fall mood, sign up to go Three Cedars Farm and take a Hayride with your neighbors. They can accommodate wheelchairs and walkers, so plan on joining in the fun. Afterwards, enjoy a special "Taste of Michigan" dinner prepared by Chef Joel.

There are two important reminders this month. On the 16th The Mobile Dentist will be here and on the 30th The Foot Doctor will be here. You can make arrangements to see them both by seeing Cheryl at the front desk. All month long there will be lots of Fun monster movies, games and crafts in anticipation of HALLOWEEN! Be sure to join us in your best HALLOWEEN Costume on the 31st. It is sure to be a SPOOKTACULAR party! 🎃 🧛 🦇 🍂 🎨 🧑🎃

COMMUNITY MANAGEMENT

Angie Hanson
Executive Director

Terry Lobb
Business Office Manager

Joel Vasallo
Culinary Services Manager

Erin McGraw
Life Enrichment Manager IL

Frances Farrell
Life Enrichment Manager AL

Ashley Hall
Marketing
Manager

Esperanca de Abreu
Resident Care Manager

Annette Blackwell
Wellness Coordinator

Jonathan
VanWicklin
Environmental
Service Manager

William Scott
Independent Living Manager

\$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 will thank you too!
Ask for details!





SEPTEMBER HIGHLIGHTS



SEPTEMBER 6th Owl Pellet Dissection	SEPTEMBER 13th Imagine Theatre “Mama Mia”
SEPTEMBER 11th – 16th National Assisted Living Week	September 27th Paint Pouring



FOREVER FIT with Chris Grabowski, MS
Active Aging Week

Celebrating its 20th anniversary, Active Aging Week kicks off Monday October 2nd and runs till Sunday October 8th. The annual celebration highlights the physically, socially, spiritually, emotionally, intellectually, vocationally and environmentally wellbeing of the those 50 and over. Join with Waltonwood as we celebrate Active Aging Week with daily events aimed at keeping our residents feeling their very best. With exercise classes to fitness assessments and educational seminars to hands on demonstrations each community will offer their own unique experience highlighting the different dimensions of wellness and how they can thrive at any age.



EXECUTIVE DIRECTOR CORNER
Angie Hanson

Fall is officially here! Falling leaves, crisp evenings, and trips to the Cider Mills. With the change in weather, also comes Cold and Flu season. Make sure to mark your calendars for October 17th when we will be having our Flu Clinic. Be sure to see Cheryl at the front desk to reserve your shot.

Now that Halloween is near, you may be seeing some spooky sights around Waltonwood Carriage Park. Be sure to come by and check out all the activities and fun. There is a party on the 31st. Bring the little ones in for some Halloween Happenings.

