



THANKSGIVING FAMILY MEAL

Please join us for our Thanksgiving Family meal!

Date: 11/18/23

Seating Times: 4:30pm, 6:00pm

Each resident is allowed up to 4 guests with a payment of \$15.00 per person. Children under 5 will be \$5.00.

These purchases must be paid at time of reservation using resident accounts, credit card or cash only. You can make a reservation by calling the Front desk and requesting the Culinary Service Manager at 734-981-7100 ext. 1113.

Please see Logan with any questions!



RESIDENT BIRTHDAY'S

John Sommer

11/5

Michele T.

11/18

Chuck Skinner

11/19

Julie S.

11/22



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!

CHERRY HILL CONNECT

NOVEMBER 2023



LIFE ENRICHMENT CORNER

Welcome to November Waltonwood Family!

Fall is in full swing and those cooler temperatures are upon us. There is so much to look forward to in the month of November and we are ready for the fun to begin!

Take a look at the outing section for our November outing list and see Logan with any questions!

We are also looking forward to our Thanksgiving family meal and celebrating with all of you and some delicious food!

We also want to take a moment to welcome our new residents! Welcome to the Waltonwood Cherry Hill family!



Redefining Retirement Living

SINGH

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Facebook: /WaltonwoodCherryHill

COMMUNITY MANAGEMENT

Tiffany Tucker
Executive Director

Sharde' Jones
Business Office Manager

Eirik Kauserud
Culinary Services Manager

Andrew Raudszus
Environmental Services
Manager

Krystal Sidibe
Independent Living Manager

Ebony Adams
IL Life Enrichment Manager

Logan Winton
AL Life Enrichment Manager

Ermira Sinani
MC Life Enrichment Manager

Renee Ralsky
Marketing Manager

Jasmine Fowlkes
Resident Care Manager

Ashley Jordan
AL Wellness Coordinator

Tierre Shaw
MC Wellness Coordinator

ASSOCIATE SPOTLIGHT

AL/MC Associate of the Month
Angelique

Thank you, Angelique, for all that you do for the residents and staff here at Waltonwood Cherry Hill. You are consistent, hard-working and kind. Your truly are a shining light in this community. We are so thankful to have you as a part of this team!

If you have someone you would like to nominate, please see Logan or Ermira.



Assisted Living Outing Opportunities for November

- November 7th- 1:30pm Fall Joy Ride
- November 8th- 12:00pm The Bomber Restaurant (Veteran’s Only)
- November 15th – 12:00pm Cracker Barrel
- November 21st – 11:00am Frankenmuth
- November 28th – 1:30pm Canton Public Library



Please see Logan to sign up.

NOVEMBER SPECIAL EVENTS

03

Our Kindness Council will be working on letters for Active Servicemen and woman with Operation Gratitude.

10

We will be honoring our Veteran’s with a ceremony.

14

For National Pickle Day with will make our own pickles and enjoy a pickle bar.

29

We will be joined by Becca for a paint pouring class. Spaces are limited.



OCTOBER HIGHLIGHTS

4

We celebrated Active Aging Week with a delicious plate of fresh fruit and vegetables!

13

Our Kindness Council worked hard on creating blankets for the Animal Shelter!



17

We tried our hand at a fun game of “Spooky Feel it Out”!

19

We enjoyed a delicious Fall Tea Tasting!



FOREVER FIT: FOCUS ON FITNESS

How Do You Feel?
How do you feel today? Seems like a simple enough question but if we’re not honest with ourselves sometimes our answers can lead us a stray. When we exercise our bodies adapt to the stress and strain, we put upon them with heavy breathing, elevated heart rate and tired burning muscles. This short-term discomfort consistently done over time is actually what produces long term positive, health adaptations for our body. Exercise however, should never be painful. There can be a very fine line between pain and discomfort and you need to be conscious of both. Sharp, stabbing, radiating pains and swelling are telltale signs of pain that you should never ignore. These sensations are our bodies was of telling us that it needs time to relax, rest and recover. The next time you exercise be honest with yourself, acknowledge that discomfort is common but pain has no place in your workout.

- Chris, Forever Fit Manager

EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends,
November has arrived! Hope you truly enjoyed our October festivities. We are looking forward to more fun this month. This is exciting and we are so happy to share that we continue to have wonderful participation with all activities and events. Thanks to many for your kind words and testimonials. This is always wonderful to hear while celebrating our success.

We truly value everyone's participation with the flu clinic. donations with Alzheimer's and all future donations for the holidays.. We look forward to our Thanksgiving meal with all of you this month on November 18th, It's going to be delicious!

As always it's a pleasure to hear from everyone. It's a pleasure to be of service and please feel free to contact me with any questions that you may have at Tiffany.tucker@singhmail.com