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RESIDENT & ASSOCIATE BIRTHDAYS

- Julia R. 3/23
- Margaret A. 3/7

Welcome to January

Welcome to Taste of Waltonwood

WCH community is inviting anyone who is interested to get to know what our senior living community offers to our residents. There will be delicious food and stations with tasty, infused water and amazing deserts made by our pastry chefs.

A Veteran’s Luncheon in our senior living community is a special event dedicated to honoring and celebrating the veterans among the residents. It will take place on January 11<sup>th</sup>, at 12:00 p.m. in the dining room of the independent living area.

This wonderful event provides not only a special menu with delicious dishes but also the opportunity to all of our veterans to share their military experiences with others.

A Veteran’s Luncheon in WCH community serves as a heartfelt expression of gratitude and recognition of the individuals who served our country.

March Birthdays

Birthdays are revered, and the community becomes a tapestry of celebration. Residents gather to honor one another; their spirits get lifted by the candle-lit cakes and the echoes of heartfelt wishes. Memory Care of WCH invites family to join us in the birthday celebration of their loved one, please refer to the life enrichment calendar of January for dates and times.

Birthdays celebrated, candles flicker, wishes fly,

A year older, but the heart forever young and spry.



CHERRY HILL CONNECT

MARCH 2024



Welcome March

March marks the arrival of spring and WCH senior living community often celebrates this season with various events. Decorations in common areas reflect the spring theme, bringing a sense of freshness and renewal to the community. In our community the month of March is a vibrant and dynamic time offering the residents a variety of events and activities to engage in. Here’s a description of what March will look like:

**Outdoor activities:** As the weather begins to improve there will be an increased focus on outdoor activities. Residents will have the opportunity to participate in nature walks, outdoor physical, cognitive, spiritual and emotional activities.

**Social events:** Socialization is crucial in our senior living community, and March provides a chance for residents to come together. Social events like themed parties, national days, drama club, Yahtzee club, coffee mornings, birthday celebrations, veterans’ luncheon, etc.

**Intergenerational events:** Read Across America will create the opportunity our seniors to interact with elementary school children through reading with them.

**Holiday Celebrations:** March offers all of us St. Patrick’s Day and Easter to celebrate and WCH community organizes themed events and festive meals to celebrate these occasions. Residents will participate in crafting activities to create decorations and enjoy special menus in the dining areas.

**Cultural and Entertainment Events:** Our community often arranges cultural and entertainment events such as musical performance, movie nights, happy hours, sing along. These events offer residents opportunities for cultural enrichment and entertainment.

Overall, March in our senior living community will be a lively and inclusive month, focusing on the well -being, social connections and engagement of residents.

Happy March!



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COMMUNITY MANAGEMENT

Tiffany Tucker  
Executive Director

Sharde Jones  
Business Office Manager

Jarret Moore  
Culinary 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

Tierra Shaw  
Wellness Coordinator



FRIENDS & FAMILY REFERRAL PROGRAM!

\$3,500 RESIDENT REFFERAL 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!



MARCH SPOTLIGHT

ASSOCIATE SPOTLIGHT

The “Associate of the Month” is like a special award at WCH community. It’s given to someone who reflects her/his exceptional dedication, compassion and the positive impact the associate has on the lives of the residents and the community as a whole. The caregiver receiving this recognition, Sukhveer Gill has consistently demonstrated excellence in her duties and exhibited a genuine commitment to enhancing the quality of life for seniors.



FEBRUARY HIGHLIGHTS

9

Our Valentine’s Day live entertainment at WCH was a heartwarming, festive atmosphere. Residents enjoyed a variety of musical genres from romantic tunes to nostalgic melodies adding to the overall celebration of love.

13

A Mardi Gras celebration was a festive event that brought residents together for a day of joy, music and colorful festivity. The dominant colors of décor and masks, purple, green and gold, the lively dance and music, and the mouth -watering, sweet doughnuts and themed-crafts were the participatory elements of this celebration.

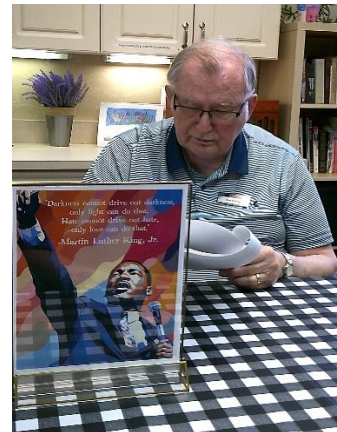


27

The Cooking Together class encourages residents to participate in the pizza – making process. Residents enjoyed the hands – on activity of pizza preparation and socialization, also.

29

In celebration of Black History Month, residents gathered for a special reading of MLK’s iconic speech. The reading served a meaningful tribute to the civil rights leader, promoting dialogue of the historical significance of his contribution.



MARCH SPECIAL EVENTS

6

The Cooking Together Class brings residents together again for a delightful session of making Oreo Balls. The recipe involves crushing Oreo cookies, blending them with cream cheese and forming bite-sized balls, creating a sweet and enjoyable activity. It’s a fun, social event that encourages culinary creativity.

7

In celebration Read Across America month, seniors from our community are taking a special trip to an elementary school to read with the children. This intergenerational reading event promotes literacy and fosters meaningful connections between seniors and young students.



17

Our St. Patrick’s Day will be filled with excitement as residents engage in a Happy Hour with Shamrock shake and Leprechaun scavenger hunt. This interactive activity encourages a sense of adventure and camaraderie, fostering a joyous atmosphere.

23

Our Easter Family Brunch will be a heartwarming event that brings together residents and their families for a joyous celebration. The Brunch will be held in a festive, decorated setting. Families will gather to enjoy quality time, share a delightful meal and create cherished memories.



Dear residents, families and friends,  
  
March has arrived! Spring is on the horizon!

I am looking forward to this season and spending it with all of you. I hope you continue to enjoy all of our calendar events and ADVENTURES. Please see the activity calendars for additional information this month. It’s always a pleasure to hear from everyone. As always, I’m available for updates within the community, this is also an opportunity for me to hear from all of you. We are also thankful to all for your participation with the surveys. Most of you have shared, how helpful the communication has been! We celebrate our success with offering good communication and updates for Waltonwood Cherry Hill.

Events approaching are inclusive to Taste of Waltonwood, Read Across America and much more...

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](mailto:Tiffany.tucker@singhmail.com)

Forever Fit

Rest and Recharge

We know how important diet and exercise can be on our overall health, but did you know there’s a third factor just as crucial. The rest we get, in particular the sleep we get lays the foundation for how our bodies recharge and repair. Aiming for 7-9 hours of night shut eye can improve your immune system, help lower the risk of heart attack and stroke, reduce the risk of dementia and promote health weight management. This March aim for better bedtime habits. Put down the book, unplug from your phone and TV and make sleep a top priority to help improve your overall health and wellbeing.