

Celebrating Women’s History Month

This month, as we embrace the spirit of Women's History Month, we're delighted to share our exciting lineup of events and activities dedicated to honoring the remarkable women among us. Throughout March, we're celebrating the indomitable spirit, resilience, and achievements of women from all walks of life. Here's a glimpse of what we have planned:

🌿 **Highlighting Extraordinary Women Among Us:** We're dedicating this month to spotlighting the lives and accomplishments of the incredible women on our staff and among our cherished residents. From groundbreaking career achievements to inspiring personal stories, get ready to be inspired by the incredible journeys of the women who call our community home.

🎵 **Melodies of Inspiration:** Join us for an enchanting afternoon filled with the soul-stirring tunes of Laura while she performs on her harp. Let her melodies uplift your spirits and celebrate the creativity and talent of female artists.

🍷 **Women, Wine, & Wellness:** Take a moment to indulge in some well-deserved pampering at our "Women, Wine, & Wellness" day. Treat yourself to rejuvenating spa treatments, engaging wellness workshops, and of course, delightful wine tastings. It's the perfect opportunity to prioritize self-care and connect with fellow female residents in a relaxed and supportive environment.

🎂 **Happy Birthday Barbie!** Join us as we celebrate an icon of femininity and empowerment – Barbie! It's Barbie's birthday, and we're throwing a fabulous party in her honor. Dust off your favorite Barbie memories and join us for a day of nostalgia, fun activities, and perhaps even a fashion show featuring our very own Barbie-inspired creations!



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!

MAIN CONNECT

MARCH 2024



As we step into the month of March, filled with the promise of spring and new beginnings, we reflect on the wonderful memories and experiences shared in February. The past month was brimming with vibrant celebrations and heartwarming gatherings that truly brought our community together.

Throughout February, we honored the rich cultural heritage and contributions of African Americans with a series of engaging events. From a delightful beer tasting featuring craft brews inspired by African American brewers, to a mouthwatering barbecue sauce making demonstration and tasting, and culminating in a soulful fried chicken dinner, we immersed ourselves in the flavors and traditions that make Black history so extraordinary.

Our community came alive with the colorful festivities of Mardi Gras! Residents and staff donned their most dazzling masks for a lively parade through our halls, spreading joy and revelry wherever they went.

Valentine's Day brought an abundance of love and joy to our community. We celebrated the bonds of friendship and companionship with a delightful party filled with sweet treats, heartfelt cards, and plenty of smiles. It was a beautiful reminder of the love that surrounds us each and every day.

Our family bingo night was an absolute hit! Residents and their loved ones came together for an evening of friendly competition, laughter, and shared memories. The room was buzzing with excitement as lucky winners claimed their prizes, but the true prize was the precious time spent together as a community.

As we embark on a new month, filled with anticipation for the adventures that lie ahead, let's carry the spirit of unity and celebration that defines our community. Together, we'll continue to create cherished moments and unforgettable experiences that make Waltonwood Main truly special.



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FEBRUARY HIGHLIGHTS

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We celebrated Black History Month with a Culinary Tour, including a Beer Tasting in honor of Master Brewer, Peter Hemings

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Mardi Gras: Our Parade through the community was lively and festive!

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Family BINGO Night! We wrapped the month up enjoying an evening of family, fun, and prizes! Thank you to all who joined and helped to make this a successful event!



COMING SOON

Join us for Easter Brunch!

Waltonwood Main will be hosting an Easter Brunch and Egg Hunt for resident families on Sunday, March 24th, starting at 10am. Please RSVP with the front desk!

Welcome!

In February, we welcomed our new Activities Assistant & Community Driver, Kristin!

Kristin is a mother of two beautiful daughters and has spent most of her life right here in Rochester. She brings to us her many talents including her background as an Art teacher and creative entrepreneur. We are so excited to have her on the Waltonwood Life Enrichment team and can't wait for you all to get to know her!



Transportation Program Roll-Out

On March 27th in the Activities Room we will be rolling out our new transportation program. We encourage residents to attend this presentation to learn about the process of requesting rides, attending outings, and joining us on weekly trips to the store. Please come with any and all questions!



MARCH

Quality Sleep

Aiming to get 7 - 9 hours of sleep per night can help to heal both the body and mind.

Good sleep routines have been shown to:

- Lower the risk of dementia
- Bolster the immune system
- Improve emotional well-being
- Increase overall longevity

To help you get quality sleep:

- Follow a regular sleep schedule and bedtime routine
- Keep your bedroom at a comfortable temperature
- Avoid eating large meals close to bedtime

ForeverFit

EXECUTIVE DIRECTOR CORNER

I am thrilled to share some exciting here at Waltonwood Main! We've been diligently working to enhance our residents' experience, and we're delighted to introduce several new programs that are already enriching their lives in meaningful ways. Our Men's Club provides a welcoming space for our male residents to connect, share stories, and engage in activities tailored to their interests. Meanwhile, our Gardening Club fosters a love for nature and provides therapeutic benefits as residents cultivate beautiful blooms and fresh produce. For those with a passion for baking, our Baking Club offers a delightful opportunity to whip up delicious treats and share recipes. Additionally, the launch of our Resident Ambassador Program, empowering residents to take an active role in welcoming newcomers and fostering a sense of community. These initiatives reflect our commitment to providing diverse and fulfilling experiences for our residents, and we look forward to seeing the positive impact they will continue to have. Thank you for your continued support and involvement in our community.

Haylee Hutchison, CALD | Executive Director