



COOKING DEMONSTRATIONS

- 01** April Fools' Prank Snack 3pm
- 15** Veggie Food Craft 2pm
- 22** Earth Day Dirt Dessert 2pm
- 29** Passover Sedar 3pm

COMMUNITY COMMUNICATION



RESIDENT BIRTHDAYS

Happy 91st Birthday Barb 4/12

UPCOMING EVENT!!

Please mark your calendars for Camp Waltonwood 7/26 from 4:30-7:30. This is a wonderful family event.



FRIENDS & FAMILY REFERRAL PROGRAM!

\$3500 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!

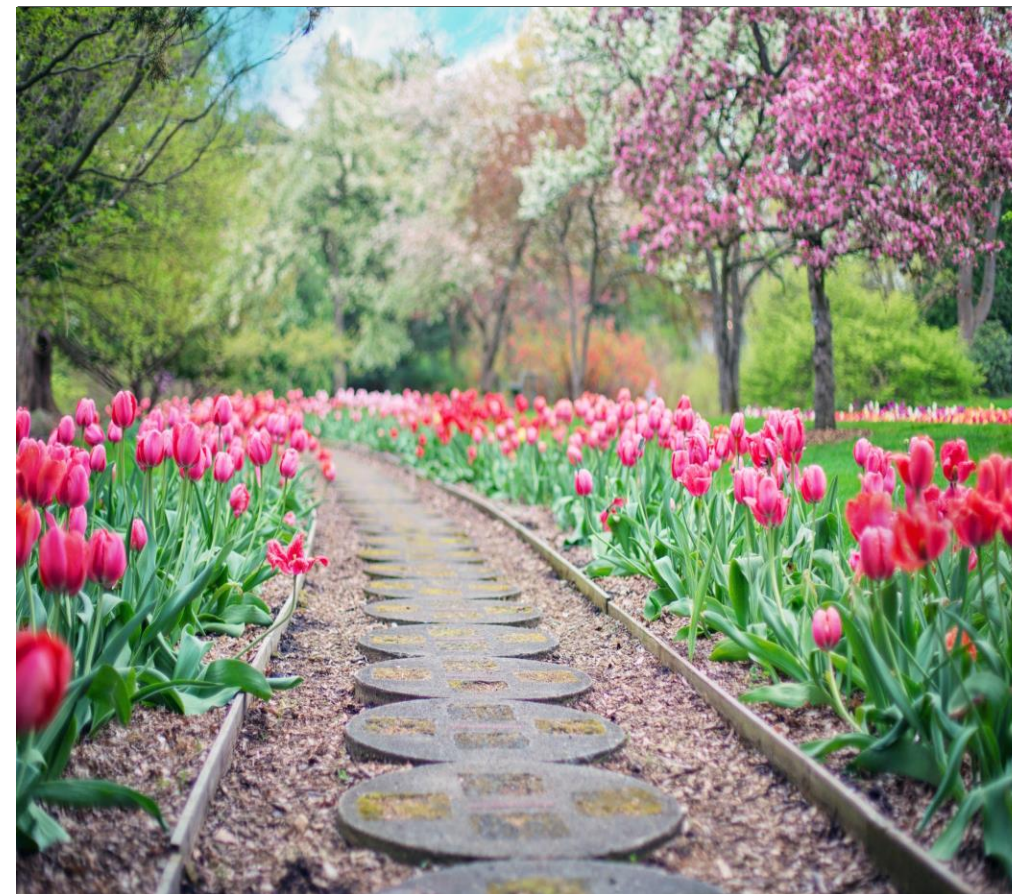
TWELVE OAKS CONNECT

APRIL 2024



SINGH

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www.waltonwood.com | 248-735-1030
 Facebook: /Waltonwood Twelve Oaks



"April is the promise that May is bound to keep." Hal Borland

We are patiently waiting for Spring to appear in our courtyard so that we can sit on our patio and enjoy the sunshine, breezes and birds. We are also hoping that our hummingbird couple will return.

We'll start the month out by tickling their funny bones as we have some laughs on April Fools' Day. They will have a prank snack, that hopefully they will enjoy. Next, we'll swing into the Tigers Opening Day on 4/8. Throughout the month we'll continue our cultural and religious exploration as we talk about Ramadan and Passover. Earth Day is on 4/22 and we'll enjoy many interesting opportunities and a fan favorite, dirt dessert. Right after that we will celebrate our amazing volunteers, who bring so much joy to the residents. I would like to take this opportunity to thank Erin, who comes in for a weekly sing along as she plays the piano. Michelle and Tino were a wonderful addition to our pet therapy program and the residents just love them. We are also so grateful to Ann, who brings her dog Sydney to make the residents' days'. We'll end the month with Arbor Day and hopefully we'll have a beautiful day to walk around the community and look at all the amazing trees that we have on our property.

As always, we appreciate your continued support. Happy spring!

COMMUNITY MANAGEMENT

Joe Whitney
Executive Director

Deanna Hite
Business Office Manager

Montel Ross
Environmental Services Manager

Alyssa "Lee" Tobias
Independent Living Manager

Alecia Greenberg
Life Enrichment Manager

Heather Laskos
Marketing Manager

Marketing Manager
Casey Hess

Resident Services Manager
Latonya Warlix

Wellness Coordinator
Tynesha Cobb

Wellness Coordinator
Priyanka Ghelani

March 2024
ASSOCIATE SPOTLIGHT-MAURICE HUNTER

Maurice Hunter is the newest member of the Marketing Team. He is the Move-in Coordinator and we are so happy to have him here! Maurice grew up in Romulus, and went to Monroe High School. After high school he went to Trine University in Indiana where he played basketball and received his degree in Exercise Science.

After college Maurice started working in the sales field. He decided that it was time for a change of pace and wanted to work with a different demographic and make a positive impact where he worked, which brought him to WTO.

Maurice loves listening to music. During his free-time he enjoys working out and hanging out with his mom and little brother.

We are so happy to have Maurice's positive energy and eagerness to learn about the residents, and look forward to him continuing to assist in growing our community.



MARCH HIGHLIGHTS

05 ^{with} **Reading Across America Event.** What a great experience this was for the residents and kids. The residents read Lilly's Purple Plastic Purse to the students.

07 **March Birthday Celebration.** It was so wonderful to celebrate our March birthdays for Tom, Beth and Eileen.



15 **St. Patrick's Celebration.** Everyone was Irish on this day as we celebrated with Irish River Dancing, music and merriment. The residents enjoyed finding Lucky the leprechaun a few days before.

21 **Senior Academy Awards.** The residents felt so special as they walked into our Senior Award Ceremony and they were met by the paparazzi to take pictures of the. Everyone was given a certificate saying what makes them special, along with a toast.



FOREVER FIT

Fit & Flexible

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use them as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension not to the point of pain
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury

TRANSPORTATION INFORMATION

Come join us for our enriching outings. We are so excited for you to meet our new bus driver Andrea.

- Tuesday, April 2 at 1 pm-Petland & Pretzels.
- Tuesday, April 9 at noon-Czapski's Polish Restaurant.
- Tuesday, April 23 at 1pm-Kindness Council Trip to English Gardens for Volunteer Appreciation.
- Tuesday, April 30 at 1pm-Walled Lake & Ice Cream



APRIL SPECIAL EVENTS

05 **Tigers Home Opener.** We'll have peanuts and Cracker Jacks to enjoy as we watch the Tigers vs Oakland at 2pm.

08 **Solar Eclipse.** Let's grab our solar protective glasses and hope it's a clear day for us to see part of the solar eclipse.

22 **Earth Day.** This will be a day of fun talking about Mother Earth and all that we can do to save her. Also, about what amazing creatures there are. We'll go on a scavenger hunt and make Dirt Dessert.

29 **Passover Sedar.** Join us as we have a Passover Sedar and enjoy traditional foods like matzoh and macaroons. We'll discuss the connection between a Sedar and the Last Supper.



EXECUTIVE DIRECTOR CORNER-Joe Whitney

Camp Waltonwood! It is that time again and Camp Waltonwood is scheduled for July 26th. This is a wonderful event put on by the Waltonwood Life Enrichment Team. We are looking for children and grandchildren that would like to participate in the camp. It is a wonderful event to bring together many generations. Please Mark your calendar for 7/26 from 4:30-7:30 pm and if you have any questions, please speak with Basma, Alecia or Stefanie.