

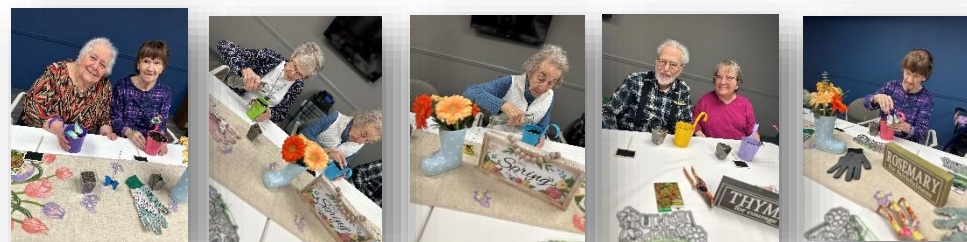
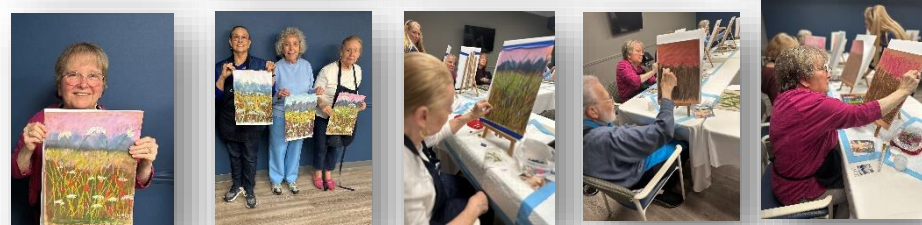


## Celebrating

Josie V. 4/10  
 Barbara P. 4/22  
 Ed M. 4/22  
 Helga B. 4/23  
 Viv W. 4/24  
 Duane H. 4/28  
 Liyod P. 4/30

Wishing you a very  
 Happy Birthday!

## March Recap



# Twelve Oaks Connect

APRIL 2024

27475 Huron Circle, Novi, MI 48377  
[www.waltonwood.com](http://www.waltonwood.com) | 248-735-1500  
 Facebook: /WaltonwoodTwelveOaks



**Save the Date!!!!**  
 Friday | July 26<sup>th</sup>, 2024

4:30-7:30 PM

Camp Waltonwood is just around the  
 corner

You and your grandchild(ren) are invited  
 for a day at camp that includes s'mores,  
 campfire, sing along, games for the entire  
 family with dinner in the dining hall.



## COMMUNITY MANAGEMENT

**Joe Whitney**  
 Executive Director

**Deanna Hite**  
 Business Office Manager

**Jacob Chamberlain**  
 Culinary Services Manager

**Alyssa Tobias**  
 Independent Living Manager

**Montell Ross**  
 Environmental Services Manager

**Heather Laskos**  
 Marketing Manager

**Casey Hess**  
 Marketing Manager

**LaTonya Warlix**  
 Resident Care Manager

**Priyanka Ghelani**  
 Wellness Coordinator

**Tynasha Cobb**  
 Wellness Coordinator

**Basma Jirjis**  
 Life Enrichment Manager (IL)

**Alecia Greenberg**  
 Life Enrichment Manager (MC)

**Stefanie Jones**  
 Life Enrichment Manager (AL)



**\$3,500 RESIDENT REFERRAL BONUS**  
 Limited Time Only!

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!

FRIENDS & FAMILY REFERRAL PROGRAM!



**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.

## MARCH HIGHLIGHTS

**04** Craft with the Novi library  
Craft with Emma from the Novi Library

**17** St. Patricks Day Fun  
Join us for a fun St. Pattys day activities; bingo, trivia & green beer social hour!



**22** African Safari- Ohio  
Lets take a trip to see the wildlife

**29** Good Friday  
Visiting 7 churches for good Friday



Please keep in mind that all scheduled activities are subject to change depending on the current situation. Things may be added or removed. Please look for updates on the screen and on your ledges for any changes.



We now have a nail technician that will come in every other Thursday

10:00-2:30pm in the Hobby Room

Marla's Mobile Miracles

Services:

Clip & File \$20 | Regular Polish \$25

Cash or Check



**Transportation is now available!**

**Thursdays ONLY**

Requests are required at least 2 weeks in advance and are scheduled based on availability. Please schedule your appointment with some flexibility as we may be up to 15 minutes early or late depending on traffic and other passengers.

## APRIL SPECIAL EVENTS

**09** America Says  
Join us for a fun game show!!

**10** Ping Pong Tournament  
1<sup>st</sup> Day of our doubles/ singles ping pong tournamnet

**22** Earth Day  
Clean up the community and have lunch in the gazebo

**24** Kindness Council: drop off day  
Dropping off love kits to help women & young girls alleviate their hygiene needs



## FOREVER FIT/WELLNESS

### 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 lose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use than 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
- Breathe! Inhale before the stretch, exhale upon it and breather normally while holding the movement.

### EXECUTIVE DIRECTOR CORNER

**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. Mark your calendar and if you have any questions, please speak with Basma, Alecia or Stefanie.

- Joe Whitney