



MARCH HIGHLIGHTS

LIVING HISTORY WITH LINCOLN



MARDI GRAS



COMEDY FAMILY NIGHT



DRUM CIRCLE MUSICAL THERAPY



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

TWELVE OAKS CONNECT

APRIL 2024



Redefining Retirement Living

SINGH

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www.waltonwood.com | 248-735-1030
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APRIL BIRTHDAYS

4-3 MARTHALEE V

4-5 MARION W

4-27 TINA D

We will Celebrate ALL APRIL Birthdays on APRIL 11th at 3:00 pm

All are Welcome!



"Spring is April's way of saying, 'Let's, Bloom.'"

(author unknown)

We are looking forward to putting a "spring" back in our step when we kick off our walking club on **National Walking Day**. We hope Mother Nature will cooperate so we can get a nice stroll around our property and see all the flowers in bloom.

April is also about new beginnings. So, for our Tiger fans there is nothing more exciting than baseball season. So, don your *Tiger Spirit Wear*, grab a box of Cracker Jack's and let's cheer on our **Detroit Tiger's during their Home Opener on Friday, April 5th!**

Other springtime favorites will include visiting the baby farm animals at Kensington Park on **National Farm Day** and playing in the dirt with a planting project on **Earth Day**.

Join us on April 29th as we count our blessings and celebrate the Jewish Holiday of **Passover**.

This month is filled with numerous National Days and Celebrity Birthdays and we would be amiss if we didn't take advantage of these fun and educational opportunities. So, don't forget to review the calendar for all the extra "special" events planned for this month.

Here at Waltonwood, we are blooming into action, where there is something for everyone!

COMMUNITY MANAGEMENT

Joe Whitney
Executive Director

Deanna Hite
Business Office Manager

Montell Ross
Environmental Services Manager

Jacob Chamberlain
Culinary Services Manager

Alyssa "Lee" Tobias
Independent Living Manager

Stefanie Roland-Jones
Life Enrichment Manager

Heather Laskos
Marketing Manager

Casey Hess
Marketing Manager

LaTonya Warlix
Resident Care Manager

Tynesia Cobb
Wellness Coordinator

Priyanka Ghelani
Wellness Coordinator

ASSOCIATE SPOTLIGHT- MAURICE HUNTER

Maurice Hunter is the newest member of the Marketing Team. He is our 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.

TRANSPORTATION INFORMATION

Join us this month as we venture out to....

April 10	Kroger Grocery Store
April 10	Kensington Farm Center (National Farm Animals Day)
April 10	Walk in the Park (Maybury)
April 17	Kroger Grocery Store
April 17	Roush Automative Collection (Ford Mustang Day)
April 26 (Friday)	Kroger Grocery Store
April 26 (Friday)	Lunch Outing: Guernsey's

The bus is available for Transportation on **Thursday** for Doctor's Appointments.

MARCH HIGHLIGHTS

6

Our **Helping Hands** program is growing...3 tables strong!!! *Many hands light work!* We meet on Wednesday afternoon, stop by and check us out!

13

Oh we had such a wonderful afternoon visiting the *Northville Christian School* for our **Read Across America** event! I'm not sure who enjoyed it more!



15

Everyone was Irish Today during our **St. Patrick's Day** celebration!

19

We had another lovely visit from Leah and the girls. They helped us celebrate **Purim** by listening to the story of Esther, games and of course Hamantaschen cookies!



FOREVER FIT – FIT AND 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. 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 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

APRIL SPECIAL EVENTS

8

Join us as we learn, **“Why the 2024 Solar Eclipse is so Important”** during our **Ed Program**. Glasses will be provided so we can go witness this rare phenomenon.

12

“Fun with You” Fondue combines the fun of playing with our foods, getting to know our neighbors while *celebrating National Cheese Fondue Day*.

19

Stu Johnson is back this month to share his love of music during this Month's **Ed Talk: “Sinatra” part 1**

24

Kyle is back this month for another edition of his **Travelogue: “Where in MI am I?”**



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