



Musical Highlights This Month

1

1:00 pm Carol Jean Sing Along

2

2:30 pm Bobby G

10

2:00 pm Charlene

16

6:00 pm Kevin Wills

26

2:00 pm Billie McAllister

Join us for Adventure by Waltonwood

"Adventure by Waltonwood is our next-level, personalized, life enrichment offering. It goes beyond the community, group-based programming," said Lindsay Charlefour, director of life enrichment at Waltonwood. "It is a company-sponsored program that encourages residents to live their best life by pursuing experiences that are meaningful to them." Assisted Living Resident Tom Essenmacher recently attended the Detroit Red Wings game at Little Ceasars arena. Tom grew up in Dearborn and recalls playing hockey at local parks as a child and watching Red Wings Hockey at Olympia with his brothers. It has been many years since he was able to see a live game, so when the opportunity for attendance came up, he could not turn it down! Tom and his son Brian were able to arrive at the arena early for a VIP tour of arena, coney dog lunch and of course a thrilling Red Wings victory! If you are also interested in a personalized Adventure outing, please speak to Donna Donakowski in Life Enrichment.

UNIVERSITY CONNECT

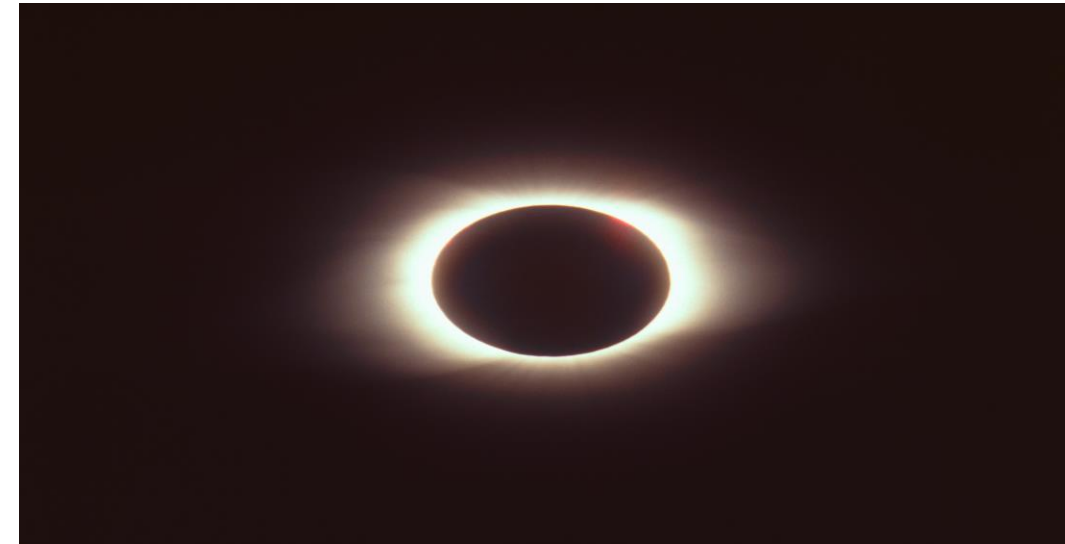
APRIL 2024



SINGH

3250 Walton Blvd, Rochester Hills, MI 43309
www.waltonwood.com
248-375-2500

Total Solar Eclipse April 8th, 2024



A total solar eclipse will take place on Monday, April 8, 2024, visible across North America and dubbed the Great North American Eclipse. A solar eclipse occurs when the Moon passes between Earth and the Sun, thereby obscuring the image of the Sun for a viewer on Earth. A total solar eclipse occurs when the Moon's diameter appears larger than the Sun's, blocking all direct sunlight, turning day into darkness. Totality occurs only in a narrow path across Earth's surface, with the partial solar eclipse visible over a surrounding region thousands of miles wide.

The longest duration of totality will be of 4 minutes and 28.13 seconds near the Mexican town of Nazas, Durango. This eclipse will be the first total solar eclipse to be visible in the provinces of Canada since February 26, 1979, the first in Mexico since July 11, 1991, and the first in the U.S. since August 21, 2017. It will be the only total solar eclipse in the 21st century where totality will be visible in Mexico, the United States, and Canada. It will also be the last total solar eclipse visible in the Contiguous United States until August 23, 2044.

The final solar eclipse of the year will occur six months later, on October 2, 2024. The totality of the October solar eclipse will be visible in a narrow strip on the Pacific Ocean passing 230 miles north of the Marquesas Islands and later in North America, beginning at the Pacific coast, then ascending in a northeasterly direction through Mexico, the United States, and Canada, before ending in the Atlantic Ocean.

Waltonwood Assisted Living will host a Total Eclipse Party to celebrate this unique astronomy event at 3pm on April 8 in the Activity Room.

COMMUNITY MANAGEMENT

Jonathon Hills
Executive Director

Aaron Nash
Culinary Services Manager

Taylor Crowe
Environmental Services Manager

Katelyn Pescola
IL Life Enrichment Manager

Donna Donakowski
AL Life Enrichment Manager

Celeste Roth
Marketing Manager

Derricka Mason
Resident Care Manager

Tammy Collins
Business Manager

BIRTHDAYS

Residents:

Lois Reed 4/6

Jane Grzb 4/13

Pat Maynard 4/14

Staff:

Katelyn Pesola 4/6

Myron Quinn 4/6

Giselle Martinez 4/13

Paige Culver 4/16

Niyea Jones 4/19

Sandra St. Clair 4/25



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!



Employee Spotlight

My Name is Raeshal Matey but I go by Rae. I have worked for Waltonwood for the past 4 years, starting out as a Marketing Manager for the Sterling Heights location, Waltonwood Lakeside. Most recently I have moved into a new role as a Floating Marketing Manager supporting both Rochester locations, Waltonwood Main and Waltonwood University. In my spare time I am usually out on the lake or playing with my two Australian Shepherd dogs Nova and Tucker. I'm a newlywed to my husband, Andrew and we just celebrated our 2-year wedding anniversary. I am from and currently live in Clarkston, MI and have lived in Michigan for most of my life. I have enjoyed my time spent at Waltonwood University and am happy to be a part of this great community/family!

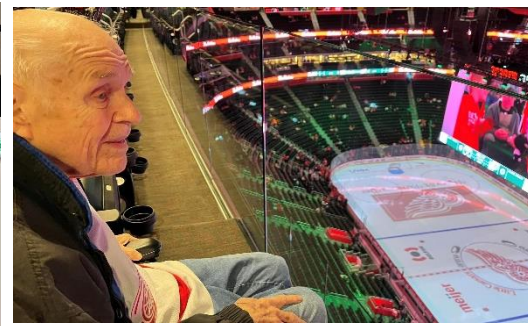
March Highlights

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St. Patrick's Day Crafts

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Adventure Waltonwood



22

Fruit Infused Water Bottles

26

Bordine's Outing



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 with no bouncing, jerking or force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breather normally while holding the movement.

Special Events and Outing

Got an heirloom that brings back good memories? Want to share stories about a souvenir you purchased on your favorite vacation? Do you own something which belong to your parents? Being your item to our "Antiques" Show and Tell Social Gathering on April 9th. Share stories about your item and learn about interests of others. Beverages and snacks will be provided.

On April 17th we will travel to Cranbrook Science Center to learn about "Bats" through their Interpretive program. Residents can also tour the rest of the museum which features information on other wild creatures, fossils and a comprehensive rocks and minerals display.

Earth Day is April 22. We hope to use that as our courtyard planting and clean up day. Residents are encouraged to participate and share their favorite flower/planting suggestions.

April

8

Solar Eclipse

9

"Antiques" Show and Tell Social Gathering

17

Cranbrook Science Center

22

Earth Day Pansy Planting



Happy April to all as we welcome our rain showers to bring us our beautiful May flowers! As we experienced a chilly end of March, we look for the sun to shine and bring some warmth to our spring season. As we look ahead into this month, our plan is to start our outdoor grooming of the campus grounds so the community will show better than ever! Over the next few weeks, our seasonal flowers and plants will be planted throughout the entrances and around the courtyards. We will also look to open our courtyard seating! These projects are what make the community really stand out and show its amazing features. The community also looks to utilize our raised flower beds. We had such a great turnout from our gardening groups last year, we can't wait to see what's in store this year!