

Happy Birthday



RESIDENT BIRTHDAY'S

4/23: Judy S.

DOCUMENTARY SATURDAY'S

4/6
3:30PM

Above the Best

Army Aviators say they fly "Above the Best", this film shows the lengths these aviator heroes will go to, to protect the soldiers on the ground, and each other during intense combat in the most dangerous places on Earth.

4/13
4PM

Wildest Places: Coral Cities

The Pacific Ocean's mysterious deep-sea terrain is as varied as the land mirrored above. From hulking sea mounts, island atolls, and lagoons, to a monumental network of a barrier reef so long it can be seen from space, the complex ecosystems of reefs are the lifeblood of the Pacific Ocean.

4/20
4PM

Circus Kids: Our Secret World

In this eye-opening documentary, we meet kids whose families stretch back 16 generations in the circus and others who have run away to follow their Big Top dreams. These kids are professional performers by the time most children start school, and enjoy a freedom that other kids could only dream of - but away from the bright lights of the Big Top, they live off-grid at an unforgiving pace.

4/27
4PM

Babe Ruth: The Man, The Myth, The Legend

With rarely seen archival footage and personal accounts from Babe Ruth's roommate Jimmie Reese, host Mel Allen paints a portrait of a man who became a true baseball legend.

All documentaries are shown in the Movie Room.



\$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!

CHERRY HILL CONNECT

APRIL 2024



Redefining Retirement Living

SINGH
42500 Cherry Hill, Canton, MI 48187
www.waltonwood.com | 734-335-1102
Facebook: /WaltonwoodCherryHill



APRIL OUTING OPPORTUNITIES

April 2nd 1:30PM Joy Ride
Enjoy a scenic drive around Canton and the surrounding communities!
Cost: None

April 9th 1:00PM Roush Automotive Museum
Enjoy an afternoon of model cars and more!
Cost: None

April 10th 12:45PM Imagine Theater
Enjoy an afternoon at the theater watching *Some Like it Hot!*
Cost: None

April 16th 12:00PM Shakers Bar and Grill
Enjoy some good food and good company!
Cost: Per person depending on meal purchase

April 23rd 3:00PM Joy Ride
Enjoy a scenic drive around Canton and the surrounding communities!
Cost: None

April 30th 1:30PM Target
Enjoy a beautiful afternoon of shopping!
Cost: None



Please see Logan to sign up.

COMMUNITY MANAGEMENT

Tiffany Tucker
Executive Director

Sharde' Jones
Business Office Manager

Joel Vassallo
Culinary Services Manager

Jamaal Saleh
Environmental Services
Manager

Krystal Sidibe
Independent Living
Manager

Ebony Adams
IL Life Enrichment
Manager

Logan Winton
AL Life Enrichment
Manager

Ermira Sinani
MC Life Enrichment
Manager

Renee Ralsky
Marketing Manager

Resident Care Manager
AL Wellness Coordinator
MC Wellness Coordinator

ASSOCIATE SPOTLIGHT

AL/MC Associate of the Month
Ashland

Thank you, Ashland, for all you do here at Waltonwood Cherry Hill. You are a constant source of joy for so many of the residents and staff. You are so appreciated and we are so lucky to have you as a part of our Cherry Hill family.

If you have someone you would like to nominate, please see Logan or Ermira.



LIFE ENRICHMENT CORNER

Welcome to April Waltonwood Family!

Camp Waltonwood is quickly approaching and we are getting so excited! It is our annual intergenerational event for residents and the children in their lives. Waltonwood Cherry Hill will be hosting ours on Saturday, June 29th! Save for date for a fun-filled experience with the children you love!

Please see a Life-Enrichment team member for more information.



SAVE THE DATE!

Hosted by the Residents of Waltonwood Cherry Hill for Children Ages 4-11

Saturday, June 29th

42600 Cherry Hill Road
Canton, MI 48187

For more information follow us on Facebook:
www.facebook.com/WaltonwoodCherryHill
or contact our community at 734-981-5070

MARCH HIGHLIGHTS

06

Residents enjoyed a fun-filled Oreo taste test in honor of National Oreo Day!

13

Residents got creative and made their own Leprechaun Hat out of a terracotta pot!



20

Residents enjoyed a presentation by Brian of Wild Birds Unlimited on the top 20 feeder birds of Michigan.

21

Residents had a blast at Field Elementary School in honor of Read Across America!



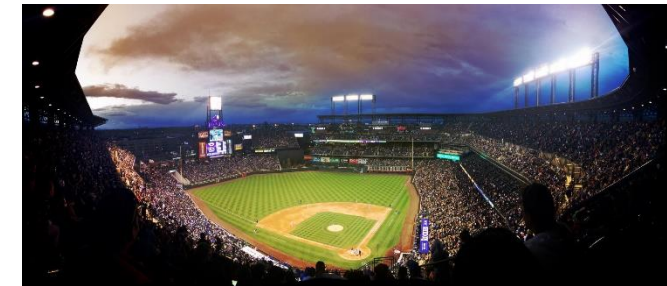
APRIL SPECIAL EVENTS

05

Residents will enjoy a Tiger's Opening Day Social!

08

Residents will gather to watch a Solar Eclipse and eat delicious moon pies!



20

Residents will try their luck in a new game called Human Hungry Hippos!

28

Residents will enjoy a fun book exchange in honor of National Book Day!



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 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.

- Chris, Forever Fit Manager

EXECUTIVE DIRECTOR CORNER

Dear residents, families, and friends,

Happy Spring! This is my favorite season and we are looking forward to some fun seasonal activities with all of you. In the months ahead may the sunshine be contagious with continuous smiles, fun and laughter. We have so much to look forward to in April. Please see the activities calendar for additional information. Thank you for your patience while we continue to work together and gather more insight on activities of your interest. Please be encouraged to attend exercise and all planned activities. We hope you all enjoyed our Taste of Waltonwood event.

As always, we appreciate all of the wonderful compliments shared with the team. It's a pleasure to be of service and please feel free to contact me with any questions that you may have at Tiffiany.tucker@singhmail.com