

The Waltonwood Experience

Waltonwood Royal Oak is thrilled to announce an exciting October filled with engaging activities for our residents. Active Aging Week will take place from September 30th to October 5th with a week of wonder and fun activities. We are delighted to introduce a new book club, starting October 2nd, with the captivating read "Everyone Here is Lying" by Shari Lapena. This book club promises lively discussions and shared literary experiences beginning with our book discussion day on October 29th.

As part of our cultural enrichment, on October 10th, we will embark on a trip to the Detroit Institute of Arts for a live music concert.

On Saturday, October 12th from 1-3 we invite residents and their families to join us for a delightful day of cider, donuts, pumpkin painting and more. Come on out to make cherished memories together.

Additionally, on October 14th, we are proud to celebrate Breast Cancer Awareness Month by encouraging everyone to wear pink, showing our support for those affected by this important cause. Get ready for an unforgettable October at Waltonwood, where every moment is filled with joy, learning, and community spirit.

ROYAL OAK CONNECT

OCTOBER 2024



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www.waltonwood.com | 248-549-6400
Facebook: /WaltonwoodRoyalOak

October Birthdays

Residents

- Joyce H. 10/01
- Daniel R. 10/10
- Jeffery G. 10/17

Associates

- Patricia R. 10/21

New Residents

- Richard B.
- Jack A.
- Larry R.



The Perfect Pretzels

Harvest festivals with a Germanic tradition are called Oktoberfests, fun celebrations that often include big, soft pretzels. These fall festivities honor the bounty of the autumn season. They are typically held on October weekends in communities across the United States and other parts of the world. Oktoberfests are renowned for their beer halls, music, and other entertainment. But also, they are hard to beat for the delicious German food that's typically served- -sausages, wiener schnitzel, spätzle, sauerkraut, German potato salad, and most iconic of all, Bavarian pretzels. Interestingly, the first pretzel is thought to date back to AD 610, when an Italian monk created the twisted shape of soft bread to symbolize hands crossed in prayer across the chest. The name pretzel comes from the Latin word *bracellae*, which means "little arms." *Bracellae* became *bretzel* in German until it morphed into today's term, pretzel. Pretzels are also associated with love. In the 1600s, Swiss noblemen began the tradition of breaking a pretzel with their brides on their wedding day - a possible origin of the idiom tying the knot. Join us for the perfect pretzels on October 13th for Waltonwood Royal Oak's Oktoberfests celebration with live music by Helmut Kolke.

COMMUNITY MANAGEMENT

Taylor Obomsawin
Executive Director

Emily Long
Business Office Manager

Donyel Snead
Life Enrichment Manager

Tonicka Benefield
Resident Care Manager

Charlie Harris
Wellness Coordinator

Gabrielle Maciag
Marketing Manager

Joshua Lampear
Culinary Supervisor

Tashila Green
Dining Room Supervisor

Sharon Boucher
Dining Room Supervisor

Jorden Swan
Environmental Service

Nicholle Williams
Housekeeping and Laundry



\$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!

ASSOCIATE SPOTLIGHT

Kathy C. is in the spotlight for the month of October. As the Life Enrichment Assistant since 2014, Kathy has proven to be very dependable to the staff and to the residents. Kathy recently helped out a co-worker who had a very serious emergency. Kathy loves working at Waltonwood because she loves being a part of all of the fun activities we host for the residents. In her spare time, you will find Kathy at home curled up with a cold glass of soda pop, playing Candy Crush and watching the Tigers Baseball game.

Thanks for all of you hard work!



ACTIVE AGING WEEK – OCTOBER 2-8, 2022

The International Council on Active Aging began the first Active Aging Week in 2003. This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer. The goal of this week is to promote wellness initiatives and to get bodies up and moving! Waltonwood is an official host site for the International Council on Active Aging, Active Aging Week 2023. Let's recognize and celebrate each other's diverse wellness interests and active lifestyle as we Redefine Retirement Living at Waltonwood!



SEPTEMBER HIGHLIGHTS

08

Enjoying an ice cream sundae on Grandparents Day

11

Assisted Living Week



18

Gladys T. 100th Birthday Celebration

22

Detroit Historical Museum



OCTOBER SPECIAL EVENTS

11

Outing- Lunch at Yates Cider Mill 10:00AM

10

Flu Clinic with Oakland Home Health Care

17

Polish Heritage Month Lunch at the Polish Cultural Center 11:00AM

24

Trick -or-Treat Event School children have been invited. 6:00PM



Grand Reopening Ribbon Cutting

FOCUS ON FITNESS

Active Aging Week

As we once again transition from September to October, it also means that it's time for Active Aging Week. In its 21st year, the week-long event highlights the need and importance of actively aging as we celebrate older adults' contributions and promote healthy lifestyles through engaging wellness programs. Each Waltonwood community will display what Active Aging means to them, and if there's anything we know, active aging can look very different to different people. Starting Monday September 30th be sure to check your life enrichment and forever fit schedules for classes, programs and events that uniquely capture the many ways we all can age actively.

October Fun Fact

October brings a vibrant tapestry of colors as leaves transform in hues of red, orange, and gold. It's the month when pumpkin spice reigns supreme delighting coffee lovers everywhere. Halloween has become a major holiday for the month with the purchase of costumes, candy, and decorations. This is the time of year that marks the start of the harvest season, celebrated in many cultures with festivals and fairs. The average temperature drops, making it the ideal season for cozy sweaters and warm drinks. October is also a great time for outdoor activities, like trips to the cider mill and hayrides with the grandkids. As we embrace the fall season and celebrate the beauty and fun that this month has to offer don't forget to sign up for a Waltonwood outing.