



Musical Highlights This Month

1

2:30 Bobby G

2 & 30

1:00 Traveling Bob

7

1:00 Carol Jean

15

6:00 Kevin Wills

17

2:00 Lukas - Accordion

24

3:00 Ron Muka

Travelin' Bob
Singer/Guitarist

Please join us to hear and sing some of your favorite songs!

Wednesday, October 2 at 1:00 PM
&
Wednesday, October 30 at 1:00 PM

UNIVERSITY CONNECT

OCTOBER 2024



SINGH

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

COMMUNITY MANAGEMENT

Noah Stinson
Interim 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

Tammy Collins
Business Manager

Rachel Clink
Wellness Coordinator

Trick or Treat Parade

Wednesday, October 30th 6:00 p.m.

Kids, grandkids, & great-grandkids of our residents & staff are invited to our trick or treat parade! Kids will decorate a treat bag and parade throughout the community to collect treats!

RSVP by October 28th
248-375-2500



\$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!



Employee Spotlight-

Linda

Linda has been married to her husband Jamie for 35 years and they reside in Rochester Hills. They adopted their now 26-year-old daughter, Lisa from Russia when she was just 11 months old. Linda worked as a physical therapist helping the senior population for almost 30 years before retiring. Her husband taught 4th grade in the Rochester community schools for 39 years. Linda came out of retirement and feels so fortunate to once again be working with the population she loves. She enjoys hearing stories about our resident's life experiences families, and travels. In her leisure time, Linda enjoys attending various fundraisers in and around the Rochester Hills community with her friends. She and her husband love the theater, attending concerts, playing gold, and traveling with friends and family. Working at Waltonwood brings fulfillment and joy to Linda every day. She loves her retirement fun-filled job at Waltonwood University.

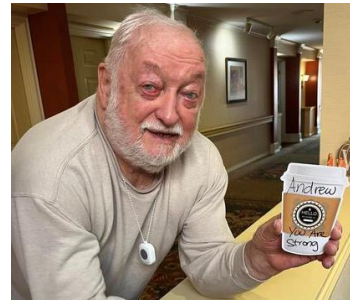
September Highlights

9

Coffee Cafe

11

Evening Bingo



13

Little Donut Factory

21

Apple Cider Outing



Active Aging Week

As we once again transition from September to October, it also means 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.

Event Details this Month

October kicks off with active aging week. We will have special plans in our regular activities to enhance active aging- mind, body and spirit. Join us for special active aging bible study, aromatherapy manicure/hand massage, relaxation coloring, healthy chef demo and fresh juice based mocktails for happy hour. Continue a health self-care journey by signing up for a flu shot October 8 and in room dental cleaning October 16. We will also be celebrating Winnie's 102nd birthday on October 10 and Halloween special events on October 30 with resident costume contest, cider/donuts, special music and our annual trick or treat parade for children that evening. Come join the fun!

October Events

8

Flu Clinic

10

Winnie's 102nd Birthday!

16

Visiting Dentist

30

Costume Party and
Trick or Treat Parade

Executive Corner

October, known as Emotional Wellness Month, serves as a reminder to disconnect and dedicate time to nurturing our mental well-being. "Emotional wellness" refers to our ability to process feelings in a healthy, positive way and manage the stress of everyday life. If you feel stressed or overwhelmed, try a soothing activity like puzzling, meditation or a card game to slow down and clear your mind. Use Emotional Wellness Month as an opportunity to take charge of your emotional wellness, find the soothing activities that work for you and, most of all, breathe!

We're thrilled to welcome October and the beautiful fall season filled with vibrant leaves and refreshing mornings and evenings. Our life enrichment team has an exciting calendar planned! We can't wait to showcase our 'Oktoberfest' event and invite all the kids for trick-or-treating at the end of the month. Stay safe, stay cozy, and most importantly... keep smiling!