



DECEMBER BIRTHDAYS!

Jimmy 12/1
Janice 12/3

***Please check with Marcia about planning your loved ones next Adventure!**

COMMUNITY COMMUNICATION

·Cardio Drumming – Get ready to rock and roll with cardio drumming back on our agenda! Come jam with us weekly as we drum our way to a heart-pumping workout on exercise balls!

·Floral Arrangements – Flowers are like a sensory explosion. They tickle your nose, dazzle your eyes, and invite your fingers to dance! Not only do they bring back sweet memories and ease stress, but they can also be a soothing activity for those battling Alzheimer’s or dementia.

·Bingo – Psst! Here’s a juicy tidbit: Bingo isn’t just a game, it’s a brain-boosting bonanza for our senior pals with dementia! Swing by for the next round and who knows, you might snag a scrumptious surprise!

·INTOUCH GAMES – Inactive lifestyles lead to reduced cognitive functioning, impacting our brain’s ability to perform tasks effectively. Engaging in games is a helpful method to stimulate the mind and reconstruct lost neural pathways, ultimately influencing our memory retention.

·Trivia – Research has shown that mental stimulation, such as that provided by trivia questions, can help improve memory recall and slow cognitive decline in seniors with dementia.

·Arts & Crafts – Crafting art is like a brain boot camp, flexing those neurons and building fresh connections. While Alzheimer’s plays the memory-munching villain, art swoops in like a hero, constructing new neural highways for sharper memory and recall skills.

LAKESIDE CONNECT-MEMORY CARE

DECEMBER 2024



DECEMBER REFLECTION

As December approaches, signaling the close of the year, let’s take a moment to reflect on the wonderful memories we’ve created. We shared cherished times with our families during the spring and summer and enjoyed a beautiful Fall, highlighted by a delightful Thanksgiving feast. Now, as winter unfolds, the air grows crisp and the days shorten. This season encourages warmth, introspection, and excitement for the possibilities of the new year. We can gather around inviting fires, indulge in hot cocoa, and exchange stories that bring us closer together. The holiday season inspires us to embrace joy and gratitude, reminding us of the beauty found in our past and the future that lies ahead. We warmly invite you to another family gathering on December 13 for a delightful dinner. Please R.S.V.P. by December 6 at the front desk.



Redefining Retirement Living

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COMMUNITY MANAGEMENT

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Environmental Manager

Nick St Onge
Culinary Services Manager

Rebecca Adams
Wellness Coordinator

Tracy Chamberlain
Wellness Coordinator

\$3,500 RESIDENTIAL 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!

FAMILY & FRIENDS REFERRAL PROGRAM!



Associate of the month: Catho

I am Africian (Congolese by origin) and speak fluent in French while actively enhancing my English skills. I've spent two years and seven months at Waltonwood, which truly feels like family to me. This is my first position in this field, and I have gained all my knowledge here. Thanks to Waltonwood, I can now construct sentences in English, and I am thankful for the support I've received during my time here.



NOVEMBER HIGHLIGHTS

4

Residents had a wonderful time expressing their creativity through pressed flower painting.

7

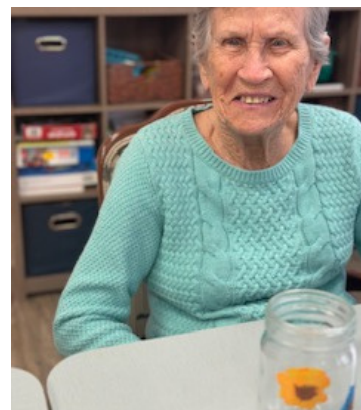
Residents enjoyed getting back in the kitchen in baking class

11

Residents enjoyed a fantastic time playing basketball as a fun afternoon exercise.

12

Residents poured their hearts out while singing alongside Kelly Miller.



Navigating The Holidays

The holiday season is a delightful time of year, brimming with friends, family, and celebrations. However, it can also bring about significant stress due to the numerous events and obligations that disrupt your usual routine, creating a sense of overwhelm. Remember, it's completely normal to feel holiday stress; in fact, it's an opportunity to acknowledge it and discover positive strategies to cope. How we handle this stress will directly influence our physical and mental well-being in the weeks ahead. When your day becomes overly stressful, consider these simple tips to help you navigate the bustling holiday period: Practice meditation, Engage in breathing exercises, Eliminate stressors, Utilize aromatherapy, Maintain a healthy diet, Hug someone.

TRANSPORTATION INFORMATION

Please remember that all events are conducted on a first-come, first-served basis. We will keep our outings calendar up to date as restaurants and destinations modify their services. If you need help with an appointment, feel free to contact the front desk for information about Oliver and Jim's driving schedule. To better serve our residents, Memory Care outings are now set for Wednesdays. Moreover, we will keep joining the Friday Flock at Trinity Church on the first Friday of each month, alongside Assisted Living!

DECEMBER SPECIAL EVENTS

6

Friday Gathering at Trinity Church, followed by a delicious home-cooked lunch.

13

Family Holiday Buffet: Please R.S.V.P. and savor a delightful dinner with your loved ones.

16

We are excited to have Marco Floyd joining us to perform.

24

Memory care will come together for a Christmas Eve movie accompanied by lunch.



GINA CONWAY, EXECUTIVE DIRECTOR

On behalf of the entire Waltonwood team, we wish you all a very Happy Holiday season! We have several fun events scheduled at the community this month, notably the Holiday Open House on December 13th and our annual Holiday Buffet dinner on December 20th. Please call the community to RSVP for these events. We hope to see you there!