

Clara Falzon 5-2 Judith /Donahue 5-2

Judy Donahue 5-6

Marie Krolikowski 5-12

Carole Couture 5-14

Ruby Gieseck 5-18

Patricia Bettis 5-221







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!

# CARRIAGE PARK CONNECT

MAY 2025



Redefining Retirement Living

SING

2250 N Canton Center, Canton, MI 48187 www.waltonwood.com | 734-335-1102 Facebook: /Waltonwood Carriage Park



We might have not thanked you for all that you did. You brought us into this world, taught us how to walk and talk, protected us from harm, motivated us to make decisions on our own, supported our stumbles, and most importantly, picked us up whenever we fell. So, with our hearts overflowing with gratitude, we love you and thank you, HAPPY MOTHERS DAY!

May 3<sup>rd</sup> Join us for our Mother's Day Brunch 11:30 am and 1:30 pm seating.

May 10<sup>th</sup> 1:30 pm Moms and Momoses. Entertainment & Refreshments

## COMMUNITY MANAGEMENT

Angie Hanson Executive Director

**Terry Lobb Business Office** 

**Culinary Services** 

Erin McGraw
Life Enrichment

Fran Farrell
Life Enrichment

Ashley Hall Marketing

**Amanda Stewart Resident Care** 

Jonathan VanWicklin Maintenance

Tasha Clark
Wellness Coordinator

William Scott Independent Living





#### 10 Minute Gentle Indoor Walk

Join us Wednesday's mornings in our activity room to do a gentle walk indoor video. This 10-minute indoor walking workout will help improve your cardiovascular health by getting your heart rate up and increasing strength with exercises that work your legs, glutes, core and upper body. Perfect for beginner exercisers. This workout is about 1200 steps, more or less depending on your pace. May 14<sup>th</sup> we will increase our indoor walking to 15 minutes.

Friday's mornings we will travel to Heritage Park to walk around the pond, (which is paved) beginning May 16<sup>th,</sup> we load 9:30 am sharp!

**FOREVER FIT /** Chris Grabowski, MS | Senior Forever Fit Manager

### National Senior Health and Fitness Day

On Wednesday May 28th join Waltonwood as we celebrate the 32nd annual National Senior Health and Fitness Day. The yearly celebration highlights the impact that staying active and fit can have on our overall health and wellness as we age. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise by finding creative ways to incorporate fitness into your daily routine. Whether you're already an avid exerciser or someone new to fitness who's looking to feel their best, NSHFD is the perfect opportunity to get involved with your communities Forever Fit Program.





Fulfilling your dreams is one of the most satisfying experiences in life.

Congratulations **Emma Fox**, **Jake Bull**, **Kala Learmont** and Lilly **Townsend**. We cannot wait to see what life has in store

#### MAY HAPPENINGS

02 12

Senior Candy Abe Lincoln Land Prom Visits

22 28

Massage

Fitness completion with our sister building!

for you!



#### **EXECUTIVE DIRECTOR CORNER**

I am happy to announce that our customer survey results are in and we have been received the Community Choice Award in both of our Independent and Assisted Living Communities. This is a national recognition described by the President of Holleran as a prestigious recognition that highlights the incredible work being done to cultivate strong, meaningful connections within the communities. I am very proud of the service provided at Waltonwood Carriage Park. The management team will be working together on action plans to continue to elevate services to the next level. Wishing all mother's a joyous and peaceful holiday. ~ Angie

