

COMMUNITY COMMUNICATION

Resident


- Carol G. 6/1
- Annette B. 6/17

Associates

- Tashila G. 6/3
- April C. 6/6
- Tenae P. 6/7
- Margaret T. 6/11
- Brenda H. 6/14
-

New Residents

- Alex M.
- Donna C.
- Penny S.
- Carrie M.



CELEBRATE
NATIONAL
DOUGHNUT
DAY

The US doughnut industry is worth 3.6 billion dollars. *That's a lot of dough!*

Top 5 Doughnut Flavors

22%	18%	12%	9%	9%
Cream Filled	Plain Glazed	Chocolate Glazed	Cake	Jelly Filled

It's For The Dough
Renée Zellweger ate 20 doughnuts a day to gain weight for the Bridget Jones sequel.
How many doughnuts have you eaten in a day?



At Waltonwood, our residents enjoy healthy culinary offerings. However, we recognize that an occasional treat like a doughnut on National Doughnut Day can make life sweeter. *They're one of our Pastry Chefs' specialties!*

www.Waltonwood.com



Royal Oak connect

JUNE 2025



Let's Talk About June!!

June is here, bringing us the warmth of summer and plenty of opportunities for fun and adventure! Did you know that June is named after Juno, the Roman goddess of marriage, and is often celebrated with joyous weddings? June also celebrates the arrival of summer, where the days are long, and the shines bright, perfect for barbecues and trips the beach. June 6th is also National Doughnut Day – who doesn't want to enjoy a doughnut on the day where calories don't count. June is home to the summer solstice, which means the longest day of the year, we should all stay up late! With graduations Father's Day, and the delightful scent of blooming flowers and fresh cut grass, June is definitely a month to celebrate. This month, we've lined up some exciting outings to enjoy together. On June 17th, get ready for a delightful fishing trip followed by a picnic lunch—what a perfect way to soak up the sun! On June 19th, we'll visit Temple Israel for a wonderful music concert that promises to lift our spirits. And don't miss our trip to see the Detroit Tigers on June 26th; let's cheer for our team together! June is the time for laughter, relaxation, and making memories, so let's make the most of it!



3450 West 13 Mile Road, Royal Oak, MI 48073
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Facebook:WaltonwoodRoyalOak

COMMUNITY MANAGEMENT

- Taylor Obomsawin
Executive Director
- Emily Long
Business Office Manager
- Donyel Snead
Life Enrichment Manager
- Tonicka Benefield
Resident Care Manager
- Rashiele Newkirk
Wellness Coordinator
- Marketing Manager
Gabrielle Maciag
- Keywanna Jones
Move-In Coordinator
- Joshua Lampear
Culinary Services Manager
- Tashila Green
Dining Room Supervisor
- Sharon Boucher
Dining Room Supervisor
- Jorden Swan
Environmental Service Manager
- Nicholle Williams
Housekeeping and Laundry Supervisor



\$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

We are thrilled to announce Sharon, one of our Dining Room Supervisors as our Associate of the Month! Sharon’s warmth and kindness have truly made a positive impact on our community. One of her fondest memories of working at Waltonwood is the warmth and support she experienced when she first joined our team. Sharon loves engaging with the residents, and brightening their days. Sharon received many great compliments from family members and residents on the recent survey they were asked to complete. Her favorite guilty pleasure is indulging in delicious cheesecake; she loves shopping at the pallet stores and decorating for the holidays. Sharon's favorite place on Earth is Italy. She enjoys spending quality time with her grandkids and whipping up delightful treats in the kitchen. Thank you, Sharon!



MAY HIGHLIGHTS

02

Tour of the Fisher Building

05

Cinco De Mayo- Tom enjoying a Margarita



17

Enjoying the Mother’s Day Brunch

20

Reading Books to Oak Ridge Elementary Children



FOCUS ON FITNESS Proper Posture

A common concern for many seniors is age related changes in posture that many older individuals often experience. While bone loss, disk shrinkage and muscle loss are all common causes for changes in stature, small changes can help improve and, in some cases, reverse the effects of unwanted postural changes. If you’re one of the many seniors currently experiencing an age-related symptom related to improper posture keep these tips in mind to improve the way you move and feel. Regular exercise with a focus on core strength including the abdominal, low back, hip and pelvic muscles can greatly improve postural health. Talk to your doctor about calcium and vitamin D supplementation to help with bone health. Practice better postural habits throughout the day. If you use a walking be sure it’s set to the correct height to minimize hunching. If you sit for longs periods, get up regularly and take breaks. A more mindful approach can dramatically help your overall health. By Chris Grabowski

TRANSPORTATION INFORMATION

The Waltonwood shuttle bus is available for reservations to go to medically necessary doctor appointments & essential errands. Mary Ann is available to take residents to appointments Monday - Friday from 9 am to 3 pm! Please make all bus reservations at the front desk or speak to Mary Ann personally.

JUNE SPECIAL EVENTS

02

Drumming Fitness Class 1:00 PM Media Room

14

Movie Matinee - Carousel, DVD

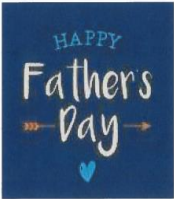
16

Live Music – Hand Bells Performance 6:00PM

20

Live Music - with Dorothy Martin’s Tina Turner Impersonation

Father’s Day Dinner



Friday June 13th ,2025
Seating times by RSVP Only.

4:30pm – 6:30pm

Guest Tickets are \$25.00 per person. Reservations are required by June 9th, 2025. Please contact the concierge or culinary department for reservations.

Payment by Resident Account or Cash



ConciergePhone Number:

586-353-8536

About Shavuot

Shavuot celebrates the giving of the Torah at Mount Sinai and commemorates when the first fruits were harvested and brought to the Temple. Shavuot has several names: The Festival of Weeks, The Festival of the Harvest, The Day of First Fruits, and The Holiday of the Giving of the Torah. The word Shavuot means “weeks” because it is seven weeks (50 days) after Passover. The festival commemorates the time the Israelites received the Torah at Mount Sinai. (Although free from the bondage of slavery, they were not totally free until they agreed to accept laws by which to live, and that was the Torah.) By accepting the laws of the Torah and the Ten Commandments, the Jews accepted responsibility for their actions. Shavuot, the most overlooked of the Jewish festivals, is a celebration of rebirth. It is also a time to review our values and relationships. It is a time to reap and a time to plant. Shavuot celebrations begin at sundown on June 1st, there are several customs associated with the celebration of Shavuot. Dairy foods: Many people eat dairy foods, such as blintzes or cheesecake. Plant flowers: Recent customs are to plant flowers around the synagogue on the day before Shavuot. Special readings during Shavuot include the Book of Ruth.