



RESIDENT BIRTHDAYS

Lois R. – June 5
Mary S. – June 6
Lorna W. – June 13
Tom E. – June 15
Al P. – June 26
Ruth K. – June 27
Alice S. – June 28
Kathi B. – June 29

ASSOCIATE BIRTHDAYS

Desiree M. – June 1
Danielle Y. – June 2
Donna D. – June 6
Chaparis F. – June 11
Jonathan V. – June 23
Alyssa D. – June 26
Yolanda W. – June 28

CALLING ALL WRITERS!

Do you enjoy writing? Have you ever wanted to be a journalist?

Well, here's your chance! We are looking for residents who are interested in starting up a resident newspaper, which will feature articles about a wide variety of topics. If you have a unique story to share, an editorial commentary, a review of a local restaurant or movie, or you have an interest in interviewing other residents, please join us for our first **Resident Writing Club** meeting on **Thursday, June 12th at 2:00pm** in the Campus Room. Our first meeting will be to gauge interest and brainstorm ideas. Hope to see you there!



CHURCH OUTINGS

Did you know that we offer weekly transportation to church?

Every Sunday, we offer transportation to 3 churches in the area. If there is another church you are interested in attending, please see Lauren in Life Enrichment to possibly make arrangements!

9:20AM St. Irenaeus Catholic Church and Rochester Church of the Nazarene

10:30AM St. John Lutheran Church

If you would like to attend one of the church services, please sign up for the outing using the green Life Enrichment binder located at the Front Desk. Make sure you are in the lobby no later than the scheduled leave time (either 9:20 or 10:30AM).



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!

WALTONWOOD UNIVERSITY

JUNE 2025

3250 Walton Boulevard, MI 48309
www.waltonwood.com | (248) 375-2500



MICHIGAN DATES IN HISTORY: JUNE

June 2, 1835 Michigan's Great Seal, which was patterned after the seal of the Hudson Bay Fur Company, is adopted.

June 5, 2016 Vernor's celebrates their 150th anniversary.

June 8, 1926 Babe Ruth hit the longest home run on MLB history at Detroit's Navin Field. The hit measured in at 626 feet in the air, and it was an estimated 850 feet from the home plate.

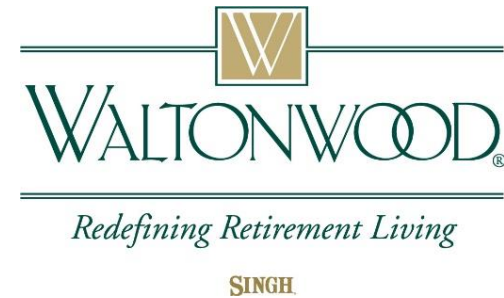
June 10, 1919 Michigan becomes one of the first three states to ratify the 19th amendment, giving women the right to vote.

June 16, 1998 The Detroit Red Wings win their second consecutive Stanley Cup, winning four games in the Final against the Washington Capitals.

June 22, 1922 Ground was broken on the new Detroit Institute of Arts building.

June 25, 1958 Mackinac Bridge holds the first "Governor's Walk" across the bridge. The festivities lasted four days and was led by Governor Soapy Williams.

June 28, 1965 The Petoskey Stone becomes Michigan's Official State Stone.



COMMUNITY MANAGEMENT

Zachary Adamski
Executive Director

Tammy Collins
Business Office Manager

Celeste Roth
Marketing Manager

Aaron Nash
Culinary Services Manager

Taylor Crowe
Environmental Services Manager

Brennen Bollinger
Independent Living Manager

Lauren Carbonara
Life Enrichment Manager

Donna Donakowski
AL Life Enrichment Manager

Amber Williams
Resident Care Manager

ASSOCIATE SPOTLIGHT: ZAC

Waltonwood University is thrilled to welcome our new Executive Director, Zachary Adamski! Zac comes with great leadership experience, and we are confident he is going to guide our community into an exciting new chapter. He is committed to influencing our residents and staff in a positive way.

Born in Grand Haven, Zac now dedicates his time outside of work to his 3 children – ages 7, 9, and 17, and their Pomsy pup, Koda. He also enjoys staying active through fitness and coaching his children’s sports teams, playing guitar, and singing car karaoke – often favoring Disney classics.

Though difficult to choose an all-time favorite movie, Zac decided on *Top Gun*, the classic 1986 action drama starring Tom Cruise.

Zac is eager to get to know all of our residents over the coming days and weeks, so be sure to stop in his office to say hello!



Welcome to the team, Zac; we are happy you are here!

FEBRUARY HIGHLIGHTS

- 1

Belle Isle Conservatory
- 7

Kentucky Derby Hat Craft
- 14

Ladies Tea Party
- 28

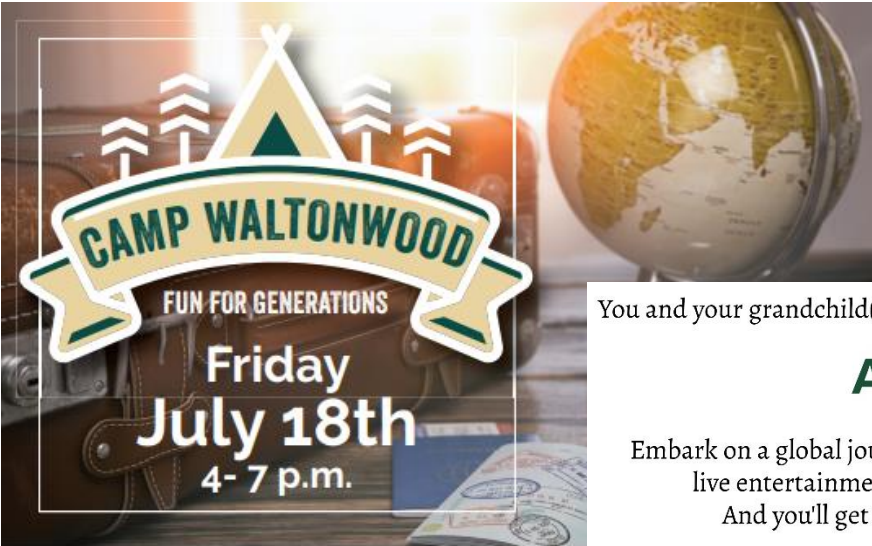
National Senior Health and Fitness Day



FOREVER FIT: PROPER POSTURE

A common concern for many seniors is age-related changes in posture. 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 symptoms 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 abdominal, lower back, hip, and pelvic muscles.
- 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 walker, be sure it is set to the correct height to minimize hunching. If you sit for long periods, get up regularly and take breaks. A more mindful approach can dramatically help your overall health!



You and your grandchild(ren) are invited to join Waltonwood for an exciting adventure:

Around the World!

Embark on a global journey and enjoy an evening filled with international games, live entertainment, and delicious cuisine from countries near and far. And you'll get to stamp your passport at each stop along the way!

Fun for kids age 4 - 12

A parent or guardian will need to accompany all young travelers.

Space is limited. RSVP by July 11th

(248) 375-2500

EVENTS TO ADD TO YOUR CALENDAR

- 12

4:30/6:00pm Father’s Day Buffet (RSVP for Guests)
- 16

11:10am Summer Craft with Lauren (Sign-up)
- 23

12:00pm Men’s Luncheon (Sign-up)
- 26

10:00-3:00pm Mobile Secretary of State (Sign-up)



EXECUTIVE DIRECTOR CORNER: JUNE

June is here, and that can only mean one thing, summer is just around the corner! As we bid farewell to chilly breezes, achy joints, and shorter days, we welcome the warmth and sunshine of the season ahead.

At Waltonwood, we're especially excited for our upcoming Father's Day Buffet on June 12th, a heartfelt celebration honoring the fathers and father figures past and present who've made a lasting impact on so many lives. We're also looking forward to a season filled with fun, engaging activities as the days grow longer and brighter. Take time to enjoy the weather, our courtyards, and wildlife.

- Zachary Adamski, Executive Director