



## RESIDENT BIRTHDAYS

- Stanley B. 6/17
- June F. 6/24

## ASSOCIATE BIRTHDAYS

- Danielle Y 6/2
- Donna D 6/6
- Chaparis F 6/10
- Alyssa D 6/25
- Yolanda W 6/27
- Grace B 6/30

## MUSIC HIGHLIGHTS

- June 3<sup>rd</sup>- Bobby G Vocals & Guitar 2:15 pm
- June 11<sup>th</sup>- Charlene Vocals & Guitar 2:00 pm
- June 17<sup>th</sup>- Travelin Bob Vocals & Keyboard 1pm
- June 25<sup>th</sup>- Josh NEW MUSICAL GUEST! 1pm
- June 27<sup>th</sup>-Billie McAllister Vocals 1:30 pm

## NEW GAME- OUISI

OuiSi makes award-winning sets of Visually Connecting Photo Cards – "this looks like that" – with a Guidebook full of games that ignite fun, creativity and conversation, regardless of age.

OuiSi Original Photo Cards capture small marvels from the "everyday," while OuiSi Nature celebrates nature's incredible shapes, patterns and colors.

Ouisi encourages are "inner child" imagination to soar, while the adult in us can find the concepts intriguing, learning about nature in a new way. OuiSi a delightful, multigenerational hit!



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!

# UNIVERSITY CONNECT

JUNE 2025



SINGH

3250 Walton Blvd., Rochester Hills, MI 48309  
[www.waltonwood.com](http://www.waltonwood.com) | 248-375-2500  
Facebook: /WaltonwoodUniversity

**WALTONWOOD UNIVERSITY**  
*Redefining Retirement Living*  
SINGH

# Father's Day Buffet

**Thursday, June 12<sup>th</sup>**

Seating at 5:00pm

\$25 per person & \$10 for children under 12 years old.

Please call the Front Desk to make reservations for guests no later than Friday, June 6th.

**(248) 375-2500**

3280 Walton Boulevard, Rochester Hills

## COMMUNITY MANAGEMENT

Zachary Adamski  
Executive Director

Tammy Collins  
Business Office Manager

Aaron Nash  
Culinary Services Manager

Taylor Crowe  
Environmental Services Manager

Brennen Bolinger  
Independent Living Manager

Donna Donakowski  
Life Enrichment Manager

Celeste Roth  
Marketing Manager

Amber Williams  
Resident Care Manager



## ASSOCIATE SPOTLIGHT

Ariana has been a valued member of our team for 6 months, bringing dedication and great care to her role as a med tech. Her favorite aspect of working at Waltonwood is giving the residents love and care every day. She appreciates the positive feedback from the residents, as well as how helpful management and other staff are. Born in Pontiac, Michigan, Ariana balances her busy professional life with being a devoted mother to 4 children. When she’s not at work, she enjoys cooking, shopping, and listening to her favorite music, soft soul R&B, such as Anita Baker and Mary Jay Blige. Her favorite movie is the classic holiday film, Home Alone. Ariana plans to continue her healthcare journey by becoming a nurse one day.

Ariana Terry



## TRANSPORTATION INFORMATION

Waltonwood University provides transportation to doctor and other necessary appointments. It is preferred to schedule transportation appointments at least two weeks in advance. In order to accomidate other community outings, we recommend scheduling doctor appointments on Mondays and Thursdays. All appointments must be within a 10 mile radius of the community. Exceptions to day and distance will be considered if driver is available. Assisted Living residents must have Resident Care Manager approval for the appointment to determine if a Caregiver is needed to assist with transportion. A family member must be present for all doctors appointments and the Physician Office Visit forms must be completed by the physician and returned to the Resident Care Manager after appointment. Please see Front Desk Conceirge or Life Enrichment for transportation request forms.

## MAY HIGHLIGHTS

2

Mother’s Day Buffet

5

Cinco de Mayo Café Social



7

Happy Hour in the  
Courtyard

21

Billie McAllister Vocals



## JUNE SPECIAL EVENTS

3

Innovation Hills Outing

6

Oakland Christian  
Women’s Group Visit

12

Father’s Day Buffet  
Dinner

18

Oberwiess Ice Cream  
Outing



## FOREVER FIT

**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.

## EXECUTIVE DIRECTOR CORNER

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.