

### HAPPY BIRTHDAY

#### June Birthdays:

Delores B.	6/3
Tom M.	6/8
Gary W.	6/13
Evelyn V.	6/13
Mary J.	6/19
Jim H.	6/23
Elenor K.	6/28
June W.	6/28

## **COMMUNITY MEETINGS**

- Resident Council Meeting: June 4<sup>th</sup> @ 2:00pm (CR)
- Any suggestions, comments, concerns, or positive feedback can be placed in the suggestion box in the Post Office for Resident Council. These are read monthly at the council meetings.
- Food Meeting: June 17<sup>th</sup> @ 2:00pm (DR)
- Town Hall: June 17<sup>th</sup> @ 2:30pm (DR)

# **OUTING OPPORTUNITIES**

For all outings, please sign up in the post office unless noted differently.

#### **Recurring Outings:**

Sundays 9:30am- St. Thomas a' Becket Catholic Church

Please note that there will not be transportation offered to St. Thomas a' Becket on June 22<sup>nd</sup>.

Wednesdays 10:00am- Meijer or Kroger Shopping Mondays 10:00am- Canton Public Library with the Walkers Group

#### **Special Trips:**

June 4<sup>th</sup> 1:00pm: Kohls Shopping (Sign Up in the Post Office)

June 11<sup>th</sup> 12:00pm- Detroit Institute of Arts Museum (Sign Up in the Post Office)

June 18th 12:00pm- Spoon's Place Restaurant (Sign up in the Post Office)

June 25<sup>th</sup> 12:30pm- Kensington Metro Park Farm Center (Sign up in the Post Office)

If there are any questions or recommendations for outings, please contact Logan at Logan.Winton@singhmail.com



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!

# CHERRY HILL CONNECT **JUNE 2025**



### LIFE ENRICHMENT CORNER

#### Sundae Mondavs:

If you love ice cream, Sundae Mondays are for you! Beginning on June 2<sup>nd</sup> you can come to the post office at 12:45pm for a delicious ice cream sundae. We are excited to bring this back and hope you will enjoy this fun tradition. Please note that there will not be sundaes served on June 16<sup>th</sup> due to the choir concerts.

#### Men's Group- Bourbon, Beer and Billiards:

Calling all men, please join us in the Billiards room on the second floor on June 10<sup>th</sup> at 1:30pm for a fun afternoon of bourbon, beer and billiards. With Father's Day approaching we look forward to celebrating with all of our amazing gentleman here in our community with delicious drinks and snacks. Sign up is not required and we look forward to seeing you all there!

#### Flower Arranging Class with Keller and Stein:

On June 19<sup>th</sup> at 2:30pm Keller and Stein will join us for a Flower Arranging class. If you have a passion for flowers and would be interested in learning how to properly arrange flowers, please sign up in the Post Office! Spaces are limited.

#### Educational Presentation with Life Enrichment Director Lindsay and **Bottle Babies Rescue- Pet Fostering and Adoption:**

On June 25<sup>th</sup> at 2:30pm we will be joined by our Life Enrichment Director Lindsay and Bottle Babies Rescue for an educational presentation on Pet fostering adoption. We may even have a visit from some available pets! Snacks and refreshment will be provided. This program will take place in the Courtyard by the Post office, weather permitting. Sign up is not required!

#### Group Opportunities with Maggie:

Maggie is our Oakland Hospice Bereavement Coordinator and Music Therapist! She spreads joy and comfort through her many programs she offers each month! Please see your calendar for more information and locations.

Grief Support Group- June 2<sup>nd</sup> at 2:30pm Music Therapy- June 9<sup>th</sup> at 2:30pm Open Office Hours: June 16th from 2:30pm-3:30pm

#### -Life Enrichment Department

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Redefining Retirement Living

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## COMMUNITY MANAGEMENT

Tiffiany Tucker **Executive Director** 

Kristal Wilson **Business Office Manager** 

Joel Vassallo Culinary Services Manager

Jamaal Saleh Environmental Services Manager

Krystal Sidibe Independent Living Manager

Logan Winton Independent Living Life Enrichment Manager

Rebecca Wilson Assisted Living Life Enrichment Manager

Mallory Bryant Memory Care Life Enrichment Manager

Renee Ralsky Marketing Manager

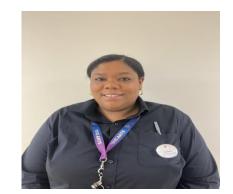
**Stacey Sautural** Resident Care Manager

Tanya Hall Memory Care Wellness Coordinator

Tumeka Mays Assisted Living Wellness Coordinator

### ASSOCIATE SPOTLIGHT

Congratulations Kim! Kim is a Dining Room Supervisor on our Culinary Services Team. She showcases a strong work ethic, passion for our residents, and a positivity that spreads throughout the community. We are blessed to have her as a part of our team and honored to name her as our June Associate of the Month!





### MAY MONTHLY HIGHLIGHTS



In honor of National Wine Day we hosted a Wine Tasting. Many residents got to enjoy delicious wine, yummy food and wonderful company! We hope you all enjoyed!

28<sup>th</sup>

It was a happy National Senior Health and Fitness Day! We hope you all enjoyed the stroll in Maybury Park and an education presentation on a better approach to fall prevention by Chris!

### **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 walker 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.

- Chris Grabowski, MS | Senior Forever Fitness Manager



The Happiest Camp on Earth! d and dive into the worlds of some of vo Fun for kids age 4 - 11 aged to dress as their favorite Disney charac site with all of our co

**RSVP by June 20th** ALTON WOD, and let us know how many kids - CHERRY HILL — will be attending. 734-981-7100 1 A A





### TRANSPORTATION INFORMATION

Transportation requests for personal needs must be received a minimum of 48 hours ahead of time. Please see the front desk receptionist to make your request. A driver will follow up to confirm if your request can be accommodated. If you do not hear back from one of our drivers, please follow up to ensure your request has been approved. There will be an additional charge for anything over 10 miles. Independent Living has priority over transports on Mondays, Wednesdays, and Fridays. Memory Care and Assisted Living have priority over transports on Tuesdays and Thursdays.

### **Camp Waltonwood**

We are hosting the Happiest Camp on Earth! Join us at Camp Waltonwood, our intergenerational event, and dive into the worlds of some of your favorite Disney characters featuring Tiana's Cafe, Mulan's training course, Disney character face painting, karaoke sing along, Rapunzel's Paper lantern craft, Finding Nemo game, and more! Fun for kids age 4 - 11! Kids are encouraged to dress as their favorite Disney character! Please invite your grandkids and great-grandkids and sign up at the front desk. A parent or guardian must remain on-site with all of our campers

If you have any questions, please see Logan.

### JUNE SPECIAL EVENTS

### Saturdays at 2:00pm Bible Study with John:

Join us in the 3<sup>rd</sup> floor Library for a bible study hosted by John Scherdt. If you are looking for an opportunity to discuss scripture, learn and enjoy the company of those around you, this is the place to be! We look forward to seeing you there!

16<sup>th</sup>

Our amazing choir is back for a late spring concert. At 10:30am they will be perfroming in the Assisted Living Dining room. After a slight intermission, the will perform at 1:30pm in the Independent Living Dining Room. All are welcome to join and listen to our very talented choir. directed by Brian Long. We look forward to seeing you all there!

### **EXECUTIVE DIRECTOR CORNER**

Dear residents, families, and friends, Happy June! My favorite time of the year. I would like to continue to thank all for the wonderful compliments that we continue to receive. This season we will be able to plant and enjoy walks outdoors and so much more! Please be sure to continue to check in and out through accushield. We invite you to see our activities calendar for additional information planned for June. As always, we value your input survey feedback and suggestions. It's a pleasure to be of service and please feel free to contact me with any questions that you may have at Tiffiany.tucker@singhmail.com.

Warmly,

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# 27<sup>th</sup>

In honor of National Bingo Day, we will be celebrating with Special Prize Bingo at 2pm in the Theater. Players will have the opportunity to win fun prizes such as sweets, treats, gift cards and more! Please join us for a fun afternoon of bingo! There is no sign up required.