



RESIDENT BIRTHDAYS

- Marjorie C. 7/5
- Tilly H. 7/9

ASSOCIATE BIRTHDAYS

- Lauren C. 7/1
- Erin G. 7/3
- Raymond P. 7/4
- Soanora M. 7/6
- Kris B. 7/11
- Alonzo S. 7/14
- Demetria J. 7/16
- Elijah J. 7/25
- Aaron N. 7/27
- Dorothy D. 7/28

AL

MUSIC HIGHLIGHTS

- July 2- D & A Duo Violin and Piano 3 pm
- July 7- Carol Jean Sing-a-Long 1:30 pm
- July 15- Kevin Wills Vocals 6 pm IL Courtyard
- July 23- Marco Floyd Vocals Piano 6 pm
- July 25- Boogie Woogie Kid Piano 1:30 pm

Portable Dentist Services July 29th

Dr. Mansour's Portable Dental Services are available to provide dental treatment to the residents of Waltonwood University. Residents have the option to receive dental treatment in their apartment.

Care provided: Cleanings* Exams* X-rays* Fillings* Gum treatment*Extractions* Crowns & Bridges* Dentures* Partials* Repairs* Denture evaluation. Please call soon to make an appointment with Dr. Mansour at 586-873-5567

Payment in full is required at the time of service. We do not participate with Medicare or dental insurance plans. However, if a patient has dental insurance and full payment has been made; Portable Dental Services will submit the dental insurance claim free of charge. The dental insurance company will send the refund check to the patient.

www.portabledentalservices.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!

UNIVERSITY CONNECT

JULY 2025



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



3250 Walton Blvd., Rochester Hills, MI 48309



SINGH

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www.waltonwood.com | 248-375-2500

Facebook: /WaltonwoodUniversity

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

Elijah Jones
Wellness Coordinator

www.Waltonwood.com | www.SinghCareers.com



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 say hello when you see him!

New Executive Director-
Zachary Adamski



JUNE HIGHLIGHTS

3 Innovation Hills Park Outing

12 Father’s Day Buffet

Tuesdays Ouisi Matching Game

Fridays Happy Hour

FOREVER FIT

Healthy hydration habits are important any time of the year but they become essential during the hot, humid summer months. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects certain medications can greatly increase the risk for serious dehydration in seniors. The good news is small changes to our daily routine can greatly improve our chances to stay healthy and hydrated in the months to come. Making sure there’s always fluids nearby to drink throughout the day, eating plenty of water rich fruit and vegetables like cucumber and watermelon, and avoiding strenuous outdoor activities during the peak hours of the afternoon are simple changes that can make a major difference.



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 accommodate 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. 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 Concierge or Life Enrichment for transportation request forms.

JULY SPECIAL EVENTS

4-6 Holiday Weekend

16 Jimmy John’s Baseball Outing

18 Camp Waltonwood

23 Gorgeous Grandma



EXECUTIVE DIRECTOR CORNER

July is here a month glowing with celebration, reflection, and sunshine. As we step into the peak of summer, it’s the perfect time to appreciate the freedom we enjoy, lift up voices that deserve to be heard, and embrace the warmth both from the sun and within our community here at Waltonwood. July is a month of sunshine and warmth as we begin to warm up and experience the heatwaves of summer. With its long days and warm nights, July invites us to slow down, reconnect with nature, and prioritize joy and well-being. Whether it’s a walk in the sunshine, time spent with friends, or moments of quiet reflection, July is a chance to nourish both body and mind. July is also our reminder and recognition of our Independence. Independence Day on July 4th, commemorating the birth of the United States and honoring the enduring values of freedom, justice, and unity. Whether you’re watching fireworks, gathering with loved ones, or simply taking a quiet moment of gratitude, it’s a time to reflect on how far we’ve come and how we can continue building a more inclusive and equitable future for all. This month also marks National Minority Mental Health Awareness Month, a vital opportunity to recognize and support the unique mental health challenges faced by underrepresented communities. It reminds us that mental health is just as important as physical health and that access to care, compassion, and understanding must extend to everyone.