



## JULY BIRTHDAYS

BONITA G. JULY 4<sup>TH</sup>  
MARY P. JULY 14<sup>TH</sup>  
ART W. JULY 16<sup>TH</sup>

ZODIAC:  
CANCER June 21 - July 22<sup>ND</sup>  
Birthstone – Emerald

Cancer (June 21 - July 22):  
Element: Water  
Symbol: The Crab  
Traits: In astrology, those born July 1–22 are the Crabs of Cancer. Crabs are emotional nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions.

Those born July 23–31 are the Lion star sign, Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They are also ambitious, reaching for the stars, working hard, and accomplishing their goals.



FRIENDS & FAMILY  
REFERRAL PROGRAM

## CELEBRATING AMERICA!

Independence Day, commonly known as the Fourth of July, is a federal holiday in the United States which commemorates the ratification of the Declaration of Independence by the Second Continental Congress on July 4, 1776, establishing the United States of America. The Founding Father delegates of the Second Continental Congress declared that the Thirteen Colonies were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states. The Congress voted to approve independence by passing the Lee Resolution on July 2 and adopted the Declaration of Independence two days later, on July 4. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches, and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the national day of the United States.

Here are some of the historical sporting things that happened in July

- Pikes Peak summit reached for the first time (July 14, 1820)
- First U.S. swimming school opened in Boston (July 23, 1827)
- First rodeo for cash prizes held (July 4, 1883)
- First solo flight around the world completed (July 22, 1933)
- Althea Gibson becomes first African American to win the Wimbledon tennis tournament (July 6, 1957)
- Uruguay wins the first FIFA World Cup (July 30, 1930)
- First MLB All-Star Game played (July 6, 1933)
- Joe DiMaggio's hitting streak ends at 56 games (July 17, 1941)
- First American wins Tour de France bicycle race (Greg LeMond on July 27, 1986)

This month we celebrate NASA!  
It was created on July 29, 1958, when President Eisenhower signed the National Aeronautics and Space Act of 1958, paving the way for moon landings and other exciting space exploration.

## \$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!**

## CARRIAGE PARK CONNECT

JULY 2025



## UPCOMING EVENTS

Hello July. This month is often referred to as the “dog days of summer” and is typically the warmest month of the year. With its warmer weather, longer days, and outdoor activities, it’s a month when the world slows down a bit, and people enjoy all the wonderful things this month offers. Getting out as much as possible is one thing high on our list at Waltonwood. We have a lot of activities planned for this month starting with a 4<sup>th</sup> of July party and ice cream social with our neighbors in independent living on the 2<sup>nd</sup>. On the 3<sup>rd</sup> we have our own 4<sup>th</sup> of July BBQ and some fun water games. Next, we will be going to the Movies at Emagine Theatre on the 9<sup>th</sup> to see The Long Long Trailer with Lucille Ball and Desi Arnez. A trip not to be missed is a scenic drive to Southern Shaved Ice in Brighton. Come and experience what this southern treat is all about on the 16<sup>th</sup>. Get ready to put on your dancing shoes, because on the 22<sup>nd</sup> we are heading out for a night of music and Polka dancing. This will be a fun time for all so keep your fingers crossed for good weather. Calling all grandmas... Wednesday, the 23<sup>rd</sup>, get ready for Gorgeous Grandma Day where you will be pampered and treated to a hair style, make-up and nail treatment. This will be happening in our salon. On the 25<sup>th</sup> we are having a summer cocktail party with fun summer drinks and mingling with your neighbors. Cheers! We finish out the month with a trip Matthaei Botanical Gardens and Lunch out. Be sure to sign up early for all these outings because space is limited. Also, be sure to check out the Sunday movies at 2 o'clock. They are all your favorite beach movies from the past.



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## COMMUNITY MANAGEMENT

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Manager

Ashley Hall  
Marketing Manager

Kenneth McCormack  
Marketing Manager



# ASSOCIATE OF THE MONTH

## Brett Whalen

Congratulations to our associate of the month, Brett. Brett has been working at Waltonwood Carriage Park for a little over 3 years.

Currently he is attending U of M Dearborn where he is pursuing a career in accounting. When not working or in school, Brett likes working out, hanging with friends, crocheting, and collecting music – specifically records. Brett is a dedicated worker (he even scrubs floors) and a team player. Working as a server in our AL dining room, he is attentive to our residents needs and makes sure they are well taken care of. We are proud to have him as part of the Waltonwood team, and we thank him for his hard work and representing Waltonwood in such a positive way.



# FOREVER FIT / WELLNESS Chris Grabowski, MS

## Healthy Hydration

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 of 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.

