







Happy Birthday

Shirley Kelly 8/7 **Mitzi Smith** 8/8 **Therese** Vasas 8/8 **Greg King** 8/16 **Richard Beck** 8/21 **Nancy Ashley** 8/24 **Joyce Graves** 8/30



We are collecting Pet supplies through August 17th







FRIENDS & FAMILY REFERRAL PROGRAM!





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 2025



Detroit, Michigan ranked #No. 4: for Best City Street Art in the 2025 USA TODAY

Did you know that you can take in Motor City's mural art from the seat of your car. Detroit's Grand River Creative Corridor stands out as a highlight, with nearly 100 murals between Rosa Parks Boulevard and Warren Avenue.



AUGUST 19TH DETROIT STREET ART TOUR!



Diamond Jack sightseeing tours are a great way to take in many popular and interesting attractions along the Detroit Riverfront.

August 21st



Redefining Retirement Living

Canton Center Rd, Canton, MI 48187 www.waltonwood.com | 734 844 3060 Facebook: /WaltonwoodCarriagePark

COMMUNITY MANAGEMENT

Executive Director

Terry Lobb Business Office

Culinary Services

Jonathan VanWicklin **Environmental Services**

William Scott **Independent Living**

Erin McGraw Fran Farrell **Life Enrichment**

Ashley Hall Marketing

Kenny McCormack Marketing

Rebecca Gilbert **Wellness Coordinator**

Amanda Stewart Resident Care

\$3.500 RESIDENT REFERRAL BONUS

AUGUST 2025



The big Idaho Potato truck is on its 13th cross country journey! This year the "Loaded Potato" has made plans to stop in Canton Michigan to see our 114 year old Bonita, who by the way contributes part of her longivety to the Idaho potato! The truck is too big our parking lot will not fit it! So it will be pulling up in the Meijer parking lot. A quick walk across the bridge out back and you will be able to see the truck and get pictures.

MONDAY AUGUST 4TH
11:AM - 3PM
MEIJER PARKING LOT

EMPLOYEE SPOTLIGHT: KARISHA DORRIS

Ms. Dorris has been a welcomed part of the Waltonwood Carriage Park Community. With a recent promotion to our afternoon Supervisor in Charge. In her off time, Karisha enjoys hosting game nights, loves the beach, is an aspiring nurse, and all around foodie. Karisha is passionate about resident care, making sure to put her heart into each and every interaction. We appreciate all that she does for our residents. We are excited to have her as a part of the team!



FOREVER FIT/ A Strong Foundation

A focal point of the Waltonwood Forever Fit Program is the use of resistance training to significantly improve the quality of life for our residents. A key component in establishing long-term health and independence lies in our ability to maintain muscle strength as we age. Research indicates a direct relationship between aging and the loss of muscle, decrease in bone density and diminished level of physical function. In fact, the average person over the age of fifty can experience a 15%-20% loss in muscle strength per decade in the absence of regular exercise. Whether exercise machines, dumbbells, bands or body weight, resistance training has been shown to dramatically improve over health and well-being while delaying muscular atrophy, increasing bone density and improving balance and coordination. Start slow, build gradually and stick with it. Improvements take time but it's those improvements that make or time much more prosperous.

HIGHLIGHTS IN AUGUST: It's finally here the long awaited Waltonwood Carriage Park Bounce Camp. Saturday August 2nd 11:30 am to 1:30 pm fun for all ages young at heart!

Each and every Sunday join in on the **Pinochle tournament**. This is open to all residents. Last months special prize for top winner each week will continue. If you need a refresher or just want to learn the game, see Erin.

August 6th Detroit Opera sings AL building 2:00pm.

Autust 7th **The Blue Top Blues Band** in Livonia. Bus loads 5:45pm.

August 8th "Island Queen", Kensington Metro Park. Hope we see the Bald Eagles! We load 11:30 am. Cost \$4.00.

We will have **Shuffle Board** Thursday August 14th and 28th at 11:00am on our patio (weather permitting), or in back dining room, Plan on giving it a try.

August 12th get out your country geer for an afternoon social with the "**Silver Star Steppers!**) You will have the opportunity to learn or refresh your line dancing skills.

August 14th 6:00pm Canton "Packing Heat Motown" bus loads 6:00 pm.

August 17th There back by popular demand, **Little Stars Foundation** will be performing for your enjopyment in our dining room Sunday August 17th 1:30 pm in our dining room.

August ^{21st} **Diamond Jack Boat**- cruse the river! Cost: 25.00 lunch included.August 22nd **Mystery Trip** (some walkling) 10:00 am and a lunch out stop at **Guernsey Farm Dairy.**August 26th Our long awaited, sight seeing trip to **Port Huron** is on! We will stop for lunch at **Freighters**.

EXECUTIVE DIRECTOR CORNER

Happy August! Hope you are managing well in this Michigan Summer! I wanted to introduce myself to the wonderful Carriage Park community. My name is Ellen Byrne and I am the regional Director of Operations for Waltonwood MI. I currently oversee 4 communities including Carraige Park, University in Rochester Hills, Royal Oak and Lakeside in Sterling Heights. I have over 20 years' experience in senior living and couldn't imagine doing anything else. Currently I am sitting in for the Executive Director position so you will see making some rounds, visiting during meals and occasionally playing tunes on the piano. Speaking of Executive Directors, I am excited to announce that our new ED, Tabitha Sheriff, will be starting on Starting on August 11th. We will set up a few meet and greets so you all can get to know each other. More to come on Tabitha soon. If you need to talk to me please let the concierge know and I will reach out to you. See you around the community!!