



GORGEOUS GRANDMA PROM

Waltonwood's Glamorous Grandma's Prom was a night to remember! Our lovely ladies danced in dazzling gowns, enjoyed sweet treats, and crowned a Prom King and Queen. With music, laughter, and a special dinner from our chefs, it was an evening full of unforgettable memories.



August BIRTHDAYS!

CLAUDIA B. - 8/21

JOAN B.- 8/5

CAROL B. 8/30

BARBARA M.- 8/31

MAIN CONNECT

August 2025



Redefining Retirement Living

SINGH

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COMMUNITY MANAGEMENT

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Wellness Coordinator, 1st Floor

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Wellness Coordinator, 2nd Floor

July Reflection

July was a joyful month filled with heart, fun, and adventure! Our residents collected generous donations for the Michigan Animal Rescue League, supporting our furry friends in need. We also celebrated some wacky and wonderful holidays—National Shark Week, Junk Food Day, and Sundae Day brought smiles (and snacks!) to everyone.

One of the most memorable moments was our Gorgeous Grandma Day Prom, where we danced the night away, donned corsages, and crowned our very own King and Queen. We also made the most of summer with outings to the movies, the park, and Dairy Queen—because nothing says summer like a cone with sprinkles!

Looking ahead, August is shaping up to be just as exciting. We'll be wrapping up our Dog Days of Summer with a special evening event on August 12th, cheering on the Detroit Lions as they kick off their season, and taking a spiritual journey through the Holy Lands with a fascinating presentation by Pastor Eric. Stay tuned for more fun, friendship, and unforgettable moments!

\$3,500 RESIDENTIAL 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!



FAMILY & FRIENDS REFERRAL PROGRAM!

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.

Resident Feature



Dottie Henneman

We are thrilled to celebrate Dorothy “Dottie” Henneman, who was recently honored with the Senior Resident of the Year award! Dottie’s warmth, compassion, and joyful spirit light up our Memory Care Neighborhood every day. Whether she’s leading Bible study, singing in the choir, comforting a friend, or welcoming someone new, Dotty brings heart and hope to all those around her. Her faith, laughter, and kindness are a gift to our community, and we are so proud to call her one of our own. Dottie will be formally recognized next month at the Healthcare Association of Michigan Convention and Awards in Grand Rapids—congratulations, Dottie!

July Highlights

9

Residents had a wonderful time at Emaine Theater enjoying The Long, Long Trailer with classic popcorn and drinks. Don’t miss out—join us next month for another fun trip to the movies!

13

We had so much fun creating tasty and adorable “Bark”cutive boards—special snack trays just for our beloved pets! Now to give these to our shelter friends!

14

We celebrated National Shark Day with a “Bites and Brews” happy hour featuring specialty shark cupcakes and killer drinks — a fantastic time was had by all!



23

Who could resist National Junk Food Day? We indulged in classic favorites like Twinkies, Little Debbie’s, mozzarella sticks, and onion rings—treats too good to pass up! The fun continued with a lively singalong that had everyone joining in.



NATIONAL CLEAR THE SHELTERS DAY

Pet Supply Drive

Donations of new pet supplies can be dropped off in our lobby by August 17th.



Help make a pawsative difference in a shelter animal's life!! We are proud to partner with Michigan Animal Rescue League to kick off our pet supply drive, which will continue until August 16th. Please contribute by dropping off new pet supplies, blankets, toys, and pet food in our lobby drop box. Waltonwood Main thanks you in advance for your generosity!

August Special Events

7 

Starting this month, join Katie for Circuit Exercise Classes every Tuesday and Thursday at 9:30am in the Fitness Center—an energizing addition to our regular fitness schedule! Get ready for a fun, full-body workout tailored to all levels.

13 

Men’s Club Outing to Emaine Theater to see Leatherheads! Grab your popcorn and enjoy a fun afternoon at the movies with the guys.

12 

Join us in the evening for our Dog Days of Summer Party as we wrap up our donation drive for the Michigan Animal Rescue League and enjoy a tail-wagging good time with dog-themed fun and festivities!

27 

We welcome Pastor Eric for a special presentation: A Tour Through the Holy Lands. Join us for an inspiring and educational journey through sacred history and breathtaking landscapes.

A FUNDRAISING EVENT

Dog Days of Summer



Tuesday, August 12th
5:00 - 7:00 p.m.

You and your furry friend are invited to join us for an exciting evening—benefiting the Michigan Animal Rescue League.

Pets will enjoy tasty treats while we provide cocktails and appetizers for our two-legged guests. There will also be a variety of activities and vendors to explore.

Please remember to bring a new pet supply donation!



Waltonwood
Main
Redeeming Retirement Living

RSVP by August 6th
248-601-7600

1401 N Rochester Road, Rochester Hills, MI 48307

www.Waltonwood.com | SinghCareers.com



EXECUTIVE DIRECTOR CORNER

As we look at the calendar and see the date of August 1st, we can’t help but ask, “where has the summer gone?” Everyone is scrambling to soak up every bit of the warm weather and sunshine that Michigan summer has to offer! As many of you know me, I am spending much of my free time on the golf course to play as many rounds of golf as possible before winter rolls around. We hope as a community to host a few more outdoor events before the dreaded cold weather arrives.

I also wanted to give a friendly reminder to all our residents regarding council meetings. Resident council, which is held every fourth Thursday of the month, is a great platform to talk about any general topics or concerns that may come up. As the Director of the community, I always enjoy being apart of these meetings as I’m able to announce any general updates to the group as well. I would like to motivate any resident who currently does not attend the meeting to join us this month!

-Jon Hills