

## The Waltonwood Experience



### August Birthdays

#### Residents

- Eileen Y. 8/7
- Frank D. 8/11

#### Associates

- LaPorsche M. 8/1
- Dana P. 8/11
- Valentina B. 8/11
- Cassandra S. 8/12
- Robert C. 8/13
- Marchalle P. 8/13
- Shantel B. 8/22

#### New Residents

- Susanne B.
- Evangeline C.
- Alice S.
- Leonard M.



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!

# Royal Oak Connect

AUGUST 2025



## August Fun at Waltonwood Royal Oak

August is here, bringing a host of exciting celebrations! Did you know that the month kicks off with Ice Cream Sandwich Day on August 2nd? We'll be hosting a delightful ice cream sandwich pickup for everyone to enjoy. Just a day later, on August 3rd, we'll celebrate National Watermelon Day, perfect for cooling off in the summer heat! As we continue our festivities, August 6th marks National Root Beer Day, where we'll all indulge in this classic treat.

On August 7th, join us for Yoga in the Park with Katie, promoting wellness and relaxation, sign up for the trip in the activity room. August 13th promises a fantastic time as families are invited to our annual Dream Cruise Dinner Party, featuring an exciting Elvis tribute! As the month flows on, we will refresh with National Lemonade Day on August 20th, followed by another chance to connect with nature during Yoga in the Courtyard on August 26th. Join us for a month filled with fun, community spirit, and cherished memories!

## COMMUNITY MANAGEMENT

Taylor Obomsawin  
Executive Director

Vicki Shotwell  
Business Office Manager

Donyel Snead  
Life Enrichment Manager

Tonicka Benefield  
Resident Care Manager

Fashunda Braswell  
Wellness Coordinator

Marketing Manager  
Gabrielle Maciag

Keywanna Jones  
Move-In Coordinator

Joshua Lampear  
Culinary Services Manager

Tashila Green  
Dining Room Supervisor

Sharon Boucher  
Dining Room Supervisor

Jorden Swan Environmental  
Service Manager

Nicholle Williams  
Housekeeping and Laundry  
Supervisor



ASSOCIATE SPOTLIGHT

Krystil, is a cook here at WRO and has made a big impact on the community. She cooks and serves for all of our large events, as well as making health food on a daily basis. Her fondest memory at WRO is working an action station and answering all the questions about the dish she was cooking, and her technique. Krystil, wants to grow and make memories with the company. She loves laughing and joking around with her co-workers. She loves gummies bears, Frappuccino’s, and the calm solitude of being close to bodies of water. Superwoman by Alicia Keys hypes her up for the day. Thanks for all you do!



TRANSPORTATION INFORMATION

The Waltonwood bus is available for reservations to go to medically necessary doctor's appointments & essential errands (grocery store, banks, salons)! Mary Ann is available to take residents to appointments Monday - Friday from 9 am to 3 pm! Please make bus reservations at the front desk. You can also speak to Mary Ann personally to set up your reservations. If we are not able to accommodate your scheduled appointments you may wish to contact the Smart Bus Company at 866-962-5515 or 734-212-8429



JULY HIGHLIGHTS

01

Lunch and Boat Ride at Kensington Park

08

Sakura- Japanese Drum Show



23

Gorgeous Grandma Day Shunda giving a facial and hand massages

29

Riverwalk and lunch



AUGUST SPECIAL EVENTS

05

Performance by the Detroit Symphony Orchestra

13

Woodward Dream Cruise Party - 4:30

18

Drum fitness with Sunny 3:00PM

21

Outing- Temple Israel 12:45 PM



FOCUS ON FITNESS: 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. **By Chris Grabowski**

August is the perfect time to play (or learn to play) mah-jongg, the popular tile game. This is because August 1 is International Mah-Jongg Day. This fun, strategic game for two to four players originated in China during the Qing dynasty. Players win by collecting sets of patterned and numbered tiles. Though complex at first, it is similar to gin rummy and is a blast to play once you get the hang of it. Residents at Waltonwood Royal Oak have taken on the challenge of learning to play mahjongg so when you see it on the calendar come on down so we can learn together.

The days of July 3 to August 11 are nicknamed the “dog days” of summer, a reference to Sirius, the Dog Star, which rises with the sun during this period. In ancient times, people noticed that Sirius rose just before the sun, and they linked its appearance with extreme heat, drought, and even misfortune. As we move from the “dog days” of summer into the “waning days” of summer it is important for us to cherish every moment of outside fresh air before we hunker down for the long winter months. We have many outings planned for the month of August from lunch at a local restaurant to ice cream at the ice cream parlor. Sign up for the outings in the Houghton Lake Hobby room, or as we like to call it the activity room.