



RESIDENT BIRTHDAYS

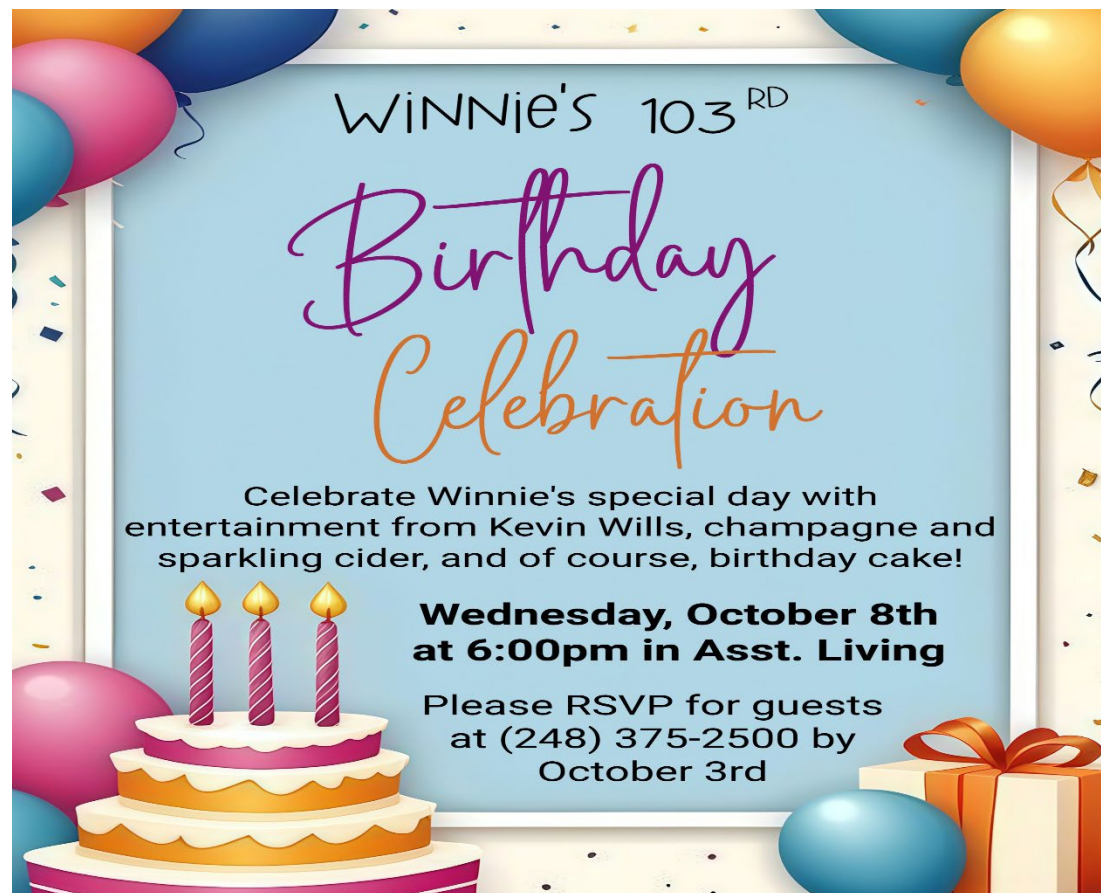
#1 Winnie Swoffer
103rd Birthday
October 10th

ASSOCIATE BIRTHDAYS

Julius Steed 10/8
Patricia Carter 10/16
Trinity Smothers 10/23
Lisa Hook 10/27

MUSIC HIGHLIGHTS

October 2- Octoberfest with Luka on Accordion 2 pm
October 7- Peace, Love and Bobby G Music 2:15 pm
October 8- Charlene Folk 2 pm; Kevin Wills Crooner 6 pm
October 17- Billie McAllister Piano Sing-a-Long 1:30 pm
October 22- D & A Duo Violin & Keyboard 3 pm
October 28- Travelin' Bob Variety 1 pm



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

OCTOBER 2025



Active Aging Week

October 6-12, 2025: Active Aging Week celebrates older adults' contributions and promotes healthy lifestyles through engaging wellness activities.

About Active Aging Week: Active Aging Week, which was first launched by the International Council on Active Aging® in 2003, is an annual weeklong campaign aimed at celebrating and highlighting the positive aspects of aging. The event showcases the abilities of older adults and their valuable contributions to society while also emphasizing the role models who lead the way. The overarching goal of Active Aging Week is to challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, including physical, social, spiritual, emotional, intellectual, vocational, and environmental domains, regardless of age or health status. The campaign seeks to provide older adults with opportunities to engage in wellness activities and exercise in a safe, supportive environment, promoting the benefits of healthy, active lifestyles throughout the lifespan.

Celebrate Active Aging Week!

Special events at Waltonwood University include:

Monday 10/6 "Staying Active Presentation" 2 pm
Tuesday 10/7 Peace, Love and Bobby G Music 2:15 pm
Wednesday 10/8 Happy 103rd Birthday Winnie! 6 pm
Thursday 10/9 "Brain Games" puzzles and games 2 pm
Friday 10/10 Smiles and Positivity All Day Long!!



SINGH
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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

Employee of the Month:

No doubt, no matter how long you have lived at Waltonwood, you know and love Dot, who is our newest employee of the month! Dot has been working in Housekeeping at Waltonwood for 12 and a half years, and she has certainly touched the lives of countless residents along the way. Her favorite part about working at our community is talking with the residents every day, as well as being with all of her coworkers. Born in Pontiac, Michigan, Dot has three children, nine grandchildren, and three great-grandchildren. When not at work, she enjoys spending time with her two dogs, Polka and Ace, bowling, and watching TV. Her favorite movie is Driving Miss Daisy and Coming to America, and her favorite type of music is blues and R&B. When asked about Dot, Taylor, our Environmental Services Manager, said, “Dot is a very loyal and dedicated employee. I can’t say enough good things about her. She is a core part of this team and extremely appreciated.” Thank you, Dot, for your many years of service to our residents!



Dot- Housekeeping

September HIGHLIGHTS

- | | |
|----------------------------|----------------------|
| 5 | 8-14 |
| Art in the Elements Outing | Assisted Living Week |
| 10 | 25-29 |
| Bowling League Starts | Resident Adventures |



FOREVER FIT
Making the Change

If nothing else we are creatures of habit. The schedules and routines that we’ve developed over the years help us to be effective, efficient and comfortable. Sometimes however, in order to see the improvements we need we have to make that awkward step outside our comfort zone. As fragile as our bodies can be they are equally resilient and adapt to the stresses we place upon it. By failing to regularly add new stimuli, we often find ourself making little to no progress. If you find yourself at a bit of a plateau it may the perfect time to try a new or more challenging exercise. Remember exercise should never be painful, rather taxing enough to test your ability so you can make the small incremental steps to a stronger healthier version of you.

Visiting Dentist October 22, 2025

Residents have the option to receive dental treatment in their apartment. Care provided: Cleanings* Exams* X-rays* Fillings* Gum treatment*Extractions* Crowns & Bridges* Dentures* Partial* Repairs* Denture evaluation

Please call soon to make an appointment with Dr. Louay Mansour, DDS
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.

October SPECIAL EVENTS

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|--|-------------------------------|
| 2 | 6-12 |
| Octoberfest with Luka on Accordion | Active Aging Week |
| 8 | 29 |
| Winnie 103 rd Birthday Celebration! | Trick or Treat in the Commons |



EXECUTIVE DIRECTOR CORNER

October marks the heart of Autumn, a season filled with crisp air, colorful leaves, and cozy moments. It's a month known for harvest festivals, spooky celebrations, and a time to reflect as the year winds down. Fun fact: October is the only month where all sports (NFL, NBA, NHL, MLB) overlap! It's also National Pumpkin Month and a popular time for apple picking, costume parties, and everything pumpkin spice.

We’re embracing the season with festive events and meaningful celebrations all month long! Kicking things off is Oktoberfest with Luka on Accordion on October 2nd, sure to bring cheer and toe-tapping fun. We’ll celebrate Active Aging Week, and National Culinary week from October 6–12, with daily themes and engaging activities promoting wellness and joy. A special milestone awaits as we honor Winnie’s 103rd Birthday on October 10th, a truly remarkable celebration of a life well lived. Don’t miss Trick or Treating fun with family and friends on October 29th!