



VETERANS DAY: Honoring Service and Sacrifice

Veterans Day serves as a reminder of the values of service, sacrifice, and patriotism. It offers an opportunity for people to express gratitude to those who put their lives on the line for their country. It also encourages reflection on the challenges faced by veterans, including reintegration into civilian life, access to health care, and employment. By recognizing veterans' contributions, the nation acknowledges the ongoing responsibility to support and respect them.

The roots of Veterans Day trace back to the end of World War I. On November 11, 1918, an armistice was declared between the Allied nations and Germany, effectively ending the "war to end all wars." The date became known as Armistice Day and was first celebrated in 1919. In 1954, after World War II and the Korean War, the U.S. Congress amended the holiday's name to "Veterans Day" to honor all American veterans, not just those who served in World War I.

Veterans Day is more than just a date on the calendar; it is a powerful tribute to the men and women whose dedication has shaped the course of American history. As we honor veterans each November, we reaffirm our commitment to remembering their sacrifices and ensuring they receive the recognition and support they deserve. Let us celebrate Veterans Day with gratitude, respect, and a renewed sense of national unity.

\$3,500 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they will thank you for it - and then we will thank you for it too! Ask for details!

NOVEMBER BIRTHDAYS

SHIRLEY R. NOV. 15TH
JENNY C. NOV. 30TH

ZODIAC:
Scorpio – Oct. 23 – Nov.22
Sagittarius – Nov. 23 – Dec. 21

Birthstone – Topaz / Citrine

Scorpio is a water sign known for their intense passion, unwavering determination, and magnetic charisma. They are often perceived as mysterious, but this quality stems from their complex, deeply emotional and often private nature.

Sagittarius

Birthstone – Turquoise/ Tanzanite

Sagittarians are known for being adventurous, optimistic, and independent, with a strong love for freedom, travel, and knowledge. They are often described as honest, curious, and philosophical.



FRIENDS & FAMILY
REFERRAL PROGRAM

CARRIAGE PARK CONNECT

November 2025



UPCOMING EVENTS

Welcome, November! The holiday season is beginning, with fall in full swing and cooler temperatures indicating that winter is approaching. Don't forget to set your clocks back on the 1st as we transition into daylight savings time.

WaltonWood Carriage Park is gearing up for a thrilling month! Election Day and the Resident Council meeting both land on November 4th—don't miss out on making your voice heard. The Pinsetters bowling team is crushing the league, so come cheer them on as they roll into their final week! On November 8th, we're off to explore the Flatrock Depot and Train Museum—adventure awaits! This month's lunch outing is set at the delicious Hungarian Rhapsody in Southgate—sign up fast before spots fill up.

On November 19th, prepare to be inspired as we tour the beautiful Sweetest Heart of Mary Church in Detroit.

Celebrate with family and friends at our Thanksgiving dinner on the 20th. RSVP by Nov. 17th.

Don't forget to book your foot doctor appointment for November 24th at the front desk.

Enjoy toe-tapping performances by Bobby, Gail, and Mark every Tuesday, and watch for unforgettable special events with Angela on the 1st, 15th, and 29th.

Most importantly, wishing you all an amazing Thanksgiving filled with laughter, family, and friends!

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2000 Canton Center Rd.
Canton, MI 48187
www.waltonwood.com | 734-844-3060
Facebook: /Waltonwoodcarriagepark

COMMUNITY MANAGEMENT

- Tabitha Sheriff
Executive Director
- Terry Lobb
Business Office Manager
- William Scott
Independent Living Manager
- Amanda Boyer
Resident Care Manager
- Josh Lamphear
Culinary Manager
- Cynthia Hill
Wellness Co-Ordinator
- Erin McGraw
Life Enrichment Manager IL
- Fran Farrell
Life Enrichment Manager AL
- Jonathan VanWicklin
Environmental Service
Manager
- Ashley Hall
Marketing Manager
- Kenneth McCormack
Marketing Manager

ASSOCIATE OF THE MONTH

ABBEY CANNON

Abbey serves as the Culinary Supervisor at WaltonWood Carriage Park and has been a dedicated member of the team for 16 years. She began her journey here as a server, and over the years, has proven herself to be a model employee. Her dedication shines through in the small details—whether it’s a welcoming smile, a kind word, or an extra effort to brighten someone’s day, Abbey always brings positivity to her workplace. Outside of work, she enjoys spending time with her family, including her two daughters, ages 6 and 1. In her free time, Abbey loves playing video games and, whenever possible, getting outdoors to play soccer.



FOREVER FIT / WELLNESS Chris Grabowski, MS

Cognitive Resilience

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and overall well-being. According to the Mayo clinic, researchers have found that a third of dementia diagnosis are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques and healthy social interactions will help minimize the risk for future cognitive struggles. In many dimensions, and maintaining a strong mind can help ensure the task.



October Happenings



Executive Directors Corner

As we enter this season of gratitude, I would like to take a moment to express my heartfelt appreciation for each of you who call our community home. Your warmth, kindness, and spirit make this such a special place to live and work. This month, we also pause to honor our veterans. To all who have served, thank you for your courage, sacrifice, and dedication. Your service is deeply valued, and we are proud to have you as part of our community. As Thanksgiving approaches, it’s a wonderful time to reflect on all that we’re grateful for, our health, our friendships, and the sense of belonging we share here. Please refer to the flyer for details about our upcoming Thanksgiving celebration. We hope you and your loved ones can join us for this special event.

