

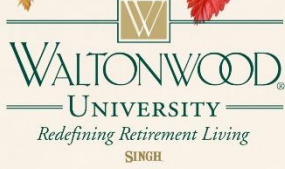


RESIDENT BIRTHDAYS

Joann S. – Nov. 1
Gwen C. – Nov. 2
Lois M. – Nov. 5
Jane V. – Nov. 8
Dwayne K. – Nov. 13
Sandy G. – Nov. 17
Mary W. – Nov. 29

ASSOCIATE BIRTHDAYS

Jamya F. – Nov. 4
Glory J. – Nov. 6
Susan G. – Nov. 22



Thanksgiving Buffet

Thursday, November 20th
4:30 and 6:15pm seating

Cost is \$25 per guest & \$10 for children 5-12. No charge for children under 5. Payment can be done by credit card or will be billed to the resident's apartment.

Please call the Front Desk for reserved seating by November 10th

(248) 375-2500

MEET THE MANAGER

Once a month, we will host a “Meet the Manager” program, in which you will better get to know one of our managers. The selected manager of the month will bring some kind of refreshment and come prepared with a few fun facts about themselves, perhaps a story about their lives, and a little bit of intel into what their role in the community is. Residents should come prepared to learn something new about one of our managers and maybe even bring a question or two to ask!

This month, you can meet Elijah, our Wellness Coordinator, on **Wednesday, November 12th at 11:00am.**



FRIENDS & FAMILY REFERRAL PROGRAM!

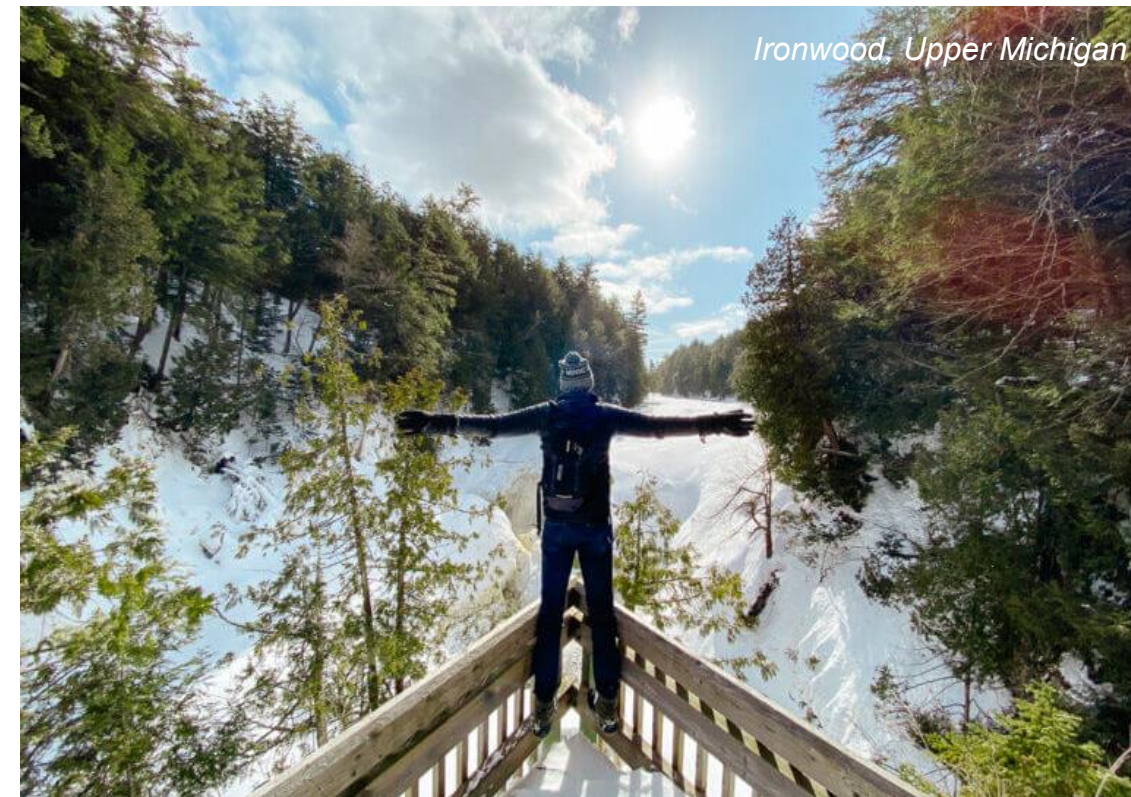
\$3,500 RESIDENT REFERRAL BONUS

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 Celeste for details!

WALTONWOOD UNIVERSITY

NOVEMBER 2025

3250 Walton Boulevard, MI 48309
www.waltonwood.com | (248) 375-2500



MICHIGAN DATES IN HISTORY: NOVEMBER

November 1, 1973 Interstate 75 was formally completed in Michigan.

November 4, 1907 Brothers Ben and Perry Feigensen, who were Russian immigrants, founded Faygo Pop, starting with Fruit Punch, Grape, and Strawberry flavors.

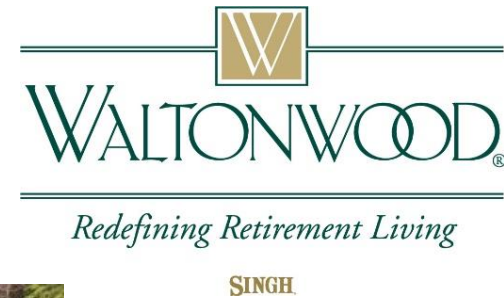
November 6, 1973 Coleman Young was elected as the first Black mayor of Detroit. He went on to serve 5 years as mayor.

November 10, 1975 The Edmund Fitzgerald sunk in Lake Superior, tragically ending the lives of the 29 crewmen onboard.

November 11, 1954 Lansing held their first Veterans Day Parade, after President Eisenhower officially declared November 11th as Veterans Day.

November 14, 1914 The first Dodge automobile, a four-cylinder Dodge Model 30, was built in Hamtramck, MI.

November 17, 2004 Troy-based Kmart announced its plans to buy Sears, creating the new company Sears Holdings Corp. – the third-largest retailer in the U.S.



COMMUNITY MANAGEMENT

Zachary Adamski
Executive Director

Tammy Collins
Business Office Manager

Celeste Roth
Marketing Manager

Aaron Nash
Culinary Services Manager

Taylor Crowe
Environmental Services Manager

Brennen Bollinger
Independent Living Manager

Lauren Carbonara
IL Life Enrichment Manager

Donna Donakowski
AL Life Enrichment Manager

Amber Williams
Resident Care Manager

Elijah Jones
Wellness Coordinator

ASSOCIATE SPOTLIGHT: JOHN

You may not know him if you saw him in the hallway, but I guarantee that you appreciate his work! John, our dishwasher for over 3 months, is our latest employee of the month. Though he hasn't worked here long, he has sure made a great impression! His favorite part of working at Waltonwood so far is how friendly and helpful the staff and residents are. Born in Detroit, MI, John enjoys reading, listening to music, and going on long walks. He has an older brother and sister, as well as extended family who live out of state. His favorite movie is The Godfather, and his favorite type of music to listen to is old rock and pop music. He is very glad to have been given the opportunity to work alongside great people at Waltonwood, and we are incredibly glad he is here. Chef Aaron had nothing but positive praise to say about John. "John is spectacular. He comes in everyday and is never late, never misses a shift, and never complains. He takes pride in his work, and he is always going above and beyond," he said. We thank you, John, for all of the great work you do at Waltonwood every day for our residents! You are so appreciated.



OCTOBER HIGHLIGHTS

- 1

Oktoberfest Party
- 2

Outing to Zendher's of Frankenmuth
- 3

Winnie's 103rd Birthday
- 4

Halloween Trick-or-Treat



FOREVER FIT: 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 over all well-being. According the Mayo Clinic, researchers have found that a third of dementia diagnoses 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 relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that you are always up for the task.

TRAVELING SALES GALS CRAFT AND VENDOR SHOW

With the holidays just around the corner, many of us may have already begun our Christmas shopping. But if you still have a few people on your list to check off, the Traveling Sales Gals Craft and Vendor Show may be the perfect opportunity to grab some great items for your loved ones (or for yourself)!



On **Tuesday, November 4th**, from **12:00-3:00pm**, come down to the Campus Room to check out the sales!

There will be purses, jewelry, blankets, hats and scarves, desserts, handmade décor, pottery, and more!

Please see Lauren in Life Enrichment if you have any questions.

Note: due to the craft show, there will be no Cornhole.

EVENTS TO ADD TO YOUR CALENDAR

- 11

12:00-2:00pm
Veteran's Luncheon and Ceremony (RSVP)
- 20

4:30/6:15pm
Thanksgiving Buffet (Guests RSVP)
- 23

1:15pm Outing: Mr. Burns, A Post-Electric Play at Oakland University
- 25

3:00 November Birthday Party & Entertainment: Frank Taubitz



As we welcome November, our community is surrounded by the beauty of colorful leaves, crisp fall air, and the comforting warmth of friendship and home. This month invites us to pause and reflect on all that we're thankful for, from cherished memories to the new moments we create together each day.

We begin the month honoring Veterans Day on November 11th, taking time to recognize and thank the brave men and women who have served our country. Later, we come together for our Thanksgiving Buffet on November 20th – a day to share laughter, good food, and gratitude for one another.

Throughout November, we'll celebrate the spirit of the season with special programs, gatherings, and opportunities to connect. Whether you're sharing stories over coffee, lending a helping hand, or simply enjoying the beauty of autumn from your window, there's something to appreciate in every moment. "Gratitude is not only the greatest of virtues, but the parent of all the others." — Cicero

Zachary Adamski, Executive Director