

Celebrating
Novembers
Birthdays!

No Birthday's
this month!



FAMILY & FRIENDS REFERRAL
PROGRAM!

COMMUNITY COMMUNICATION

- Cardio Drumming – Get ready to rock with the return of cardio drumming! Join us each week as we drum our way to a heart-pumping workout on exercise balls!
- Floral Arrangements – Flowers are a sensory delight, captivating your senses with their fragrance and beauty while inviting your hands to create! Not only do they evoke cherished memories and alleviate stress, but they also provide a calming activity for individuals dealing with Alzheimer’s or dementia.
- Bingo – Here’s a fun fact: Bingo is more than just a game; it’s a brain-boosting adventure for our senior friends with dementia! Come join us for the next round, and you might just win a delicious treat!
- Intouch Games – Sedentary lifestyles can lead to diminished cognitive function, affecting our brain's task performance. Engaging in games is an excellent way to stimulate the mind and rebuild lost neural pathways, ultimately enhancing memory retention.
- Trivia – Studies have indicated that mental stimulation, like answering trivia questions, can improve memory recall and slow cognitive decline in seniors with dementia.
- Arts & Crafts – Creating art is akin to a workout for the brain, strengthening neurons and forging new connections. While Alzheimer’s can be a memory thief, art comes to the rescue, building new neural pathways for enhanced memory and recall abilities.

\$3,500 RESIDENTIAL REFERRAL BONUS

Have you shared your love for Waltonwood lately?
When you refer someone to our community, they'll
thank you for it - and then we'll thank you for it too!

If they sign a one-year lease with us, you'll receive a
\$3,500 Referral Bonus* in the form of a check, rent
credit or donation to a charity of your choice! Ask for
details!

LAKESIDE CONNECT- MEMORY CARE

November 2025



“The thinnest yellow light of November is more warming
and exhilarating than any wine they tell of. The mite which
November contributes becomes equal in value to the bounty
of July.”
— Henry David Thoreau

As we embrace November and the gentle approach of winter, let us find warmth in the coziness of the season ahead. This time of year invites us to slow down, savor the crisp air, and revel in the beauty of frosted mornings. It's a perfect opportunity to reconnect with loved ones, share stories by the fire, and indulge in comforting treats. Let the quiet magic of winter inspire you to reflect on the past year and set hopeful intentions for the future. Embrace the serenity and joy that this season brings, and may it fill your heart with peace and gratitude.

Warmly,
Waltonwood Family



Redefining Retirement Living

SINGH

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COMMUNITY MANAGEMENT

- Gina Conway
Executive Director
- Lisa Kendrick
Business Office Manager
- Allison Neal
Independent Living Manager
- Melissa Wright
Lead Marketing Manager
- Aaron Rodino
Marketing Manager
- Marcia Combs
MC Life Enrichment Manger
- Les Hicks
Environmental Manager
- Nick St Onge
Culinary Services Manager
- Rene Ruhlman
Life Enrichment Manager
- Moriah Dean
AL Life Enrichment Manager

Employee of the Month-

I've been at Waltonwood for a month. I truly enjoy putting smiles on the faces of our residents and team. I love building connections and getting to know each resident on a deeper, more personal level. Outside of work, I enjoy spending time with my nephew, being involved in my church community, and taking long drives with the windows down. If I could share one message with our residents, it would be: You are never too old to give your life to Christ.



OCTOBER HIGHLIGHTS

9

Residents and staff alike got excited to cheer for our Tigers.

13

Residents had a fantastic time socializing with Sara Dicresare from the Med Team, where they enjoyed singing and playing musical instruments together.



17

Residents eagerly took part in various wellness programs this week for Active Aging Week, which included an enjoyable bowling event.

28

Residents had a great time playing Familiar Faces Bingo today, reminiscing about their beloved classic TV shows.



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 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 relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that always up for the task.

TRANSPORTATION INFORMATION

Transportation is offered for Memory Care residents on Wednesdays for outings and appointments based on availability. The bus is used on Monday, Tuesday and Thursday in Independent Living and Fridays in Assited Living. Limited rides on the bus may be available on those days, and residents who are able to transfer into the Cadillac have that option as well. Transportation request slips are available at the front desk. Please give as much notice as possible so our drivers can create their schedule. We will try our best to accommodate last minute requests but cannot guarantee availability.



November Special Events

Upcoming Performances for Our Memory Care Residents

- November 6: Sara will join us for a live performance.
- November 12: Charlene from Deep River Music will entertain us in the activity room.
- November 18: Motown singer Marco Floyd will be here to perform.
- November 23: Charlene returns for another Sunday performance.
- November 26: Kelly Miller will grace us with a live performance.

Outings for November

****November 5:** Detroit Taco / Virtual Golfing**

****November 12:** Scenic Drive / Red Lobster**

****November 19:** Imperial Bowling**

****November 26:** New York Deli**

Events This Month:

****Thanksgiving Buffet****

Date: November 20

Please R.S.V.P. at the front desk.



GINA CONWAY, EXECUTIVE DIRECTOR

The Holidays are upon us, and our Life Enrichment teams have put together a full schedule of events that can be viewed on the InTouch TV monitors, as well as on the InTouch Link TV app on your device. If you're not already accessing the app, stop by either concierge desk to grab a copy of the instructions for download. This app will allow you to view daily community events, photos, weather updates, birthdays among many other things for the Independent Living, Assisted Living and Memory Care neighborhoods. Coming up this month we have our annual Thanksgiving Family Buffet on November 20 and are hosting a food drive to support our Veterans. Please contact the community for more information.