



The Waltonwood Experience

Stay Safe This Winter...

When the temperature drops, seniors run a higher risk of health problems and injuries related to the weather. Like most things in life, being prepared can help you avoid the most common seasonal injuries:

• Hypothermia	• Falls	• Fire
• Frostbite	• Flu	• Carbon Monoxide Poisoning
• Injuries While Shoveling Snow	• Accidents While Driving	• Seasonal Affective Disorder (SAD)

Winter is filled with fun and celebrations. Your loved one doesn't have to hide away because of the weather. Taking practical steps toward cold weather safety for seniors can help them enjoy the season.



Ask how Waltonwood's services and amenities can help you or a loved one live safe this winter and all year long.

www.Waltonwood.com

December Birthdays

Residents

- Sharon L. 12/5
- Doris M. 12/6
- Waldemar R. 12/19
- Rani U. 12/21
- Betty P. 12/28
- Jean F. 12/28

Associates

- Chrystin W. 12/22
- Christy B. 12/29

New Residents

- Roger E.
- Carol M.
- Gary C.
- Barbara O.
- Robert M.
- Judith S.
- Elizabeth S.
- Rodney P.



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

Royal Oak connect

DECEMBER 2025



Adventure by Waltonwood Presents: A Return to Dance

Adventure by Waltonwood is personalized outing based upon the passion of the resident. Larry is passionate about dancing so for his adventure he went dancing! After the death of his wife, Larry wanted to meet new people, and try something new. Dancing had always been a dream of his, so he finally decided to give it a try. To his delight, Larry was a natural. Over the years, he became a familiar face in dance halls and community groups, moving gracefully to the rhythm of the music. It was through dancing that Larry found love again. At a popular dance spot, he met Sandy, who quickly became his partner both on and off the dance floor. Together, they shared countless evenings filled with music, laughter, and connection. Their dancing came to an abrupt halt when Larry suffered a major health crisis. For years, he was too weak to return to the floor. Yet, through determination, rehab, and healing, Larry slowly regained his strength. Eventually, he began to dance again, at Waltonwood happy hour entertainment events.

For his latest adventure, Larry wanted to celebrate by going out dancing with Sandy something they hadn't done together in three years. They chose the Clawson Steak House, where the Mark James Band filled the room with lively music. Over dinner and under the glow of the lights, Larry and Sandy danced into the night, savoring every step of their long-awaited return to dance.



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COMMUNITY MANAGEMENT

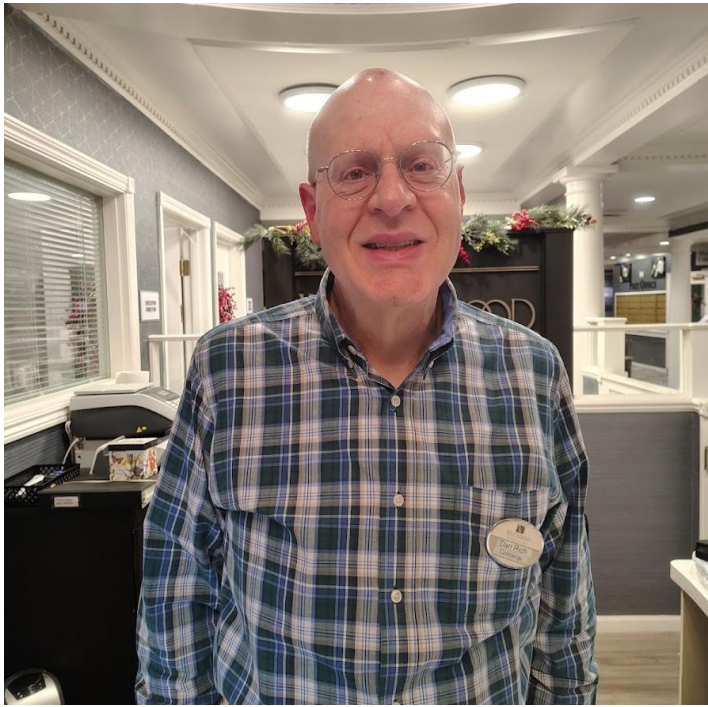
- Taylor Obomsawin
Executive Director
- Emily Long
Business Office Manager
- Donyel Snead
Life Enrichment Manager
- Tonicka Benefield
Resident Care Manager
- Charlie Harris
Wellness Coordinator
- Gabrielle Maciag
Marketing Manager
- Joshua Lampear
Culinary Supervisor
- Tashila Green
Dining Room Supervisor
- Sharon Boucher
Dining Room Supervisor
- Jorden Swan
Environmental Service
- Nicholle Williams
Housekeeping and Laundry

ASSOCIATE SPOTLIGHT

We're excited to announce Dan as our Associate of the Month! Since joining us in April 2020, Dan has made a significant impact on our team, residents and guests alike. His passion for helping others shines through as he eagerly steps in to fill any gaps, ensuring that messages reach the right department heads and making every resident feel valued.

Outside of work, Dan enjoys spending quality time with his mom, helping her shop and cook delicious meals. A true whiz at meal prep, he loves making health meals and treats. One of Dan's fondest memories at Waltonwood is his creative approach to a gingerbread house contest when he cleverly wrapped his collapsing creation in crime scene tape, turning it into a playful "crime scene."

While Dan thrives in making others feel good, he does have a pet peeve: bad drivers. Join us in congratulating Dan for his hard work and dedication! Keep shining, Dan



NOVEMBER HIGHLIGHTS

11

Veterans Day Celebration

17

Cotton Candy Demo



20

Thanksgiving Family Dinner

21

Cranbrook Art Museum



FOCUS ON FITNESS- Morning Meditation

The holidays are a wonderful time of the year filled with friends, family, parties and gatherings. It's also some of the more stressful week on the calendar filled with schedule changes and obligations that pull you from your current routine and into a space that can feel somewhat overwhelming.

Take this a gentle reminder that the holiday stress is normal and OK, in fact use this opportunity to acknowledge it and find positive ways to work through it. How we manage this stress will directly impacts how our bodies and minds feel in the weeks to come. This December try adding a morning meditation to your daily routine.

Each morning make time for yourself to slow the body, calm the mind and allow yourself to connect with how you feel. It could be something as simple as a 5-minute gratitude meditation giving thanks for what you have in your life or something longer like a 10-minute body scan allowing yourself to acknowledge how you physically feel today. No matter the time or type this daily practice of mindfulness is the perfect way to quiet the stress and connect to the world around you. **By Chris Grabowski**



DECEMBER SPECIAL EVENTS

12

Outing – Lunch and a Show at the Royal Oak Senior Center 10:20AM

13

Holiday Brunch with Waltonwood Families

23

Holiday Party- Live Music with Prism 3:30pm

29

Lunch and a Show at the Royal Oak Senior Center



New Year's Resolutions: Serious Aspirations or Silly Traditions?

As the clock strikes midnight, many of us dive into the age-old ritual of setting New Year's resolutions. From the serious goals of losing weight and getting fit to the light-hearted tradition of eating 12 grapes for good luck, resolutions can be a mix of earnest intentions and whimsical customs. While some see them as an opportunity for self-improvement, others find the quick fad resolutions a bit silly. Ultimately, whether you plan to hit the gym or savor those grapes, the New Year marks a unique chance to reflect on what matters most to us. Cheers to fresh beginnings, however serious or silly they may be!

Happy New Years!