



OUR HOLIDAY CELEBRATION

Thank you to everyone who joined us for our Christmas buffet! From amazing food and dessert perfection to truly delicious drinks, it was a celebration to remember. We loved sharing the season with you.

January BIRTHDAYS!

JOANNE A.- 1/15

DOTTIE H.- 1/19

RON F.- 1/20

KEN K.- 1/21

EDERINA U.- 1/29

RON M.- 1/30



\$3,500 RESIDENTIAL REFERRAL BONUS



FAMILY & FRIENDS REFERRAL PROGRAM!

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!

MAIN CONNECT

January 2026



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COMMUNITY MANAGEMENT

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Executive Director

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AL Life Enrichment Manager

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Carolyn Martin
Marketing Manager

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Resident Care Manager

Alicia Hardville
Wellness Coordinator, 1st Floor

Megan Misch
Wellness Coordinator, 2nd Floor



Monthly Reflection

December was a festive and heartwarming month here at Waltonwood Main. We welcomed families and future residents to our Holiday Open House, where our marketing and culinary teams shined with beautiful displays and delicious treats. Residents enjoyed an unforgettable outing to Meadowbrook Theater for A Christmas Carol, as well as multiple cheerful happy hours filled with good company and seasonal spirit. We soaked in the magic of the nationally recognized Rochester lights downtown, and we were especially delighted to share several intergenerational programs with the wonderful students from Notre Dame Prep, Hart Middle School, and Troop 188. It was a month full of connection, celebration, and community joy.

As we step into January and a brand-new year, we look forward to fresh opportunities, new activities, and time spent together. Be sure to keep an eye on the Activities Calendar—you'll spot some exciting additions coming your way! We're also thrilled to celebrate Dolly Parton on January 19th with our beloved annual Waltonwood to Dollywood event, always a resident favorite. Here's to staying warm, focusing on our goals together, and welcoming 2026 with gratitude, enthusiasm, and plenty of wonderful moments ahead.

FOREVER FIT: MORNING MEDITATION

When we think of exercise, we often think of stronger muscles and healthier bodies. While this is true, when regular exercise is combined in a social capacity the physical benefits may also extend to our cognitive functioning too. Recent data suggests that those who work out at least twice a week with a workout buddy, or in a small group, also lowered their risk of developing cognitive decline versus those who exercised alone. The data also shows that the social engagement boost motivation, improves accountability and creates a greater sense of belonging. So, when you're setting those New Year's resolutions remember a good workout with some great friends may be the best way to stay healthy for years to come.

Employee of the Month



Renita Paramo, Med Tech

- I have been working in this field since I was 19 years old
- I have three beautiful children whom I love dearly and also get on my nerves! 😊
- I love to cook
- I have always wanted to be a veterinarian
- I love cats!

December Highlights

5

We stepped back in time with a Vintage Christmas Happy Hour, complete with sparkling tinsel, a classic Jell-O mold, and plenty of holiday cheer.

15

National Grinch Day was a hit! Residents enjoyed a happy hour with red velvet Grinch cake balls and holiday trivia.

6

We were delighted to welcome back Troop 188 who joined us for cookie decorating and holiday caroling, creating smiles and festive memories.

18

Residents and Hart Middle School students teamed up for a fun gingerbread house decorating contest, sharing creativity, teamwork, and holiday spirit.



New Activities!

Men's Club - We're excited to announce this new addition to our calendar! Meeting every other Thursday evening at 6:00 PM! Each gathering will offer something different—activities will rotate based on the season, upcoming sporting events, and the interests of the men who attend. We invite all gentlemen to join us in the library for great conversation, good company, and a little fun tailored just for you.

Weekly OPC Outings - Join us for a new weekly outing to the OPC Social & Activities Center for Seniors in Rochester! Every Wednesday, we'll depart from the front lobby at 10:00 AM and provide shuttle service to and from the OPC, giving residents an easy way to enjoy their wide variety of programs and amenities. If you'd like to join us, please be sure to sign up at the front desk in advance—we look forward to exploring the OPC together!

Current Events Club - Our new Current Events Club will be a welcoming space where residents can meet to explore and discuss what's happening in the world around us. Each session will focus on timely, engaging topics—presented in a balanced and approachable way—while encouraging thoughtful, civil, and meaningful conversation. We invite all residents to join us as we learn from one another, share perspectives, and stay connected to the wider world together.

Upcoming Special Events

9

We're honoring National Law Enforcement Day by welcoming our local police officers for a friendly "Police & Pastries" gathering. Residents are encouraged to stop by, enjoy a treat, and take a moment to meet, greet, and thank the officers who help keep our community safe.

19

Join us for our Annual Waltonwood to Dollywood celebration—a full day of Dolly-themed activities, music, and entertainment that's always a resident favorite. Don't miss the fun as we honor the one and only Dolly Parton in true Waltonwood style!

12

Join us for an engaging outing to the Rochester Hills Public Library to explore their American Revolution Experience Exhibit—a fascinating walk through early American history. Space is limited, so be sure to sign up at the front desk!

30

Join us for a cozy Hot Cocoa Happy Hour as we wrap up the month celebrating National Hot Cocoa Day with a delicious toppings bar and plenty of festive fun. Come warm up, sip, and enjoy the sweet celebration with neighbors!

EXECUTIVE DIRECTOR CORNER

As we welcome 2026, I have taken the time to reflect on all our great memories that 2024 has brought to our Waltonwood Main community! Over the last year, we hosted some incredible family events. This included Dollywood, Camp Waltonwood, Halloween trick or treat, Thanksgiving dinner, home for the holidays open house, and Christmas dinner! These events truly show the unity and companionship that has been built within our community. Along with the large gatherings, our community continues to show growth in each department. The staff have shown their commitment to hard work and dedication for all our residents and families. I am excited for another great year here at Waltonwood Main and look forward to what 2026 has in-store for us.

Jon Hills