



RESIDENT BIRTHDAYS

George Pierce January 3
 Allan Turner January 11
 Faye Bradford January 24
 Joanne Hammonds January 1
 Harriette Van Loo January 15
 Connie Duffy January 24
 Gary Krier January 13
 Bruce Brown January 15

ASSOCIATE BIRTHDAYS

Chaniyah Jackson January 3
 Ali Safa January 5
 Amalia Pasillas January 7
 Carnell McDonald January 11
 Zakery DeLorge January 16
 Zac Adamski January 18
 Randy Pardy January 22
 Caitlin Pangle January 26

JOIN US
A Toast to Dolly
Supporting the Dolly's Imagination Library.



Friday, January 16th
1 - 3 p.m.

Join us for an afternoon of fun as we celebrate Dolly Parton!

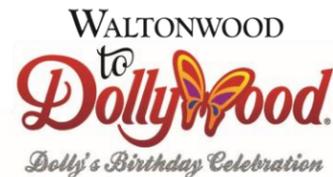
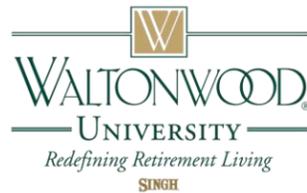
Wine tasting paired with light appetizers, and silent auction.

\$20 per person

100% of proceeds benefit Dolly Parton's charity.

RSVP by January 14th

248-375-2500 or raeshal.matey@singhmail.com



3250 Walton Blvd., Rochester Hills, MI 48309

WALTONWOOD UNIVERSITY

JANUARY 2026

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



MICHIGAN DATES IN HISTORY: January

- **January 6, 1895:** The first automobile race in the U.S. was held in Michigan, from Detroit to Jackson.
- **January 7, 1913:** Future U.S. President Gerald R. Ford was born in Omaha but grew up in Grand Rapids.
- **January 11, 1805:** The Territory of Michigan was established with Detroit as its capital.
- **January 12, 1904:** Henry Ford set a world speed record on Lake St. Clair in his "999" racer.
- **January 18:** National Michigan Day is celebrated to honor the state, especially for Governor Stevens T. Mason's birthday.
- **January 19, 1915:** The first Kiwanis Club was founded in Detroit.
- **January 20, 1880:** The first international telephone line opened between Detroit and Windsor, Canada.
- **January 22, 1813:** The bloody Battle of Frenchtown (Monroe) occurred during the War of 1812.
- **January 26, 1837:** Michigan officially became the 26th state.
- **January 28, 1879:** The Michigan State Capitol building in Lansing was completed.
- **January 29, 1977:** The Michigan Civil Rights Act was signed into law, prohibiting discrimination.
- **January 31, 1989:** The Detroit Pistons won their first NBA Championship.



Redefining Retirement Living

SINGH

COMMUNITY MANAGEMENT

Zachary Adamski
 Executive Director

Tammy Collins
 Business Office Manager

Carrie Roehm
 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

\$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!



FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT: DAN

Dan has worked as our maintenance technician just under one year, but his contributions to the community make it feel like he’s been part of the community from the start! Dan is resourceful, dependable, and reliable. He can always be counted on to get the job done whenever and wherever we need him! In his free time, Dan likes to travel with his wife camping, biking, and hiking. One of his most memorable trips was just recently to Zion National Park and surrounding Utah. Dan enjoys working at Waltonwood University assisting residents to get things done they can’t do themselves. He also appreciates the friendly nature of all the employees who work here.



Adventure Waltonwood Program

A day at the ballpark. An overnight trip to a special museum. A chance to greet your family at the airport. These are just a few of the experiences afforded to Waltonwood Senior Living residents through the Adventures by Waltonwood program. “Adventure by Waltonwood is our next-level, personalized, life enrichment offering—[it goes] beyond community, group-based programming,” explained Lindsay Charlefour, Regional Director of Life Enrichment at Waltonwood. “It is a company-sponsored program that encourages residents to live their best life by pursuing experiences that are meaningful to them.” Adventure requests can be made by residents, their family members or Waltonwood associates. Once approved, the adventure is created and fulfilled by the community’s Life Enrichment Managers, who contact local businesses to try and make the adventure possible. The program is offered to residents in independent living, assisted living and memory care, and can range from “something as simple as sharing McDonald’s for your birthday with your distant family via Zoom” to something more extreme like a helicopter ride over Detroit, noted Charlefour. In fact, both of those are actual adventures that have taken place at other Waltonwood communities. To make your personalized Adventure Waltonwood request, please speak to the Life Enrichment team!

DECEMBER HIGHLIGHTS

10

Holiday Craft Box

15

Brookland Elementary Carolers



19

Christmas Buffet

EVENTS TO ADD TO YOUR CALENDAR

6

12 noon Movie Outing
Emagine Rochester
“Song Sung Blue”

9

3 pm Pampering with
Becky (Mary Kay)
Private Dining Room

16

“1-3 pm “Waltonwood to
Dollywood” Celebration
Charity Wine Tasting &
Themed Dinner

Thursdays

2 pm “Caring with
Keys” OU Student
Music Program
Campus Room



FOREVER FIT: DON'T GO AT IT ALONE

Don't Go It Alone

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.

Executive Director Note: A Fresh Start with Warmth and Celebration

January welcomes a New Year, a time for fresh beginnings, reflection and cozy moments shared together. As winter settles in, it also invites us to slow down, connect with one another, and celebrate the values of kindness, generosity and community. This month we honor New Year’s traditions, reflect on the legacy of Dr. Martin Luther King Jr., and embrace the joy of giving back. We’re especially excited to spotlight a series of Dolly Parton themed events, celebrating music, storytelling, and heartfelt service values that resonate across generations. These events will be celebrated Friday January 16th with a Dolly Parton Themed Dinner and “Dolly Parton Imagination Library” Wine Tasting Fundraiser. On Monday January 19th, we host a “Dolly Parton Imagination Library” Reading event for children. These events remind us that even in the coldest season, warmth is found in togetherness, music, and giving back. We look forward to starting the year with joy, purpose and a little Dolly sparkle! -Zachary Adamski, Executive Director