



MUSIC HIGHLIGHTS



January 8 Steven Floyd Vocals Keyboard Guitar



January 19 "Waltonwood to Dollywood" Music Celebration with Charlene and Mark



January 23 Billy McAllister "Frank Sinatra" Crooner

UNIVERSITY CONNECT

JANUARY 2026



3250 Walton Blvd., Rochester Hills, MI 48309
www.waltonwood.com | 248-375-2500
Facebook: /WaltonwoodUniversity



New Year's Day Traditions:

Resolutions: Promising self-improvement, with ancient roots in Babylonian commitments.

Lucky Foods: Pork (prosperity), black-eyed peas (money), cabbage (wealth).

Rituals: Kissing at midnight, making noise (horns, bells).

Superstitions: Avoiding cleaning, laundry, or taking out trash to not sweep away luck.

Polar Plunges: Brave dips in cold water in places like the UK, Netherlands.

COMMUNITY MANAGEMENT

Zachary Adamski
Executive Director

Tammy Collins
Business Office Manager

Aaron Nash
Culinary Services Manager

Taylor Crowe
Environmental Services
Manager

Brennen Bolinger
Independent Living Manager

Donna Donakowski
Life Enrichment Manager

Carrie Roehm
Marketing Manager

Amber Williams
Resident Care Manager

Elijah Jones
Wellness Coordinator

RESIDENT BIRTHDAYS

Davey Ferguson Jan 12

Paula Matte Jan 18

ASSOCIATE BIRTHDAYS

Chaniyah Jackson Jan 3

Ali Safa Jan 5

Amalia Pasillas Jan 7

Carnell McDonald Jan 11

Zakery DeLorge Jan 16

Zac Adamski Jan 18

Randy Pardy Jan 22

Caitlin Pangle Jan 26



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 for details!

ASSOCIATE SPOTLIGHT: ANGIE, DINING ROOM SUPERVISOR

Angie is one of our amazing Dining Room Supervisors. She has been working at Waltonwood for over 6 years, and her favorite part of the job is her boss, Chef Aaron, and all of the residents who keep a smile on her face.

When not supervising the Dining Room, Angie enjoys attending local community events and festivals with her family (she has 3 adult children and 4 grandchildren), traveling, and spending time with her 2 fur babies, Diamond, who is a Yorkie mix, and Dino, who is a Boxer.

Angie has many special talents, including baking cakes, pies, and brownies. If she were to do another job, she would love to become a travel agent. "I can find you the best deal on any trip!" Angie says of her unique skill.

When asked about Angie, Aaron said, "She has helped shape to dining experience here at University into what it is today. She is a fair and consistent supervisor that holds every employee to the same standard. She has been a blessing to work alongside during my time here." Thank you, Angie, for everything you do for our residents and community every day!



Join us Monday January 19th from 10am -12 noon for a multigenerational event, inviting school children be read to, enjoy some Dolly Parton and Martin Luther King Jr. themed crafts and take home a Dolly Parton Imagination Library book of their own. Please see Donna in Life Enrichment to volunteer as reader, crafter or RSVP your family for this positive and inclusive community activity.

December HIGHLIGHTS

3	8
Holiday Greenery Craft	Mary Kay Pampering
17	18
Reuther Junior High Choir Carols	Holiday Family Buffet and Music



FOREVER FIT

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.

January SPECIAL EVENTS

1	16
New Year's Day Craft	"Waltonwood to Dollywood" Themed Dinner
19	Tuesdays
Imagination Library Reading Program	Life Enrichment Outings



EXECUTIVE DIRECTOR CORNER- Zac Adamski

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!