



## FEBRUARY BIRTHDAYS

Pat L. February 5<sup>th</sup>  
Harold M. February 16<sup>th</sup>

ZODIAC:  
Aquarius Jan.22<sup>nd</sup> - Feb. 21<sup>st</sup>  
Birthstone: Garnet

Aquarian traits center on being independent, intellectual, innovative, and humanitarian, marching to their own beat with a focus on large-scale change and social progress, often seen as rebels or visionaries. They value freedom, originality, and truth. They can be great friends, but prefer deep, meaningful conversations over gossip.

Pices Feb.19<sup>th</sup> – March 22<sup>nd</sup>  
Birthstone: Amethyst

Pices is a sensitive, artistic water sign, acting as the final, empathetic sign of the zodiac. They are compassionate, intuitive, artistic, and sometimes escapist. Their energy shifts towards emotional depth, creativity, and introspection.



**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 will thank you for it - and then we will thank you for it too! Ask for details!**

**National Wear  
Red Day®**

Friday, 2/7/2020

American Heart Association



National Wear Red Day is Friday, February 6, 2026.

Get ready to GO RED in support of women's cardiovascular health by wearing red. Cardiovascular disease (CVD) is the leading cause of death for women in the United States. On Friday, February 6, National Wear Red Day®, people and landmarks across the nation will "go red" to raise awareness of the No. 1 killer of women.



Random Acts of Kindness Week in 2026 runs from February 14th through February 20<sup>th</sup>. This annual, week-long event encourages intentional, small, and often anonymous acts of kindness to foster compassion and positivity in communities worldwide. Join your Carriage Park community in showing random acts of kindness. You can pick up your Kindness sheets in the activity room.

# CARRIAGE PARK CONNECT

FEBRUARY 2026



## UPCOMING EVENTS

Ahh February, the month of Love! While the snow may be piling up outside, inside we're gearing up for a month packed with energy and fun. The anticipation for Spring is growing, and our calendar is full of events you won't want to miss! This month kicks off with Ground Hog Day and sets the tone for excitement, followed by resident council on the 3rd and the start of our competitive Bowling League. Get your game face on, because we're ready to roll our way to victory and claim that first place trophy, again! The "Go for Red" campaign and women's heart health event on the 6th brings an extra splash of color and purpose, so show your spirit by wearing red and join us for an informative presentation on Healthy Hearts by Oakland Health. The Winter Olympics also begin on the 6th, with winter challenges for you to conquer—make sure to check your calendars for all the action! Super Bowl Sunday is set for January 8th, featuring the epic showdown between the New England Patriots and the Seattle Seahawk's. The day promises a whirlwind of football, with games and snacks, topped off by the big game where you can cheer for your favorite team.

Get ready to indulge your sweet tooth at our Valentines Party on the 12th, complete with a full candy bar that's guaranteed to make everyone sweet! On Valentine's Day, Angela returns for a day of laughter, creative activities, and cookie baking—don't miss out on the fun! Then, Random Acts of Kindness Week offers countless chances to lift someone's spirits; grab a Kindness sheet in the activity room and start spreading joy throughout our community.

We're determined to try again for our lunch outing to Plato's Coney Island—fingers crossed that the weather plays along this time! And don't forget, on the 20th, the happy hour sing-along promises a lot of good cheer and music. Bring your friends, raise your voice, and let's make this February one to remember!



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## COMMUNITY MANAGEMENT

Tabitha Sheriff  
Executive Director

Terry Lobb  
Business Office Manager

William Scott  
Independent Living Manager

Brandy Peace  
Resident Care Manager

Cynthia Hill  
Wellness Co-Ordinator

Josh Lampear  
Culinary Manager

Erin McGraw  
Life Enrichment Manager IL

Fran Farrell  
Life Enrichment Manager AL

Jonathan VanWicklin  
Environmental Service Manager

Ashley Hall  
Marketing Manager

Kenneth McCormack  
Marketing Manager

## Associate of the Month

### ANGELA SMITH

We are thrilled to announce Angela Smith as our Associate of the Month! Since joining WaltonWood Carriage Park in September 2025, Angela has brought boundless energy and enthusiasm to her role as Life Enrichment Assistant. Rooted in her experiences growing up in her father's church, Angela is full of compassion and positivity in everything she does. Whether she's leading activities or doing something creative, Angela's dedication to enriching the lives of our residents is truly inspiring. Outside of work, Angela enjoys whipping up delicious meals, listening to music, and cherishing time with her three amazing children. We are incredibly fortunate to have Angela on our WaltonWood Carriage Park team!



## January Happenings



## FOREVER FIT / WELLNESS Chris Grabowski, MS

### In the Moment

Strengths, weaknesses, abilities and limitations all act to shape our overall health and wellness. While previous experiences often influence our perception of how we "should" be when assessing our current state, don't let them be the defining factor in your overall success. Having our focus on things too far in the past create an unfair comparison between our current self and a younger version. When we look too far ahead at our future goals, we can forget to establish the smaller steps necessary to create the foundation from which healthy habits are built. While both instances will be part of the bigger picture, they are only some of the steps in our overall journey. By focusing on today rather than how you felt 1, 5, or 10 years ago, you can better identify your current baseline and design a routine that works for you today. Like most things, progress in fitness is rarely linear, rather a series of ebbs and flows that are constantly challenging us. By recognizing these changes and finding ways to reframe our approach we better set ourselves up for success in the moment.

## Executive Directors Corner

As we move into the month of February, I want to thank you for the sense of community and friendship that makes this such a special community. With Valentine's Day approaching, it's a wonderful time to celebrate kindness and connection. I'm also pleased to share that Brandy has joined us as our new Resident Care Manager (Nurse). She is getting to know the residents and team, and we are excited to have her as part of our community. I encourage you to stop by and meet Brandy during Resident Council on February 3rd.

Thank you for all you do to make this community feel like home. I look forward to a wonderful February together.

