



**HAPPY  
FEBRUARY  
BIRTHDAY!**

**HELEN SEVERSON  
2/7**

**CHARLES FRAELICH  
2/20**

**JOHN CLEES  
2/23**

**Come celebrate with  
us on February 18<sup>th</sup>  
2:00 pm**



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**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!

# CARRIAGE PARK CONNECT FEBRUARY 2026

February is here — ushering in a season of heartfelt connections and introspective energy that encourages us to cherish every moment of this short month. It's a time for honoring histories, celebrating love in all its forms, and embracing the power of kindness and justice.

February 2<sup>nd</sup> Decorate Valentine Cookies 3:30 in activity room. February 11<sup>th</sup> enjoy a craft with Isbister Girl Scouts!



**Friday February 6<sup>th</sup>**  
At noon  
12:00 pm  
Pizza lunch to celebrate all our surveys being mailed.  
We appreciate all your feedback

Celebrate Random Acts of Kindness Week! Beginning February 16<sup>th</sup> sprinkle a little kindness wherever you can, whether it's just a smile to a stranger or helping your neighbor!



## COMMUNITY MANAGEMENT

**Tabitha Sheriff  
Executive Director**

**Terry Lobb  
Business Office**

**Josh Lampear  
Culinary Services**

**Jonathan VanWicklin  
Environmental Services**

**William Scott  
Independent Living**

**Erin McGraw  
Fran Farrell  
Life Enrichment**

**Kenny McCormack  
Ashley Hall  
Marketing**

**Brandy Peace  
Resident Care Manager**

**Cynthia Hill  
Wellness Coordinator**

# ASSOCIATE SPOTLIGHT:



## ANGELA SMITH

We are thrilled to announce Angela Smith as our Associate of the Month! Since joining Waltonwood Carriage Park in September of 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!

## MASSAGE THERAPIST Erin Garrentt

Will be in our community February 19<sup>th</sup> beginning at 10:00 am. Sign up sheet is in mail room.



## FOREVER FIT/WELLNESS: In the Moment

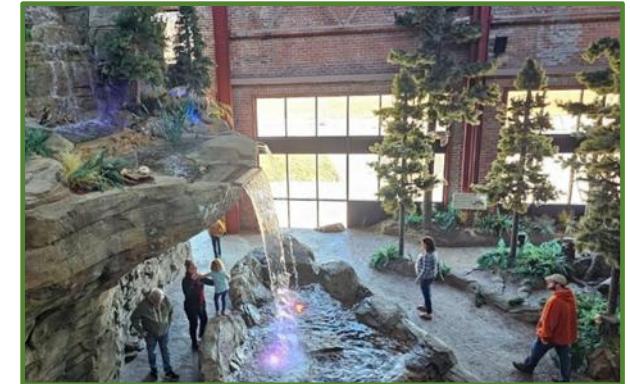
Strengths, weaknesses, abilities, and limitations all act to shape our overall health and wellness. While previous experiences often influence our perception of how we "should" be when assessing our current state, don't let them be the defining factor in your overall success. Having our focus on things too far in the past creates 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 in 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.

## FEBRUARY HAPPENINGS

Bus loads 11:15am

### 16 DNR OUTDOOR ADVENTURE CENTER

Enjoy the beauty and warmth of Michigan outdoors. Lots to see and do. We will also enjoy a picnic lunch!  
Cost: \$5.00



### 14 Valentines Day

Join us at 1:30 pm for your favorite game and some sweet treats!

## BINGO

Valentine's Day

And Sweet Treats!



26 Thursday February 26<sup>th</sup> 1:00 pm at Waltonwood Cherry Hill. Its our annual Battle of the Chefs: Chili Cook Off! We will begin loading at 12:30 pm.

## EXECUTIVE DIRECTOR CORNER

Dear Residents, As we welcome the month of February, I want to share how thankful I am for each of you and the sense of community we share. With Valentine's Day approaching, it's a lovely reminder that friendship, kindness, and connection are at the heart of what makes this community so special. This month, we look forward to spending time together through activities, shared conversations, and moments that bring us closer as neighbors and friends. Our team remains committed to providing a welcoming, supportive environment where you feel valued and at home. Thank you for being such an important part of our community. I look forward to all the meaningful moments February will bring.~Tabitha