



RESIDENT BIRTHDAYS

Bud W. – February 7

Marcia K. – February 12

James K. – February 15

Helen F. – February 20

Karen S. – February 23

Ken H. – February 27

ASSOCIATE BIRTHDAYS

Jean B. – February 15

MARDI GRAS PARADE AND PAZCKI PARTY

YOU ARE INVITED TO A

MARDI GRAS Parade & Pazcki Party

Tuesday, February 17 at 12:00pm

Our staff will be hosting a Mardi Gras Parade throughout the community! If you live on the first floor, you can remain in your apartment and sit in your doorway. If you live on the second floor, you are encouraged to come to the first floor and sit in the provided chairs in the hallway.

We will end the parade in the Campus Room with good company and Pazckis!

Get festive - wear your beads and purple, green, or gold!



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 Celeste for details!

WALTONWOOD UNIVERSITY

FEBRUARY 2026

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



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

You're Invited to

Valentines Day

TEA PARTY

13 FEBRUARY 2026 | AT

12 PM
DINING ROOM

RSVP BY 2/6
exclusively for our Waltonwood University residents

OAKLAND UNIVERSITY & MEADOWBROOK OUTINGS

We are very excited about our upcoming outings to Oakland University and Meadowbrook Theater, and we hope you are too! Please make sure you sign up for these outings and all other outings that you would like to attend in the green binder at the Front Desk.

For the outings that require payment, the cost will be charged to your apartment. Unfortunately, we are not able to accept cash, and they will not allow payment at the door.

Sunday, February 15 at 3:00pm – **Oakland University Symphony Orchestra** (\$20 charged to APT) – leaving at 2:00pm

Wednesday, February 25 at 2:00pm – **Meadowbrook Theater: What the Constitution Means to Me** (\$31 charged to APT) – leaving at 1:00pm

Wednesday, April 1st at 2:00pm – **Meadowbrook Theater: Come from Away** (\$31 charged to APT) – leaving at 1:00pm – RSVP by March 2nd

JANUARY HIGHLIGHTS

1

Carol Jean New Year's Eve Party

15

OU Caring with Keys Piano



16

Dolly Parton Imagination Library Fundraiser

16

Dolly Parton Imagination Library Fundraiser



FOREVER FIT: 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.

TRANSPORTATION REMINDERS

Waltonwood University provides transportation to doctor appointments and other necessary pre-scheduled appointments. Residents must schedule transportation at least one full week in advance. In order to accommodate other community outings, these appointments need to be scheduled on Mondays and Thursdays. All appointments must be within a 10-mile radius of the community. Exceptions to day and distance will be considered if driver is available and with approval of the Life Enrichment Manager. Please do not assume he is available without a scheduled appointment and written approval from our driver Rick or from a Life Enrichment Manager.

As our transportation varies day to day, keep in mind there may be an occasional wait for pick up. While we try to ensure residents are picked up as timely as possible, sometimes our driver may be dropping off another resident, dealing with traffic or poor weather, or other delays.

Transportation request forms can be found at the driver's desk near the front concierge desk. Please see Life Enrichment Manager if you have questions or concerns.

EVENTS TO ADD TO YOUR CALENDAR

8

Superbowl Tailgate

9

Chair Massages

15

Girl Scout Cookie Sales

15

Oakland University Symphony Outing



it's **Cookie Time**

INDEPENDENT LIVING MANAGER NOTE

Annual Resident Survey Reminder

Waltonwood's Annual Resident Survey has been emailed to all residents. Please look for an email from **Holleran on behalf of Waltonwood Senior Living Communities** (holleranconsult@holleranconsult.com) with the subject line *"Your Opinions Are Valued by Waltonwood Senior Living Communities."*

The survey is due **Friday, February 6, 2026.**

If you have not seen the email or would prefer a paper copy, please see **Brennen**, who will be happy to assist. These surveys help our team understand what we are doing well and where we can improve. Your feedback is appreciated and truly makes a difference.