

# The Waltonwood Experience



3450 West 13 Mile Road, Royal Oak, MI 48073  
[www.waltonwood.com](http://www.waltonwood.com) | 248-549-6400  
 Facebook: /WaltonwoodRoyalOak

# Royal Oak Connect

MARCH 2026

**Easter**  
 BRUNCH  
 Residents and families join us for  
 Easter Brunch  
 March 28<sup>th</sup> 11am - 1pm  
 Adults \$25 Children \$10  
 RSVP by 3/23  
 248-549-6400



## An Adventure for Crystal C.

Waltonwood Royal Oak had the joy of hosting an Adventure by Waltonwood for Crystal, one of our vibrant residents. She went on a special adventure to a luncheon at the movie theater! Crystal, 99 years old has a remarkable backstory—she and her late husband owned and operated a movie distribution company, where she developed a passion for films of all genres. Crystal remembers the huge cans of film that has to be transported to all of the theaters in their territory.

After more than 10 years away from the big screen, Crystal was excited to immerse herself in the experience once again. Our team rolled out the red carpet just for her, setting the stage for a wonderful afternoon filled with nostalgia and joy. She was served a delicious buffet lunch, popcorn, and refreshing drinks before enjoying an updated version of the classic film Wuthering Heights.

Adventure by Waltonwood, we create memorable experiences that spark joy and bring smiles to our residents' faces. Thank you, Crystal, for allowing us to host this heartwarming adventure!

## COMMUNITY MANAGEMENT

Taylor Obomsawin  
 Executive Director

Vicki Shotwell  
 Business Office Manager

Donyel Snead  
 Life Enrichment Manager

Alisa Ricumstrict  
 Resident Care Manager

FaShunda Braswell  
 Wellness Coordinator

Celeste Roth  
 Marketing Manager

Keywana Jones  
 Move-In Coordinator

Evan Elliott  
 Culinary Services Manager

Tashila Green  
 Dining Room Supervisor

Sharon Boucher  
 Dining Room Supervisor

Jorden Swan  
 Environmental Service Manager

Nicholle Williams  
 Housekeeping and Laundry Supervisor



### Residents

- Joyce W. 3/2
- Rodney P. 3/19
- Fred D. 3/21
- Dave T. 3/25
- Hazel "Ad" G. 3/27
- Donna- Jean 3/28

### Associates

- Rachel W. 3/4
- Jorden S. 3/11
- Velma M. 3/13

### New Residents

- Norma F.
- Brenda H.
- Nancy Y.
- Cheryln W.



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

Brenda is in the Spotlight for the month of March! Since joining our team as a server, Brenda has made a significant move in her career at Waltonwood. Brenda is now a cook and helping to provide delicious and healthy meals for the community. She loves working in the kitchen because she is allowed to add her own flavor to the food. Brenda perfected her cooking skills when she owned and operated her own catering business as well as cooking at home for the many foster kids she welcomed into her home. On the weekends you can find Brenda sewing, dancing, or teaching healthy cooking classes. Congratulations, Brenda!



## Life at Waltonwood Royal Oak



**Acts of Kindness Week**  
**211 Acts of Kindness Completed**

## FEBRUARY HIGHLIGHTS

06

Go Red Day Presentation

14

Galentine's Day



19

Random Acts of Kindness Week

27

Charles H. Wright African American Museum



03

Learn more about Prim  
2:30 PM

06

Outing- Shopping trip to Meijer

12

Read Across America with students at Upton Elementary 1:00 PM

27

New day and time for resident support group. Every fourth Friday at 2:30PM



## FOCUS ON FITNESS: Rest and Recover

We know how important diet and exercise can be on our overall health, but did you know there's a third factor just as crucial. The rest we get, in particular the sleep we get lays the foundation for how our bodies recharge and repair. Aiming for 7-9 hours of night shut-eye can improve your immune system, help lower the risk of heart attack and stroke, reduce the risk of dementia and promote health weight management. This March aim for better bedtime habits. Put down the book, unplug from your phone and TV and make sleep a top priority to help improve your overall health and wellbeing. **By Chris Grabowski**

## Celebrate with a Twist!

March is here, bringing a burst of fun and festivities! Kick off the month with the lively St. Patrick's Day Pub Crawl on March 11<sup>th</sup>. Grab your friends, don your best green attire, and enjoy the community pubs located throughout the building.

Join the laughter, music, and maybe even a jig! As we hop towards the end of the month, don't miss the delightful Easter brunch on March 28<sup>th</sup>. Indulge in delicious treats, from sweet pastries to savory dishes, while catching up with your loved ones.

Mark your calendars and get ready for a month full of joy and memorable moments!