



COMMUNITY LIFE
Easter
 BRUNCH

March 28th More info to come!



**CARRIAGE PARK
 CONNECT**

MARCH 2026

Every March, we celebrate Women's History by pausing to honor the women who have shaped our world. From the suffragettes who fought for the right to vote to the scientists who mapped the stars. Please check out our highlighted women in history each week in the library.

"Spring adds new life and new beauty to all that is" Get ready its coming, the first day of Spring March 20th



Join us March 18th at Winchester Elementary. You will have the opportunity to read to a class room full of children! Please see Erin if you are interested. Throughout this month we'll be collecting books for children ages 5-8. The books we collect will be gifted to a local school. We hope you will consider contributing to this meaningful cause.

Great entertainment is coming your way! You will enjoy Janette's son-in-law with his Symphony Orchestra in our dining room March 22nd 1:30 pm. Jim Duprey is finally back! Come enjoy his great music March 20th 1pm in our library.

Believe it or not but they are finally back "The Plymouth Community Band" they will entertain us with some great music March 30, 7pm in our dining room. So put on your dancing shoes!!

Our Birthday Happy Hour is March 26th we will enjoy a new entertainer! If you enjoy "Motown". This party is for you to enjoy.



Redefining Retirement Living

SINGH

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**COMMUNITY
 MANAGEMENT**

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 Culinary Services

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 Independent Living

Erin McGraw
 Fran Farrell
 Life Enrichment

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Ashley Hall
 Marketing

Brandy Peace
 Resident Care Manager

Jazmine Matthews
 Wellness Coordinator

\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!



Associate of the Month: **Drenda Keith**



We are so happy to celebrate Drenda as our Associate of the Month! Drenda is a dedicated and valued member of our Carriage Park team. Drenda has been serving our community for 11 years! Drenda is a Med Tech Trainer and Supervisor, who goes above and beyond every day, providing exceptional care and support to our residents, making sure their needs are met.

Drenda's warm smile, and genuinely friendly spirit brightens the workplace. She lifts the mood of everyone around her. Her compassion and positivity truly make a difference.

Drenda enjoys bowling and shooting pool. She also loves to travel, with cruises being one of her favorite getaways.

Family is the heart of everything she does, proud mom to five children and a loving grandmother to ten grandchildren!

Thank you Drenda for your dedication and leadership. The joy you bring to our community is contagious. We Love you!

MARCH HAPPENINGS

12 Join us for a delightful afternoon with **The Traveling sales Gals!** Celebrate the arrival of spring. Browse a wonderful selection of handmade items and unique finds from local vendors. Perfect for gifting or treating yourself!



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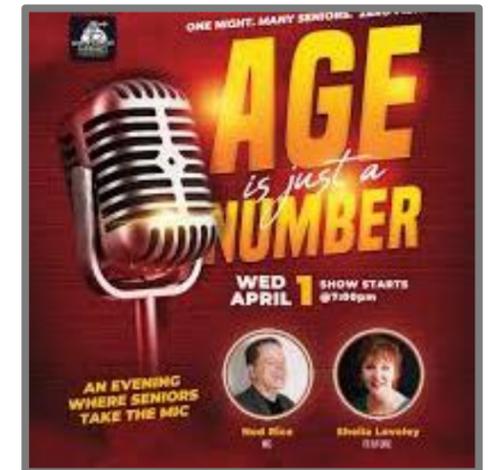
You are invited to join us for a **Resident Night Out at Red Lobster.** Bus will begin loading at 3:00 pm



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Mark Ridley's Comedy Castle
"An evening where seniors take the MIC" Our very own **Kathleen Hopkins takes the stage!!**

Tickets \$22.00
Bus Loads 5:30



FOREVER FIT/WELLNESS: 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 sleep, lays the foundation for how our bodies recharge and repair. Aiming for 7-9 hours a night of shut-eye can improve your immune system, help lower the risk of heart attack and stroke, reduce the risk of dementia, and promote healthy 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.

EXECUTIVE DIRECTOR CORNER

As we step into March, I want to take a moment to sincerely thank each of you for taking the time to complete our recent surveys. Your feedback truly matters to us. We take your thoughts, suggestions, and concerns seriously. Your voices help shape our community and guide us in making improvements that enhance everyone's experience. We are so grateful for your honesty and engagement! ~ Tabitha