



MARCH BIRTHDAYS

Bettie H. March 7th
Pat M. March 29th

ZODIAC:

Pices: Feb. 19th – March 20th
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.

Aries: March 21st-April 19th
Birthstone: Aquamarine

Aries is the first sign of the zodiac. Their sign is a fire sign that represents new beginnings, energy and a pioneering spirit. Represented by the ram, their ruling planet is Mars. They are bold, ambitious, and passionate. They can also be impulsive or short tempered.



St. Patrick's Day, celebrated on March 17th, honors the patron saint of Ireland who brought Christianity to the island in the 5th century. Born in Roman Britain, Patrick was kidnapped, enslaved in Ireland for six years, escaped, and later returned as a missionary. It originated as a religious feast day, later evolving into a global celebration of Irish culture, parades, and wearing green. Make sure to join us for our St. Patrick's Day party on the 17th.



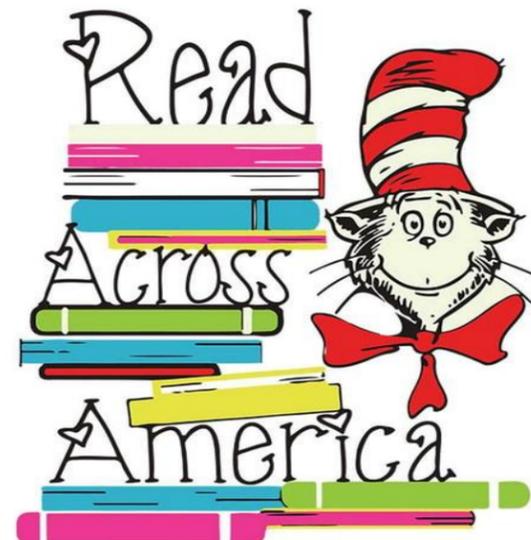
Astronomically speaking, the first day of spring is marked by the spring equinox, which falls on March 19, 20, or 21. The equinox happens at the exact moment worldwide, although our clock times reflect a different time zone. And, as mentioned above, this date only signals spring's beginning in the Northern Hemisphere; it announces fall's arrival in the Southern Hemisphere. Interestingly, due to time zone differences, there hasn't been a March 21 equinox in mainland United States during the entire 21st century! We won't see a March 21 equinox again until 2101. Meteorologically speaking, the official first day of spring is March 1 (and the last is May 31). The meteorological seasons are based on annual temperature cycles rather than on the position of Earth in relation to the Sun.

\$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!

CARRIAGE PARK CONNECT

MARCH 2026



Welcome, March! 🌸 ✨ March has arrived, bringing with it a season of renewal, fresh beginnings, and the welcome return of warmer, brighter days. As nature begins to wake up, we have an exciting month ahead for our community! We're kicking things off by celebrating Women's History Month and Read Across America Month. Throughout March, we'll be collecting books for children ages 5–8 in the front lobby. Your donation can help spark a lifelong love of reading! The books we gather will be gifted to a local school, where our team will also visit to read with the students. We hope you'll consider contributing to this meaningful cause. In addition to our regular favorites, we're thrilled to introduce a brand-new class: Whole Brain Health. This engaging program is designed to give both your body *and* your brain a great workout. Be sure to check it out and give your wellness routine a boost! Mark your calendars for these March Highlights.

🍷 Lunch Out — March 11

Join your neighbors at Downtown Pour House in Plymouth for great food and even better conversation.

🍀 St. Paddy's Day Party — March 17

Expect plenty of festive shenanigans! Come raise a pint of lager, enjoy lively sing-alongs, and celebrate in true Irish spirit.

🎲 Irish Bingo — March 19

Led by our very own Paddy's Day Queen, Tabitha, this event promises laughs, friendly competition, and even a few *bronntanais* (prizes)!

🌸 Spring Cocktail Party — March 20

The first day of spring deserves a proper celebration. We're hoping for beautiful weather—come toast the new season with us!

🐣 Family Easter Brunch — March 28

Gather the family and join us for a delightful brunch. **Please R.S.V.P. by March 23** to reserve your spot. And keep an eye out next month for details about our annual Easter Egg Hunt—the kids won't want to miss it!



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Kenneth McCormack
Marketing Manager



FRIENDS & FAMILY REFERRAL PROGRAM

Associate of the Month

Drenda Keith

We're excited to celebrate **Drenda** as our Associate of the Month! For the past **11 years**, Drenda has been a dedicated and valued member of our team. As both a Med Tech Trainer and Supervisor, she goes above and beyond every day, providing exceptional care and support to our residents and helping ensure their needs are met.

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

When she's off the clock, Drenda enjoys bowling and shooting pool. She also loves to travel, with cruises being one of her favorite getaways. Family is at the heart of everything she does — she's a proud mom to five children (ages 20-35) and a loving grandmother to **TEN grandchildren!** She especially cherishes spending quality time with her fiancée.

👏 Thank you, Drenda, for your dedication, leadership, and the joy you bring to our community!



February Happenings



FOREVER FIT / WELLNESS Chris Grabowski, MS

Rest and Recover

We know how important diet and exercise can be to 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-time 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 Directors 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! Join me for a St. Patrick's Day themed Bingo on March 19th. It will be a wonderful opportunity for us to spend some time together, share some laughs, and maybe even win a prize or two! I'm looking forward to connecting with you outside of the usual day to day and celebrating the holiday together. Thank you again for being such an important part of our community. I appreciate you all more than you know!

Warmly,
Tabitha

