



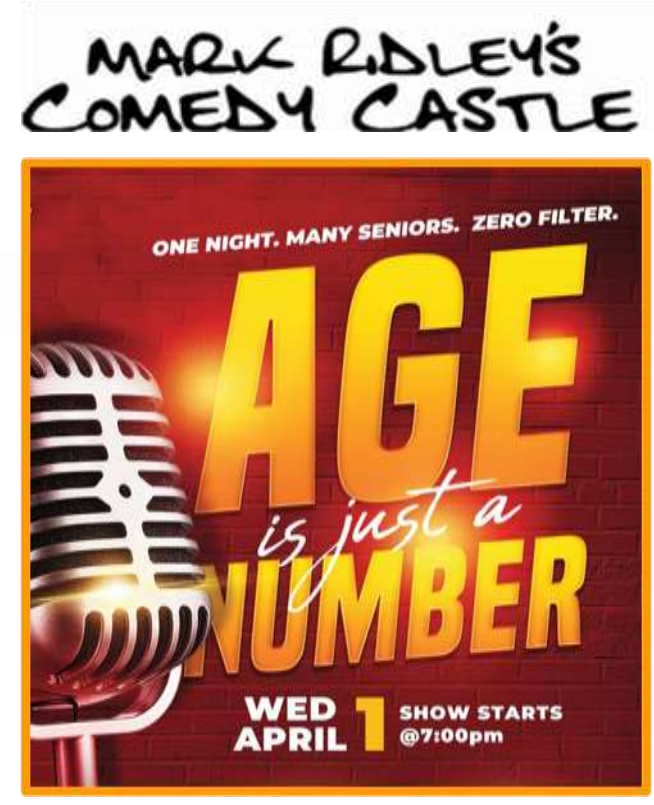
COMMUNITY FUN

- Joan O'Connor
4/4
- Christine White
4/4
- Frances Medos
4/9
- Jane Coonce
4/12
- Jerry Truman
4/12
- Susan Muscat
4/17
- Cynthia Crothers
4/22
- Inez Hughes
4/28
- Celebrating you
April 16th
2:00 pm



CARRIAGE PARK CONNECT

APRIL 2026



Staring our very own Kathleen Hopkins!



WALTONWOOD

Redefining Retirement Living

SINGH

2250 N Canton Center, Canton, MI 48187
www.waltonwood.com | 734-844-3060

COMMUNITY MANAGEMENT

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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

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!

**EMPLOYEE SPOTLIGHT: PAMELA BUSTOS OSORIO
HOUSEKEEPING**



We are so pleased to have Pamela as our associate of the month for April. Pam is very dedicated and very passionate about her work. She is always on time and works hard to keep things running smoothly. Our Housekeeping team appreciate her so much and we are thankful for all she does.

Pamela enjoys helping the residents. It makes her happy to be able to spend time with them while she is cleaning, But most however, is being close to her children, being a mom is the "best"! Pamela is a connoisseur of different cuisines. She enjoys trying out new restaurants.

FOREVER FIT/WELLNESS: Fit & Flexible

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use that as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension not to the point of pain
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breathe normally while holding the movement.



Arbor Day, April 24th is a day many plant a tree in memory of loved ones. At Carriage Park we have planted a memory tree in our patio and on this day, we will place a memory stone for the loved ones we lost in the past year. Please join us at 2:00 pm on our patio.

Spring adds new life and new beauty to all that is." -

APRIL SPECIAL EVENTS

8

Movie "The Harvey Girls" Emagine Theater bus loads 1:15

14

Howard is Back! Enjoy his worship music at 1:00 pm

16

Happy Hour 2:pm with new entertainment

23

Living Lights Flute Ensemble Concert 2:00 pm



EXECUTIVE DIRECTOR CORNER

Happy April everyone!

Spring is finally here, bringing a fresh start and a little extra sunshine to our days. I'm so grateful for each of you and the community we share. I hope you will join me for bingo on Wednesday April 15th. I would love to see you there and spend some time together. As always my door is always open if you need anything, just give me a call or let concierge know. Hope you all have a great month! ~ Tabitha