



Welcome Jazmine (Jaz) Matthews

Wellness Co-Ordinator



Jazmine Matthews is a proud mother of three amazing daughters, balancing family life with ambition and determination. A graduate of Fordson High School in Dearborn, Michigan, she is currently continuing her educational journey at Wayne County Community College District, where she is exploring her growing passions for science and computers. Jaz started out as a care giver 15 years ago and worked her way up to Med Tech. Before coming to Waltonwood she handled scheduling over at Fox Run.

Known for her outgoing personality and great sense of humor, she brings energy and positivity wherever she goes. Jazmine has a true love for exploring new places and experiences. When she's not focused on her studies or making memories with her girls, she enjoys spending time with her beloved standard poodle, Bingo, and dreaming up her next travel adventure. Come meet Jaz at our next Resident Council meeting April 7th.

APRIL BIRTHDAYS

Mary Z. April 7th
Rita M. April 10th
Evelyn S. April 28th

ZODIAC:

Aries (April 1–19) Birthstones include diamond, (traditional) and quartz (alternative), and the sweet pea or daisy as birth flowers.

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.

Taurus April 20th – May 20th
The birthstone for Taurus (April 20 – May 20) is the **emerald**, which brings harmony, love, and prosperity to this earth sign. Taurus is known for being practical, reliable, and stubborn, preferring stability, comfort, and routine. They enjoy indulgence, romance, gardening, and creative pursuits.



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 will thank you for it - and then we will thank you for it too! Ask for details!

CARRIAGE PARK CONNECT

APRIL 2026



Welcome, April!

After a long winter, it's time to step outside, and embrace the fresh air and sunshine. With so much to look forward to, this season is all about reconnecting, and enjoying time together.

We start things off on April 1st with a little mischief—April Fools' Day—so keep your eyes open and your sense of humor ready! It's also the beginning of Passover, a meaningful time of reflection and tradition.

Then, it's time to cheer—Opening Day for our beloved Tigers is April 3rd! Get ready for another exciting baseball season.

As we head into the month, we'll observe the Stations of the Cross on Good Friday, followed by one of our most anticipated events of the year—our Annual Easter Egg Hunt on Saturday, April 4th at 1:00 PM. This free community event is perfect for all ages, so bring your family, friends, and neighbors. And keep an eye out... the Easter Bunny just might make a special appearance!

Residents, be sure to join us for our Monthly Resident Council Meeting on April 7th at 11:30 am in the TV room. It's a great opportunity to stay informed, and share ideas.

This month's movie outing at Emagine Movie Theatre features "The Harvey Girls," starring Judy Garland. This event is FREE for residents and their guests—and includes popcorn and a drink, making it the perfect afternoon escape.

On April 11th, get ready to be amazed! Trina the Cockatoo, along with Fran, will be here to entertain you with her incredible tricks and impressive vocabulary. You won't want to miss it!

Looking to get out and enjoy a great meal? Join us for our monthly lunch outing to Rose's Italian Restaurant—good food, great conversation, and even better company.

For a touch of culture, hop on the bus April 22nd as we visit the Detroit Institute of Arts. It's the perfect chance to explore world-class exhibits and enjoy a day filled with creativity and inspiration.

And because no April would be complete without a few "showers," we're hosting our April Showers Cocktail Party on April 24th! Don't worry—the only thing getting wet will be your whistle as you enjoy a fun-filled gathering with friends.

Please note: the foot doctor will not be visiting in April but will return on May 4th. Be sure to schedule your appointment ahead of time.



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Associate of the Month

Pamela Bustos

We are proud to recognize Pamela as our Associate of the Month for April!

Pamela's dedication and passion for her work truly set her apart. She is consistently punctual, dependable, and goes above and beyond to keep everything running smoothly. Her hard work does not go unnoticed—our housekeeping team greatly appreciates her and is truly grateful for all that she does.

What makes Pamela especially remarkable is the care she brings to our residents. She genuinely enjoys spending time with them while she works, and her kindness leaves a lasting impression on everyone she meets.

Outside of work, Pamela's greatest joy is being a mom—she proudly says it's the "best" role in her life. She also has a love for exploring different cuisines and enjoys trying new restaurants whenever she gets the chance.

Congratulations, Pamela, and thank you for everything you do!



March Happenings



FOREVER FIT / WELLNESS Chris Grabowski, MS

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 than as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility t 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 breather normally while holding the movement.

Executive Directors Corner

Happy April everyone!

Spring has finally arrived—bringing a fresh start, brighter days, and a little extra sunshine to lift our spirits. ♡ Thank you to everyone who joined me for bingo last month; it was such a joy spending that time together!

I'd love for you to join us for our next Resident Council meeting on April 7th at 11:30 a.m. It's a wonderful opportunity to share your ideas, connect with neighbors, and welcome our new Wellness Coordinator, Jazmine Matthews—we're so excited to have her as part of our community!

Thank you for making this such a warm and vibrant place to be. As always, my door is open—please don't hesitate to reach out if you need anything at all.

