



# April BIRTHDAYS!

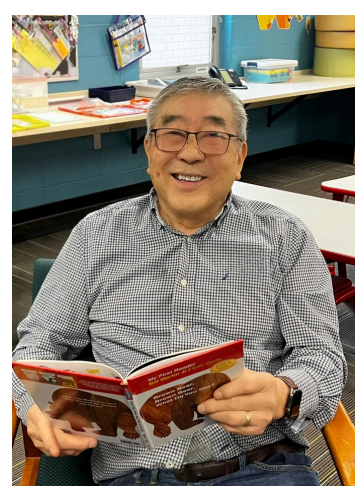
- MINA G.- 4/3**
- JOYCE R.- 4/9**
- JOANN G.- 4/16**
- BETTY U.- 4/17**
- LEO C.- 4/18**
- GINNY N.- 4/22**

## A SPECIAL READ ACROSS AMERICA TRIP

Residents recently took a special trip to Brewster Elementary to celebrate Read Across America alongside our very own Connie. She shared a book close to her heart, Cubbie the Mackinac Island Bear, inspired by her late father and set on Mackinac Island.

Residents loved meeting their new friends and reading together, filling the room with smiles, laughter, and warmth. Larry and Ron also joined in, assisting and reading to the children, helping make the experience even more special for everyone involved. To top it off, each child received their very own “Cubbie the Bear” to take home.

It was a truly meaningful adventure for Connie and her family—and a wonderful reminder of the joy that comes from sharing stories across generations.



## MAIN CONNECT

April 2026



### Monthly Reflection

March was full of energy, connection, and celebration here in our community! We embraced the luck of the Irish with our St. Patrick’s Day festivities, kept the excitement going with March Madness (and we’re all eagerly awaiting our bracket champion this month!), and took a fascinating virtual journey through Detroit—past and present. We were also delighted to welcome the North Oakland Dance Company for a wonderful performance, proudly showcased our talented culinary team during our Taste of Waltonwood event, and wrapped up the month with a truly memorable Easter brunch celebration.

As we step into April and the heart of spring, there’s so much to look forward to! We’ll be crowning our March Madness winner, getting our hands in the dirt as we plant our gardens together, and enjoying more opportunities to get out and about on exciting outings. With the return of nicer weather, we’re also launching our Walking Club—perfect for soaking up fresh air, staying active, and enjoying time together outdoors. It’s a season of growth, movement, and new beginnings, and we can’t wait to experience it all with you!



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## COMMUNITY MANAGEMENT

- Jonathan Hills**  
Executive Director
- Michelle LaPrairie**  
Culinary Services Manager
- Derek Hill**  
Environmental Services Manager
- Alexandra Dalga**  
AL Life Enrichment Manager
- Kristin Newton**  
MC Life Enrichment Manager
- Nicole DeCarlo**  
Business Office Manager
- Kate McAuley**  
Marketing Manager
- Carolyn Martin**  
Marketing Manager
- Wendy Schneider**  
Resident Care Manager
- Alicia Hardville**  
Wellness Coordinator, 1st Floor
- Megan Misch**  
Wellness Coordinator, 2nd Floor

## \$3,500 RESIDENTIAL REFERRAL BONUS



FAMILY & FRIENDS REFERRAL PROGRAM!

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!

# FOREVER FIT: 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 them 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.



## Employee of the Month

**Janeen Stewart, Caregiver**

- She has been with Waltonwood Main for 8 years!
- Youngest of 9 kids
- Studied Mental Health at OCC
- Outside of work one can often find Janeen cooking, going to concerts and working in the yard
- Her favorite part of the job are her co-workers

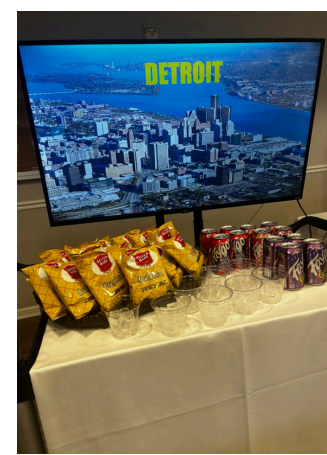
## March Highlights

**4**

Memory Care residents celebrated St. Patty's Day with Shamrock Shakes from McDonald's. Minty, festive, and the perfect sweet treat.

**11**

Residents took an engaging journey through Detroit's past and present—without leaving Waltonwood Main—thanks to a wonderful presentation by Robyn Whitelaw.



**14**

A great crowd turned out to see the North Oakland Dance Company perform, delivering an exciting and memorable show for all!

**16**

Residents and staff kicked off March Madness at our Brackets & Beers event, filling out their tournament brackets. Good luck to everyone who joined the fun!



# Another Adventure in the Books

Our resident Tom recently visited Stallings Stained Glass in Swartz Creek for a special stained glass workshop where he created a beautiful cardinal plant stake. Tom and his late wife first fell in love with stained glass while living in Arizona, and it quickly became a hobby they shared and cherished. When Tom moved back to Michigan, he continued the craft and even built his own workshop at his cottage. Since moving to Waltonwood, creating stained glass is one of the things he has missed most about his cottage, so this ADVENTURE brought back wonderful memories and a chance to reconnect with a hobby that means so much to him.



## April Special Events

**9**



Join us as we tee off the Masters Tournament in style! Enjoy iconic food, classic drinks, and all the excitement of the first day of play with friends and neighbors.

**14**



Celebrate National Seed Planting Day with us as we kick off our lavender garden for the season! Join in the fun as we plant seeds together and watch something beautiful begin to grow.

**23**



Sign up to join us for a fun outing to the Pontiac Transportation Museum! Explore fascinating exhibits and take a step back in time through the history of transportation.

**30**



Join us for a fabulous hat fashion show as we celebrate Kentucky Derby weekend in style! Enjoy fun Derby treats while cheering on fellow residents and staff as they show off their most creative looks.

## EXECUTIVE DIRECTOR CORNER

Happy April to all as we welcome our rain showers to bring us our beautiful May flowers! As we experienced a chilly end of March, we look forward to the sunshine bringing some warmth to our spring season. As we look ahead to this month, we will start outdoor grooming of our grounds so the community will present better than ever! Over the next few weeks, our seasonal flowers and plants will be planted at our entrances and around the courtyards. We will also look to open our courtyard seating! These projects are what make the community really stand out and show all of its amazing features. We will also utilize our raised flower beds. We had such a great turnout from our gardening groups last year, we can't wait to see what's in store this year!

Jon Hills