

Waltonwood Experience



3450 West 13 Mile Road, Royal Oak, MI 48073
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 Facebook: /WaltonwoodRoyalOak



NATIONAL WALKING DAY BENEFITS OF WALKING



Walking can improve your health and wellbeing in many ways. Incorporating it into your everyday routine can help you reach your goals of living longer and maintaining your independence. Remember, exercise doesn't have to be strenuous. Grab a friend and walk at a comfortable pace, it is a great way to kick-start your health and fitness journey. Call us today to learn more about our walking club, one of the many perks of life at Waltonwood!

www.Waltonwood.com



Royal Oak Connect

APRIL 2026



Easter Bunny Evolution

It all started sometime during the 17th century: that's when the hare, or Osterhase, was first mentioned in German writings. It is not entirely clear why or how this animal became symbolic of the Easter holiday, but its role seems to be rooted in the prolific nature of the rabbit's reproductive cycle. Known to be remarkably adept at procreation, this animal has been recognized since ancient times as a symbol of fertility and new life. Some believe that since Easter occurs in spring, which is a season marked by rebirth and new life, the bunny was an obvious choice to symbolize this Christian holiday.

During the spring season, plants bud with new life, and many animals mate. To celebrate this rebirth, some cultures held spring festivals. One prominent festival was held each spring to honor Eostre, the goddess of dawn, spring, and fertility. Two symbols closely linked to Eostre were the hare and the egg, because they were both symbols of fertility. Coincidentally, the Eostre festival was held around the same time of year as the Christian celebration of the resurrection. As Christianity spread throughout Europe, some rituals made their way into religious observances, including Easter. That's how the Easter Bunny came to be.

Today, that hare has evolved into the Easter Bunny—a cute, nose-twitching rabbit that brings these treats in colorful baskets and hides them for well-behaved children to seek and find. The Easter Bunny mascot is also seen all over at events such as Easter parades and Easter egg hunts for children. Kids from coast-to-coast line up in parks and shopping malls to have their pictures taken with the loveable, furry character. What a change over the years!

COMMUNITY MANAGEMENT

Taylor Obomsawin
Executive Director

Vicki Shotwell
Business Office Manager

Donyel Snead
Life Enrichment Manager

Alisa Ricumstrict
Resident Care Manager

FaShunda Braswell
Wellness Coordinator

Marketing Manager
Celeste Roth

Keywana Jones
Move-In Coordinator

Evan Elliott
Culinary Services Manager

Tashila Green
Dining Room Supervisor

Sharon Boucher
Dining Room Supervisor

Jorden Swan
Environmental Service Manager

Nicholle Williams
Housekeeping and Laundry Supervisor

April Birthdays

Residents

- Natalie K. 4/13
- David K. 4/24
- JoAnn P. 4/28

Associates

- Nicholle W. 4/2
- Marcella K. 4/5
- Lorrie E. 4/19

New Residents

- Joy S.
- Nancy C.
- Sharon E.
- Linda S.
- Sharon R.



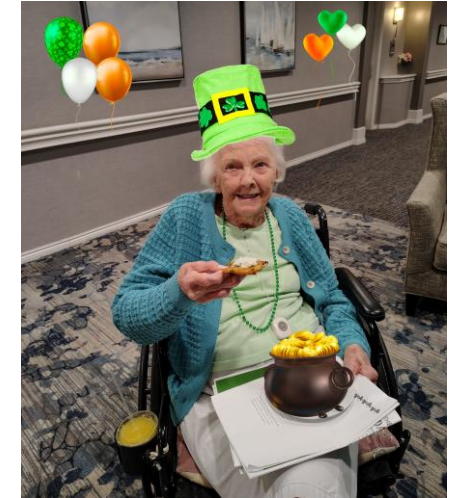
\$3,500 RESIDENT REFERRAL BONUS

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 SPOTLIGHT

Congratulations Nicholle, for stepping into the spotlight for the month of April. Nicholle is the Housekeeping Supervisor and has been with Waltonwood since 2020. She rose to the top as a supervisor and strong leader when the team needed her the most after losing an associate. Nicholle says she works hard to make sure all the residents housekeeping and laundry needs are met. She loves making sure everything is clean and the residents are comfortable. When she is not at work you can find Nicholle spending time with her family and especially her grandchildren. She loves to travel and shop. Thanks, Nicholle for all you do to make Waltonwood special.



St. Patrick's Day Pub Crawl

MARCH HIGHLIGHTS

12

Read Across America Event, Upton Elementary School

13

Brunch Outing



17

St. Patrick's Day

28

Easter Brunch



03

Outing to the DIA 9:45AM

03

Tiger Opening Day Tailgate 1:10PM

10

Outing- Lorenzo Cultural Center 9:45AM

14

Kroger or Dollar Tree Shopping 10:00AM



Alice and family at the Waltonwood Easter Brunch

FOCUS ON FITNESS: 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.

By Chris Grabowski

Welcome April

Happy April!!! As the flowers begin to bloom and the weather warms up, we have a fun-filled month ahead. Here are some exciting activities and fun facts to brighten your April. On April 3rd at 9:45AM we'll take a trip to the Detroit Institute of Arts. Then join us for the Detroit Tigers home opener tailgate party also on April 3rd at 1:10PM. We'll cheer on our local team and enjoy some classic snacks. April 10th at 9:45AM, we'll visit the Lorenzo Cultural Center to view a fascinating Revolutionary War Exhibit. Discover our nation's history with engaging displays and a presentation. We'll take a trip to Kroger's or the Dollar Tree on April 14th. It's a great opportunity to stock up on essentials or pick up some fun treats. Sign up for the outing that you find interesting in the trip outing book located in the activity room. We're excited to share these experiences with everyone. Let's make this April a month full of fun, adventure, and camaraderie!