



RESIDENT BIRTHDAYS

- 4/1 Shirley Melnick
- 4/13 Jane Grzb
- 4/14 Patricia Maynard
- 4/23 Dennis Astromovich
- 4/27 Timothy O'Callaghan
- 4/28 Katie Preston

ASSOCIATE BIRTHDAYS

- 4/3 Donna H.
- 4/4 Margaret S.
- 4/13 Giselle M.
- 4/16 Paige C.
- 4/21 Jessica S.
- 4/23 Sah'renity J.
- 4/29 Jordan R.



WALTONWOOD UNIVERSITY

APRIL 2026

3250 Walton Boulevard, MI 48309
www.waltonwood.com | (248) 375-2500



Redefining Retirement Living

SINGH

COMMUNITY MANAGEMENT

Zachary Adamski
Executive Director

Tammy Collins
Business Office Manager

Carrie Roehm
Marketing Manager

Aaron Nash
Culinary Services Manager

Taylor Crowe
Environmental Services Manager

Brennen Bollinger
Independent Living Manager

Lauren Carbonara
IL Life Enrichment Manager

Donna Donakowski
AL Life Enrichment Manager

Amber Williams
Resident Care Manager

Elijah Jones
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 Celeste for details!



FRIENDS & FAMILY REFERRAL PROGRAM!

We celebrate **Arbor Day** and **Earth Day** in April. Both special days focused on conservation, but they have different origins. Arbor Day (last Friday in April) is dedicated specifically to planting and caring for trees, while Earth Day (April 22) has a broader, global mission to address pollution, climate change, and environmental protection.

Arbor Day was founded in 1872 by J. Sterling Morton in Nebraska to promote tree planting. Often communities focus on tree planting, forestry, and appreciating trees' environmental benefits. Ways to celebrate Arbor Day are planting trees, participating in forestry education, and landscape stewardship. At Waltonwood University we will plan an outing to walk in the woods as well as watch a documentary "The Hidden Language of Trees" to learn more about forest habitats.

Earth Day was founded in 1970 by Senator Gaylord Nelson to raise awareness of pollution and drive policy change. Communities may have broad focus of environmental advocacy, sustainability, cleaner air/water, and combating climate change. Things we can do to celebrate Earth Day are encourage recycling, trash cleanup, sustainability initiatives, and community activism. At Waltonwood University we plan to get outside and tidy our courtyards and discuss ways to make our outdoor surroundings better.

While **Arbor Day** is a localized, hands-on event, **Earth Day** is often focused on global environmental activism. Both emphasize our connection to nature and will be celebrated this April.

FEBRUARY HIGHLIGHTS

1

**God's Army
Children's visit**

7

**Elvis Tribute
Artist Jake
Slater**



7

**Tilly H Adventure
Sound of Music
at the Fox**

11

**Read Across
America Oak Arbor
School**



FOREVER FIT:

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 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.

Transportation Reminders

Waltonwood University provides transportation to doctor and other necessary pre-scheduled appointments. Residents must schedule transportation at least one full week in advance to ensure availability. In order to accommodate other community outings, these appointments need to be scheduled on Mondays and Thursdays. All appointments must be within a 10-mile radius of the community. Exceptions to day and distance will be considered if driver is available and with approval of the Life Enrichment Manager. Please note, driver is responsible for transportation to and from appointments, as well as other occasional urgencies. Please do not assume he is available without a scheduled appointment. Transportation request forms can be found at the driver's desk near the front concierge desk.

EVENTS TO ADD TO YOUR CALENDAR

2

Easter Brunch

3

**Tiger's Home
Opener**

13

**Complimentary Mary
Kay Spa with Becky**

14

**Jennie's 101st
Birthday Party**



Executive Director Note:

April has arrived, bringing with it a sense of renewal, fresh beginnings, and brighter days ahead. As spring takes full bloom, we look forward to longer days, warmer weather, and the opportunity to enjoy more time outdoors with friends and neighbors. April is often known as a month of growth and rejuvenation a perfect time to embrace new activities, reconnect with others, and celebrate the beauty of the season. One of the highlights of the month is our Easter Brunch on April 2nd, where residents, families, and friends are invited to gather for a delicious meal, festive décor, and joyful fellowship. It's a wonderful opportunity to celebrate the season together and create meaningful memories within our community. Throughout April, we'll also be offering a variety of engaging programs designed to support wellness, creativity, and social connection. From spring-themed activities and outings to fitness classes and social events, there's something for everyone to enjoy. We look forward to sharing this vibrant and uplifting month with all of you as we celebrate the spirit of spring and the strong sense of community that makes our home so special.