



RESIDENT BIRTHDAYS

Trudy F. – April 8
Linda S. – April 8
Fred M. – April 15
Diana E. – April 16
Mary S. – April 17
Mary H. – April 24
Jean B. – April 30

ASSOCIATE BIRTHDAYS

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

OAKLAND HOME CARE: MOBILITY & STRENGTH

Gentle Exercise for Mobility & Strength

With Oakland Home Care
Stay active. Stay strong.
Stay independent!

Join us for a fun and educational session where our clinicians will demonstrate gentle exercises to improve mobility, balance, and strength.

These simple exercises can help you stay independent, reduce stiffness, and feel stronger every day.

What We'll Demonstrate:

- ✓ Easy mobility exercises
- ✓ Gentle strengthening movements
- ✓ Simple balance techniques
- ✓ Safe exercises
- ✓ Tips to help you stay steady
- ✓ All fitness levels welcome!

Tuesday, April 6
10:30 AM | Private Dining Room

OAKLAND Home Care
Stay Active!

All fitness levels welcome!

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

Alyssa Duff
IL Life Enrichment Manager

Donna Donakowski
AL Life Enrichment Manager

Amber Williams
Resident Care Manager

Elijah Jones
Wellness Coordinator



Tulip Time Festival in Holland, Michigan

\$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!

SECRETARY OF STATE VISIT

Do you need to update your driver's license? Or perhaps you need a change of address?

Before you head over to the DMV to wait in line, you can join us right here at Waltonwood for our quarterly *Mobile Secretary of State* visit! Every few months, Secretary of State packs up their equipment and brings it right here to our community. Both residents and staff are encouraged to take part in this service.

There is a sign-up sheet located at the Front Desk in the green Life Enrichment binder. Please write your name as well as the service you will require.

Please remember to bring all relevant documents depending on the service you need. These may include: current Michigan ID or license, government issued identification or MDOC ID, proof of Michigan residency, official name change document, or a document with social security number.

Date of visit: **Monday, April 27th from 10:00am – 3:00pm.**

MARCH HIGHLIGHTS

1

Danielle's Coffee Bar

2

Oakland University Symphony Orchestra



3

Al and Carol's Anniversary



FOREVER FIT: FIT AND FLEXIBLE

As we age, muscles lose their elasticity and become more rigid and stiff. This age-related decline can cause pain, stiffness and decrease range of motion. While factors such as inactivity, decreased muscle strength, and osteoarthritis can impact our body's 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 need the most attention and use that as a starting point.
- Warm the body up by emphasizing proper posture and technique to ensure safe and effective flexibility training.
- Move slowly to the point of mild tension, but 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.

TRANSPORTATION REMINDERS

Waltonwood University provides transportation to doctor appointments and other necessary pre-scheduled appointments. Residents must schedule transportation at least one full week in advance. In order to accommodate other community outings, these appointments need to be scheduled on Mondays and Thursdays from 9:00am – 2:00pm. 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 do not assume he is available without a scheduled appointment and written approval from our driver Rick or from a Life Enrichment Manager.

As our transportation varies day to day, keep in mind there may be an occasional wait for pick up. While we try to ensure residents are picked up as timely as possible, sometimes our driver may be dropping off another resident, dealing with traffic or poor weather, or other delays.

Transportation request forms can be found at the driver's desk near the front concierge desk. Please see Life Enrichment Manager if you have questions or concerns.

EVENTS TO ADD TO YOUR CALENDAR

2

Easter Brunch

14

Jenny's 101st Birthday Party

17

Outing: "The Cost of Liberty: Women/Family in Revolutionary America"

27

Mobile Secretary of State



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

-Zachary Adamski, Executive Director