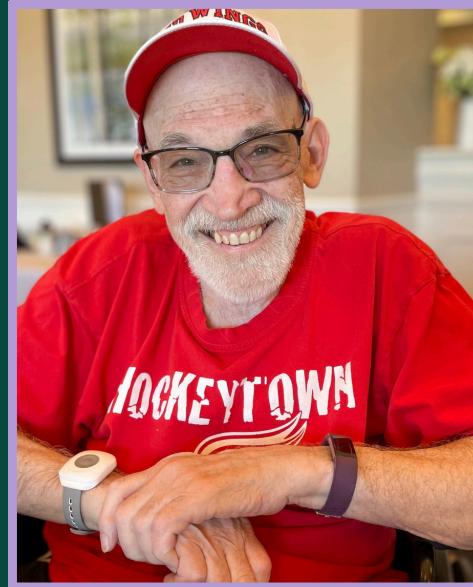


MAY Birthdays

5/4: Len

5/5: Marlene

5/31: Carolyn M.



Save the Date: July 18th

COMMUNITY COMMUNICATION

Your Calendar is included with this Newsletter. While we try our best not to make changes, it does happen from time to time. Remember: The most up-to-date programs are always posted in the elevator, on the TV screens & now you can access on your phone. If you have any questions, please reach out to the Life Enrichment Team.

\$3500 RESIDENTIAL REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to our community, they'll thank you for it - and then we'll thank you for it too!

If they sign a one-year lease with us, you'll receive a \$3500 Referral Bonus* in the form of a check, rent credit or donation to a charity of your choice! Ask for details!

FAMILY & FRIENDS REFERRAL PROGRAM!

LAKE SIDE CONNECT

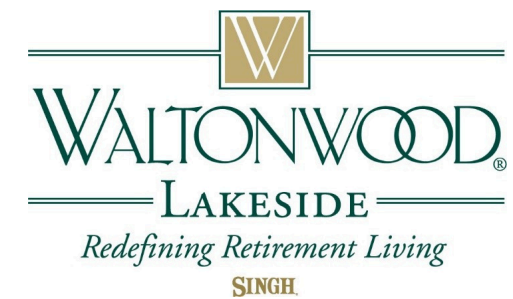
MAY 2026



Welcome to our May edition, where sunshine and the promise of summer fill the air! As the days grow longer and brighter, we're excited to celebrate all the joy this beautiful season brings. Be sure to join us on May 20th for our highly anticipated Raffle and Auction—an event full of fun, surprises, and community spirit that you won't want to miss! Before that, we invite you to celebrate the special women in your life at our delightful Mother's Day Buffet on May 14th. Our beloved Travel Tuesdays continue this month, now paired with our Cultural Cooking class—bringing flavors, stories, and experiences from around the world right to us.

May is a time of renewal, growth, and simple pleasures. From blooming flowers to gentle breezes and birdsong, this month reminds us to slow down, savor each moment, and appreciate the beauty around us. Let's embrace the warmth, connection, and happiness this season offers.

Wishing you a month filled with joy, abundance, and love,
Your Life Enrichment Team



14750 Lakeside Circle, Sterling Heights, MI 48313
www.waltonwood.com | 586-532-6200
Facebook: /WaltonwoodLakeside

COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Allison Neal
IL Manager

Lisa Kendrick
Business Office Manager

Rene Ruhlman
IL Life Enrichment Manager

Melissa Wright
Lead Marketing Manager

Aaron Rodino
Marketing Manager

Nick St Onge
Culinary Services Manager

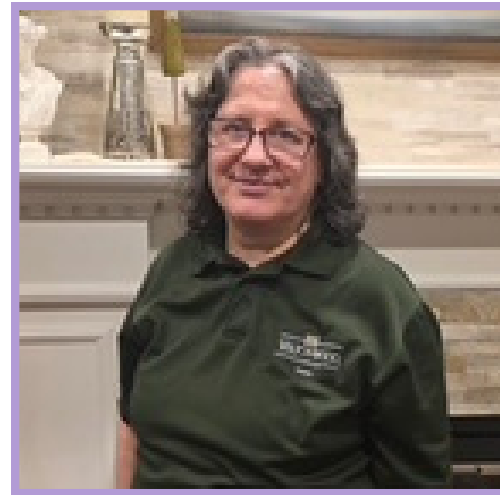
Les Hicks
*Environmental Services
Manager*

Marcia Combs
MC Life Enrichment Manager

Moriah Dean
AL Life Enrichment Manager

ASSOCIATE OF THE MONTH - Marjana Zajaku

Marjana has been part of the Waltonwood team for ten months. Her colleagues describe her as remarkable, always ready to lend a helping hand. She consistently gives her all, and her cheerful demeanor brightens the workplace. Marjana is known for her pleasant and patient nature. When asked about her motivation for this line of work, she shared, "I love to help people." In her free time, she enjoys spending moments with her family and caring for her mother. Marjana has proven to be a wonderful addition to the team, and we eagerly anticipate watching her shine.



TRANSPORTATION INFORMATION

Transportation is offered for Assisted Living residents on Fridays for outings and appointments based on availability. The bus is used on Monday, Tuesday and Thursday in Independent Living and Wednesdays in Memory Care. Limited rides on the bus may be available on those days, and residents who are able to transfer into the Cadillac have that option as well. Transportation request slips are available at the front desk. Please give as much notice as possible so our drivers can create their schedule. We will try our best to accommodate last minute requests but cannot guarantee availability.

MAY HAPPENINGS

- 5/5: Cinco De Mayo
- 5/6: Entertainment: Jeff Cavataio
- 5/8: Outing: Trinity Lutheran Friday Flock
- 5/12: Travel Tuesdays: Vienna
- 5/13: National Apple Pie Day
- 5/14: Mother's Day Buffet
- 5/20: Entertainment: Lukas the Accordion Player
- 5/21: Entertainment: Jeff Breza
- 5/22: Outing: Residents Choice
- 5/25: Memorial Day
- 5/26: Raffle and Auction + Karaoke Club
- 5/27: Resident Council
- 5/28: Entertainment:
- 5/29: Art for All Ages

Moriah Dean, *Life Enrichment*



Please join us in warmly welcoming the latest member of our Life Enrichment team!

Alexis is currently pursuing a degree in Music Therapy at Western Michigan University and has a passion for playing guitar, piano, violin and singing!

APRIL HIGHLIGHTS



Relaxation Class with Taylor.
Tuesdays at 10:30AM

Pictured: Left to Right:
Jackie F., Taylor, and Rosie T.



Twin Day with Moriah and Betty B.



Bowling League always needs cheerleaders! Fridays at 2:30PM

Pictured: Gail R. with family!

FOREVER FIT: KEEP MOVING

Weather this time of the year can wreak havoc on our bodies, especially those battling the aches and pains of arthritis. Cool morning and hot humid days can trigger arthritis flare ups that leave even the most active seniors bound to their chairs. The good news is there's something you can do to help ease the discomfort, move! While it may seem counterintuitive getting up and getting moving can actually help keep muscles strong and joints mobile. By incorporating a daily walk, some light resistance training and gentle stretching you can face those arthritis pains head on and come out stronger and feeling better than before..

Gina Conway, *Executive Director*

Happy Mother's Day to all the wonderful women in our community! This month holds a particularly special place in my heart. As many of you know, our family recently grew by two tiny feet.

Being in the thick of early parenthood once again has given me a renewed sense of gratitude for the mothers, grandmothers, and maternal figures who shape our lives. It's a reminder that the bond between generations is our greatest strength. Whether it's the wisdom shared over a cup of coffee or the simple comfort of a familiar smile, the influence of a mother is lifelong. Watching my newest addition, I can't help but think of the incredible legacies represented right here in our hallways. You have raised families, built careers, and nurtured the next generation with grace. You are the heartbeat of our community, and it is an honor to celebrate you. I look forward to seeing you at our Mother's Day buffet on May 14. Thank you for your continued warmth and for welcoming my growing family into yours with such kindness.