



Life Enrichment Corner

RESIDENT BIRTHDAYS

Lois R. – 6/5
 Mary H. – 6/6
 Mary S. – 6/6
 Shirley K. – 6/7
 Lorna W. – 6/13
 Tom E. – 6/15
 Al P. – 6/26
 Judy P. – 6/26
 Ruth K. – 6/27
 Alice S. – 6/28
 Kathleen B. – 6/29

ASSOCIATE BIRTHDAYS

Danielle Y. – 6/2
 John D. – 6/3
 Donna D. – 6/6
 Chaparis F. – 6/11
 Brianne H. – 6/12
 Ditamay T. – 6/14
 Amirah B. – 6/15
 Aimee C. – 6/22
 Alyssa D. – 6/26

June 5th
 Rivera Restaurant Outing ** SIGN UP**

June 8th
 Chair Massages **SIGN UP**

June 12th
 PIZZA PARTY!!!!

June 18th
 Ice Cream Sundae Social

June 22nd
 Painting with a Sip with Alyssa

June 29th
 Disco Party Happy Hour

WALTONWOOD UNIVERSITY

JUNE 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

Father's Day Buffet

June 19th
 4:30pm & 6:00pm Seatings

\$25 per guest & \$10 for children age 5-12 years old. Children under 5 years of age free of charge.

Payment can be made by credit card or billed to resident's apartment

Please call front desk to RSVP
 by
 June 15th
 (248) 375-2500

\$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!

MAY HIGHLIGHTS



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

9

Rochester Hills Library
Outing

16

Coffee with the
Executive Director

18

IL to AL Transitional
Seminar

29

Disco Party Happy
Hour



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.

As we welcome the month of June, we also welcome the beginning of summer a season that brings warmth, energy, and new opportunities to connect with one another. June is often associated with growth, renewal, and celebration. The longer days and sunshine encourage us to spend more time outdoors, enjoy meaningful moments with family and friends, and appreciate the vibrant community we continue to build together.

This month also gives us the opportunity to recognize several meaningful occasions, including Father's Day, Flag Day, Juneteenth, and the official start of summer. June reminds us to celebrate independence, honor those we love, and embrace the joy that comes with shared experiences and community spirit. Throughout the month, residents can look forward to a variety of engaging activities, seasonal outings, outdoor gatherings, live entertainment, wellness programs, and opportunities to enjoy the beautiful weather together. Our team is especially excited to continue creating experiences that support connection, purpose, and fun for both our Independent Living and Assisted Living residents.

We look forward to making June a memorable and meaningful month for everyone.

- Zachary Adamski, Executive Director