



COMMUNITY COMMUNICATION

Your July 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, in front of the Hobby Room and dining room, on the TV screens & **now you can access on your phone.** If you have **any questions, please reach out to the Life Enrichment Team.**

- Donna S - 1st
- Tom B - 4th
- Joan D - 6th
- Dottie S - 7th
- Janet Z - 13th
- Elaine A - 14th
- Mary R - 17th
- Carol S - 18th
- Shirley J - 21st
- Pat S - 22nd
- Tamara O - 28th
- Richard N - 31st



FAMILY & FRIENDS REFERRAL PROGRAM!

\$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!

LAKE SIDE
CONNECT
JULY 2026



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www.waltonwood.com | 586-532-6200
Facebook: /WaltonwoodLakeside



“I drifted into a summer nap under the hot shade of July, serenaded by a cicada lullaby, to drowsy warm dreams of distant thunder.” – Terri Guillemets

July has officially arrived, bringing plenty of sunshine and long, beautiful evenings with it. This month, we are focusing on staying cool while keeping the summer fun going strong. Whether you prefer relaxing in the courtyard or on the patio with a glass of iced tea, joining in on our indoor fitness classes, or catching up with neighbors during Happy Hour, there is something for everyone on this month's calendar.

July is the perfect time to try something new, whether that means dropping by a new weekly program, joining our book club discussion, or sitting down with a new neighbor for a meal.

We have an exciting lineup of indoor and outdoor events, live music, and refreshing treats planned to help us stay cool while staying connected. Take a look at the enclosed calendar so you don't miss a beat. We look forward to seeing your smiling faces around the community!

Rene Ruhlman / Life Enrichment Manager

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

Moriah Dean
AL Life Enrichment Manager

ASSOCIATE OF THE MONTH - RACHEL

Congratulations to Rachel, our July Associate of the Month! If you are a late owl or early bird, you’ve no doubt seen Rachel holding down the fort as our midnight concierge. She was nominated because of her excellent teamwork - always willing to help out and cover shifts. She has been with us for a year and loves meeting new people. When she’s not working, she enjoys spending time with loved ones and likes being outdoors, exercising and listening to music. Rachel has also been an Ebay seller for 15+ years & Etsy crafter/seller for about 7! If you would like to nominate an employee (culinary, housekeeping, life enrichment, care team, concierge or maintenance) for exemplary service, forms are available at the Front Desk.



JUNE HIGHLIGHTS

11th

Encore performance by a resident favorite - In a Jam Band

16th

We celebrated National Hot Fudge Sundae Day by treating residents to a cool treat on a hot day!



25th

Rod Stewart tribute artist Donnie Rod gave a high energy, interactive performance

19th

Another successful painting class with Nichole. Residents painted an ice cream cone while enjoying ice cream sandwiches.



FOREVER FIT: PROPER PREPARATION

Summer’s the perfect time to mix things up and take our exercise routine outdoors. The fresh air and sunshine are the perfect combination to help reinvigorate the mind, body and soul. Before you head out the door ask yourself one thing, “What’s the weather?” While knowing the temperature is a good start looking at other factors like humidity, dew point, air quality, precipitation and wind speed can also greatly impact the overall safety and enjoyment of your exercise experience. If you happen to be an individual who also suffers from respiratory issues, a quick check of the weather before you head out the door is an even more important first step. This summer get to know the elements because the better prepared you are for the conditions the better your exercise will be.

TRANSPORTATION INFORMATION

Transportation is offered for Independent Living residents Monday-Thursday between 8:30am and 3pm for appointments based on availability. Residents are asked to fill out a transportation request form at least two weeks in advance so our drivers can create their schedule. Slips are located in the library or at the front desk. We will do our best to accommodate last minute ride requests based on schedule availability. **Medical appointments will take precedence over leisure ride requests.** We encourage family and friends to remain involved with transportation to medical appointments. All rides outside of our 10 mile radius will be charged at \$2 per mile. Outings and community events sign-up sheets are in the Outings binder. Please keep in mind all events are first come - first serve. We request that if you sign up for an outing and end up not being able to attend, you cross your name off the list. **Drivers are not available on Fridays as they are supporting our Assisted Living & Memory Care communities.**

JULY HAPPENINGS

- 1st - Entertainment with Marco Floyd
- 3rd - Independence Day Parade in Assisted Living
- 7th - Armchair Travel to Detroit presentation by Robyn Whitelaw
- 8th - Reading of the Declaration of Independence
- 9th - Bus Tour of Detroit
- 9th - Musical performance by Tom Reid
- 16th - Entertainment with Suzi Marsh
- 18th - Camp Waltonwood
- 21st - OHH Living Well Series - Heat Safety & Hydration
- 23rd - Music with Gary Walsh
- 24th - Waltonwood Choir Patriotic Concert
- 30th - Waltonwood Opportunities and Amenities Presentation
- 30th - Bake Sale Fundraiser for the Humane Society
- 30th - Musical performance by Henrik (violinist)



- Mary R - 105B
- Carol S - 109
- Helen V - 220
- Jan V - 312
- Tamara O - 317
- Loy H - 404

GINA CONWAY, EXECUTIVE DIRECTOR

We are thrilled to announce that this year’s Camp Waltonwood is hitting the field on July 18th from 1:00-3:00, and we want you be a part of the action. Camp is designed specifically as a fun, interactive experience for you to enjoy alongside the children in your lives—whether that’s your grandchildren/great-grandchildren, nieces, nephews, or young family friends. This is a wonderful opportunity to lace up your sneakers, share a few stories from the sidelines, and cheer on the next generation. From friendly games of football or basketball toss to tee ball to stadium food to crafts, we’ll be celebrating the joy of movement and the spirit of teamwork. Whether you consider yourself a seasoned athlete or just love a good game, we hope you’ll join us for a day of laughter, sunshine, and intergenerational fun.