



September BIRTHDAYS!

CATHY C.- 9/2

JOAN M.- 9/3

BRIAN H.- 9/5

JAMES T.- 9/9

JOYCE O.- 9/10

JAMES L.- 9/12

JOHN H.- 9/26

WILL D.- 9/26

RICHARD B.- 9/26

Help us make history!

Roaring Centenarians

Tuesday, September 22nd
11 a.m. – 1 p.m.

Join us on National Centenarian's Day for a Gatsby-inspired celebration of resilience, legacy, and 100 remarkable years.

We'll raise a glass to an extraordinary generation and attempt to make history by bringing 27+ centenarians together in one room.

Artisan hors d'oeuvres and desserts will be served

If you or someone you know is 100 or older, come celebrate with us!

RSVP by September 15th
734-981-7100


WALTONWOOD
CHERRY HILL
Redefining Retirement Living
SINGH

42600 Cherry Hill Road
Canton, MI 48187

www.Waltonwood.com | www.SinghCareers.com



FAMILY & FRIENDS REFERRAL PROGRAM!

\$3,500 RESIDENTIAL 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 for details!

MAIN CONNECT

SEPTEMBER 2026



Monthly Reflection

August certainly gave us plenty to celebrate! We kicked off the month with one of our favorite traditions, Camp Waltonwood, and this year's event brought an incredible turnout of residents, families, staff, and friends from throughout the community. Seeing so many generations come together to laugh, connect, and simply enjoy an afternoon with one another is a wonderful reminder of what makes events like these so meaningful. They're about much more than the activities themselves—they create shared memories, strengthen relationships, and give us another opportunity to celebrate the sense of community that makes Waltonwood Main so special. As we turn the calendar to September, there is plenty more to look forward to. Football season is officially back, cider mills are calling, and the first hints of fall are right around the corner! September also brings Assisted Living Week, when we'll take some extra time to celebrate the residents and staff who make our community what it is. We have a fun week planned with plenty of opportunities to come together, show our Waltonwood spirit, and recognize the people who fill our halls with personality, kindness, laughter, and life each day.

Here's to a wonderful August behind us and an exciting September ahead!



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Facebook: /WaltonwoodMain

COMMUNITY MANAGEMENT

Jonathan Hills
Executive Director

Emily Long
Associate Executive Director

Derek Hill
Environmental Services Manager

Aaron Nash
Culinary Services Manager

Alexandra Dalga
AL Life Enrichment Manager

Kristin Newton
MC Life Enrichment Manager

Nicole DeCarlo
Business Office Manager

Carolyn Martin
Marketing Manager

Aaron Rodino
Marketing Manager

Wendy Schneider
Resident Care Manager

Alicia Hardville
Wellness Coordinator, 1st Floor

Megan Misch
Wellness Coordinator, 2nd Floor

FOREVER FIT: STRENGTH & BALANCE

September in Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.



WALTONWOOD
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9/11 REMEMBRANCE PRESENTATION

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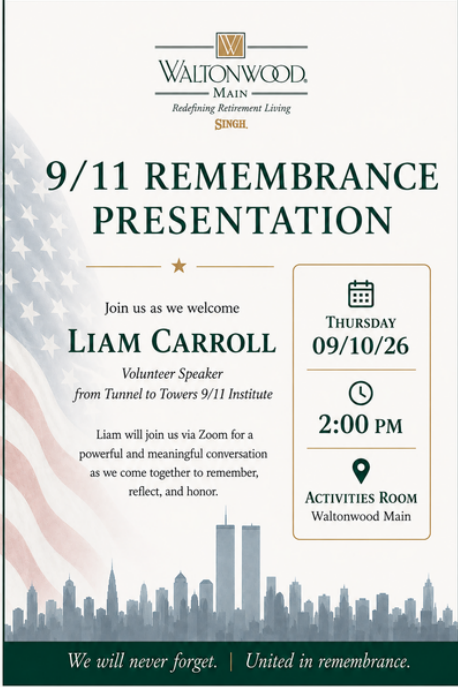
Join us as we welcome
LIAM CARROLL
*Volunteer Speaker
from Tunnel to Towers 9/11 Institute*

Liam will join us via Zoom for a powerful and meaningful conversation as we come together to remember, reflect, and honor.

THURSDAY
09/10/26

2:00 PM

ACTIVITIES ROOM
Waltonwood Main



We will never forget. | United in remembrance.

Join Us

In honor of the 25th anniversary of the September 11, 2001 attacks, we invite everyone to join us on September 10 at 2:00 p.m. for a special remembrance presentation with Liam Carroll, a decorated 9/11 rescuer and survivor of the World Trade Center attacks. Liam, who was working on the 72nd floor of the South Tower that morning, now serves as a volunteer speaker for the Tunnel to Towers Foundation 9/11 Institute™, sharing his firsthand experience to help preserve the history and personal stories of that day. We are honored to welcome him virtually for this meaningful opportunity to reflect, remember, and learn together.

August Highlights

August was filled with good food, great company, and plenty of opportunities to try something new! We headed to downtown Rochester for a lunch outing to The Hibachi House, where we enjoyed a delicious meal and an afternoon out together. Our outings are always a great chance to explore somewhere new—or revisit an old favorite—and we encourage everyone to keep an eye on the calendar and join us for an upcoming adventure!

Back at Waltonwood, Chef Aaron put our culinary skills to the test with a hands-on Pasta Making Tutorial. Residents learned the art of making fresh pasta from scratch, creating beautiful red pepper fettuccine topped with a pesto cream sauce. The best part of learning something new in the kitchen? Getting to eat your work when you’re finished!



EMPLOYEE OF THE MONTH

Jimmy Broughton *Maintenance*

- Jimmy has worked at Waltonwood Main for nine months
- He is graduating this month with a certificate in HVAC Technologies
- He plans to attend cosmetology school and aspires to own a salon or barber shop one day!
- Jimmy is a proud father to his 8-year old son
- He loves music and dancing- especially ballroom dancing!
- Jimmy dreams of owning multiples businesses and getting into Real Estate



Upcoming Special Events

4 September



Things are getting a little wild at Waltonwood! The Reptarium is coming to visit for National Wildlife Day—join us to learn about some fascinating reptiles and even get up close and personal with a few of their scaly friends!

17 September



Football is back! Join Men’s Club in the Library as we kick off the Detroit Lions season with Thursday Night Football, good company, and plenty of team spirit. Go Lions!

16 September



We’re celebrating National Guacamole Day the best way we know how—with Chef Aaron! Join us as we mix up a fresh batch together and, of course, enjoy the finished product.

22 September



How well do you know your 50 states? In honor of National States & Capitals Day, put your geography knowledge to the test in our States & Capitals Quiz-Off—bragging rights are on the line!

EXECUTIVE DIRECTOR CORNER

As Labor Day weekend comes to an end and we see summer in the rearview mirror, we look forward to all of the fun events we have planned in September. There is one week each year in September called “Assisted Living week” where we take time to celebrate our residents in the community, along with our staff who provide the services they rely on day in and day out. This is a great opportunity for us as leaders in the community to show appreciation for all of the hard-working staff here at Waltonwood Main! It takes an army of dedicated individuals working together to ensure our community is providing the highest quality of services that our residents deserve. Assisted Living week starts on September 13th and runs through September 19th. We have many fun events planned throughout the week for the whole community to join in on! We hope that all of our residents, families, and associates will join us to celebrate!

Jon Hills