

SEPTEMBER Birthdays

Beatrice
(Bea) D. 9/2

Elaine E.
9/19

Alvina (Bea)
C. 9/29



FAMILY & FRIENDS REFERRAL
PROGRAM!

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!

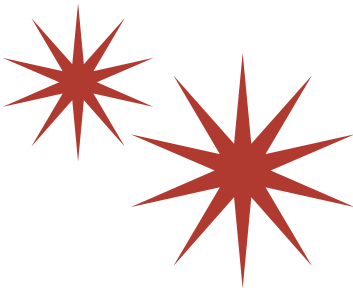
LAKE SIDE
CONNECT

SEPTEMBER 2026



There's something magical about the arrival of autumn—the crispness in the air, changing leaves, cozy favorites, and the feeling of a fresh season beginning. This September, we're filling our days with plenty of reasons to gather, laugh, learn, and try something new! Look forward to our new September Series, creative afternoons with Art Without Rules, Dance Breaks, Walking Club, Throwback Thursdays, and plenty of familiar favorites. We'll also celebrate Assisted Living Week with a sports-filled week of special events, games, entertainment, and a little friendly competition! Here's to colorful leaves, good company, new adventures, and all the little moments that make fall so special.

Thanks for making it all worth it,
Life Enrichment Team



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COMMUNITY
MANAGEMENT

Gina Conway
Executive Director

Lisa Kendrick
Business Office Manager

Rene Ruhlman
IL Life Enrichment Manager

Melissa Wright
Lead Marketing Manager

Nick St Onge
Culinary Services Manager

Moriah Dean
AL Life Enrichment Manager

Tonicka Benefield
Resident Care Manager

Michael Mcquillen
Environmental Services

ASSOCIATE OF THE MONTH -

I have been a server here for about five months, and I truly enjoy being kind to our residents. I've learned that people often remember how they are treated, and I believe kindness and respect can go a long way in someone's day.

Outside of work, I enjoy dance, learning about how the brain functions, cooking, and exploring the culinary world. My special message to the residents is: Take life one day at a time—in fact, one moment at a time. You'll find that there is something good in each moment. Perspective is key.



TRANSPORTATION INFORMATION

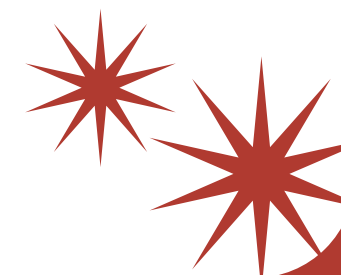
Transportation is offered for Assisted Living residents on Fridays for outings and appointments based on availability. The bus is used on Monday, Tuesday and Thursday in Independent Living and Wednesdays in Memory Care. Limited rides on the bus may be available on those days, and residents who are able 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.

SEPTEMBER AT A GLANCE

9/1: Workout with Tammy! @ 10:30AM
9/2: Entertainment in IL: Vanessa Carr @ 2:30PM
9/3: Resident Council @ 1:00PM
9/4: Outing: Hobby Lobby @ 10:30AM
9/7: Dance Break: Sock Hop @ 2:30PM
9/8: Beam Me Up! Star Trek Trivia @ 10:30AM
9/9: Art Without Rules series begins @ 2:30PM
9/10: Entertainment in IL: Scott Vernier
9/11: Outing: Friday Flock at Trinity Lutheran @ 10:00AM
9/14: Kick Off to Assisted Living Week!
9/15: Golf Tournament & Visor Decorating @ 2:30PM
9/16: Halftime Show ft. Mark the Magician @2:30PM
9/17: Balloon Ball @ 1:00PM
9/18: Entertainment in IL: Elvis Tribute
9/21: Dance Break: Motown Moves @ 2:30PM
9/22: Relaxation Class with Taylor! @ 10:30AM
9/23: September Series: Elvis Presely @ 1:00PM
9/24: Entertainment in IL: Aaron Caruso @ 2:00PM
9/25: Outing: Painting with a Twist @ 1:30PM
9/28: Floral Arranging @ 3:00PM
9/29: Show & Tell Tuesday @ 2:30PM
9/30: 8 Step Energy Healing @ 10:30AM

Moriah Dean, *Life Enrichment*

Let's give a warm welcome to Michael Mcquillen who will be our new Environmental Services Manager here at Waltonwood Lakeside. Be sure to introduce yourself if you see him in the hallway, but please be patient as he gets to know everyone!



AUGUST HIGHLIGHTS



Alice W. enjoys the music during Family Night: Karaoke Edition!



Claudia K. swings a golf club at X-Golf Simulator during a Friday outing!



We welcome **Beverly D.** to our neighborhood!

FOREVER FIT: Strength & Balance

September is 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.

Gina Conway, *Executive Director*

September is an exciting month as we look forward to celebrating National Assisted Living Week, September 14–18! This special week gives us an opportunity to celebrate our residents and the friendships, stories and connections that make Waltonwood Lakeside such a wonderful place to call home.

This year, we will celebrate with sports-themed activities, entertainment and plenty of friendly competition throughout the week. I look forward to joining in the festivities and celebrating the wonderful spirit of our community. Wishing everyone a fun and memorable Assisted Living Week!