



SEPTEMBER BIRTHDAYS!

NANCY
9/5

RITA
9/21

Engage in Exciting Activities for Cognitive Health

Cardio Drumming: Get ready to rock out with the excitement of cardio drumming! Join us for a week of drumming that will elevate your workout experience.

Floral Arrangements: Craft stunning floral arrangements that will fill your space with delightful fragrances! These workshops not only help commemorate loved ones through meaningful creations but also offer a therapeutic outlet for individuals facing Alzheimer's or dementia.

Bingo: Did you know? Bingo is not just a game; it's a brain-boosting journey for our friends with dementia! Come join us for an energetic round, and you might just win a tasty treat!

InTouch Games: Sedentary lifestyles can negatively affect cognitive function and brain performance. Participating in games is a wonderful way to stimulate the mind and rebuild neural connections, ultimately improving memory.

Trivia: Engage in trivia games that put your mental skills to the test while providing a fun way to connect with others and enhance cognitive abilities.

Arts & Crafts: Creating art serves as an excellent workout for the brain, strengthening neurons and fostering new connections. While Alzheimer's presents challenges, engaging in these activities can help forge new neural pathways and improve cognitive skills.

CHILDREN BOOKS DRIVE: MONTH OF SEPTEMBER

Dolly Parton has been a remarkable figure not only for her contributions to music but also for her devotion to literacy and education through her Imagination Library. This program has donated millions of books to children around the world, inspiring a love for reading and learning from an early age. In honor of her legacy, we invite you to donate children's books to the community drop boxes. Let's keep her spirit alive by continuing to support children's literacy.

Questions? Contact Casey at 248-735-1500 or email Casey.Hess@singhmail.com, or reach out to Heather at Heather.Laskos@singhmail.com.

\$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!

FAMILY & FRIENDS REFERRAL PROGRAM!

TWELEVE OAKS CONNECT- ASSISTED LIVING



27475 Huron Circle, Novi, MI, 48377
www.waltonwood.com | 248-735-1030
Facebook: /WaltonwoodTwelveOaks

SEPTEMBER 2026



SEPTEMBER REFLECTION

Celebrating September: Embracing Fitness and Fall's Beauty

September welcomes the cool embrace of autumn, with leaves transforming into brilliant shades of red, orange, and gold. This month encourages seniors to engage in outdoor fitness activities, taking advantage of the crisp air and picturesque landscapes. It's the perfect time for leisurely walks through nature trails, surrounded by the vibrant tapestry of changing leaves. September invites us to maintain our well-being by staying active in the fresh outdoors, finding joy in both movement and the serene beauty of the season. As we celebrate September, let us cherish the harmony of fitness and nature, revitalizing our spirits with every step amidst the kaleidoscope of fall colors.

COMMUNITY MANAGEMENT

Joe Whitney
Executive Director

Deanna Hite
Business Office Manager

Shay McClendon
Resident Care Manager

Marcia Combs
Life Enrichment Manager (AL)

Justin Will
Independent Manager

Debbie Runnels
Life Enrichment Manager (IL)

Heather Laskos
Leading Marketing Manager

Casey Hess
Marketing Manager

Priyanka Ghelani
Wellness Coordinator

Tylisha Jones
Wellness Coordinator

Jacob Chamberlin
Culinary Service Manager

Alecia Greenberg
Life Enrichment Manager (MC)

FOREVER FIT: PRACTICING PATIENCE

RSeptember 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 have 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 prevention 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..



AUGUST HIGHLIGHTS

We had a fantastic month!
We explored the Detroit Zoo and cheered on the Tigers at a game, enjoying a variety of entertaining activities. *Art for all ages* was also part of our experience. Moreover, we set off on an exciting adventure at the Botanical Gardens, making this month truly unforgettable!



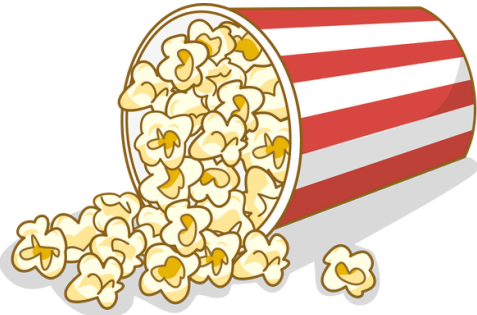
Family time

Join Us for Exciting Movie Dates!
We invite you to join us for some thrilling movie dates, where you can enjoy wonderful moments with family and friends. Delight in a great show while savoring delicious snacks and drinks provided.

Movie times

- ****The Ron Clark Story**:** September 3 at 2 PM
- ****Mountain Top**:** September 6 at 2 PM
- ****Play Date**:** Thursday, September 10 at 2 PM
- ****Emma**:** Sunday, September 13 at 2 PM
- ****M*A*S*H**:** Sunday, September 17 at 2 PM
- ****Greater**:** Sunday, September 20 at 2 PM
- ****The Amateur**:** Thursday, September 24 at 2 PM
- ****Death on the Nile**:** Sunday, September 27 at 2 PM

Join us on this cinematic adventure, and don't forget to RSVP with Marcia if you would like to reserve the theatre 🎬✨



Transportation Information

Transportation for Assisted Living residents is available on Wednesdays for outings, subject to availability. The bus is used on Mondays and Fridays for Independent Living, while Tuesdays are reserved for Memory Care. Thursdays are designated for appointments.

- Limited bus rides may be offered on these days.
- Residents who can transfer into the Cadillac also have this option.

Transportation request forms* are available at the front desk. Please ****provide as much advance notice as possible**** so our Drivers and the Life Enrichment team can effectively schedule their activities. While we strive to accommodate last-minute requests, we cannot guarantee availability. For any questions or concerns, please contact Marcia.

SEPTEMBER SPECIAL EVENTS

2

We're heading to Belle Isle for a delightful picnic!

9

We are heading to the Alexandria Mediterranean restaurant for a delicious lunch.

16

We are headed to the Rainforest Café.

23

Pack your bags; it's time for a trip to Kroger!

30

The residents expressed a desire to visit the Imagine Theater, so it's their choice.



EXECUTIVE DIRECTOR CORNER- Joe Whitney

Fall is quickly approaching in Michigan. Fall is one of the best times of the year in Michigan as it brings kids back to school, many of the professional, college and high school sports teams start their seasons, the warm days and cool nights, trips to the Cider Mill, along with the changing colors of the trees make Fall in Michigan a special time of year. We will have many “Fall” related events on the upcoming Life Enrichment calendar for our residents to take advantage of for this time of year. We will also be planning a few “Family Night” events during the Fall season so stay tuned for those events. We encourage ALL of our residents to get involved.