



SEPTEMBER BIRTHDAYS

AUDREY V. - 9/5

MARION S. - 9/7

MARY R. - 9/8

WOLFGANG W. - 9/10

INGER G. - 9/12

DON B. - 9/20

15 & 29

Join Tom in the Singh College for an evening Bible study, presented on video.



FAMILY & FRIENDS REFERRAL PROGRAM!

KARAOKE WITH JUSTIN - SEPTEMBER 22, 1:00PM

Join Justin and your friends in the IL piano area just outside the dining room for a rousing good time of music and laughs! No talent necessary!

SAVE THE DATE!-Sign up in the Book in the Library

2 Get ready for the lights and sounds at Motor City Casino! We will leave at 10:00am and have lunch at the casino. Sign up in the book in the library.

9 We will commemorate the 25th anniversary of Patriot Day with a time of reminiscing. We will meet in the courtyard off the main entrance to share our experiences.

11 We will take a trip to the Michigan Flight Museum in Belleville. We will leave at 9:45 for a 10:30 tour, then stop for lunch on our way home.

17 We will wrap up the summer with a Summer Songfest concert and dinner at Paradise Park. David Landry & The Do it Again Band will be performing. You must sign up in the book in the library no later than Sept 14 as we have to reserve seats.

18 Men's Club with Jerry will kick off a new plan by going to lunch at the Driftwood Bar and Grill. Each month we will plan a new event just for the guys!

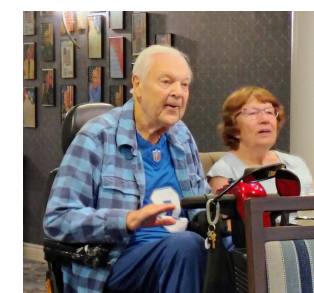
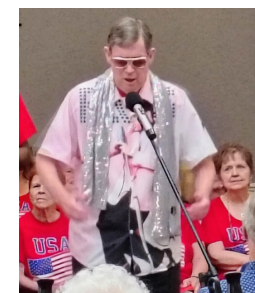
18 We will go to a movie at Emagine Theater. STAY TUNED for the time and movie title! Look for more information to be written on the white board outside the dining room and around the community closer to the date.

22 Join us for a night of entertainment as the Novi High School Classical Music club performs in the Front Lobby.

25 Don't miss out on the Michigan Philharmonic's Rhapsody in Red, White, and Blue. Cost for the evening is \$35. Please sign up in the book as soon as possible, no later than Sept 18 to secure your ticket.

\$4,000 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!



Chef Ian's peach melba demo.

August was filled with MUSIC! We enjoyed entertainment by Kristine Shinker, Elvis, Kelly Miller, and The Beyond Belief Choir. We sang, we danced, and tapped our toes to the great variety of music while we enjoyed the company of friends.

Craft day, painting canvas bags



Employee Spotlight - Avion Kelly

Avion Kelly has worked for Waltonwood for 2 years. She is a Med Tech/caregiver and a peer mentor in memory care (MC). Avion has been instrumental in getting our care team excited about engaging with the MC residents and planned a day of food, activities and fun for the residents, families, and staff. She grew up in Detroit, but spent most of her summers with her grandfather in Mobile, Alabama.



She is the middle child of 8 siblings. Avion became inspired to work with seniors when her grandfather came to live with her family as they took care of him while on hospice. She wants to be a nurse/detective and is inspired by true crime shows. During her free-time Avion likes to go to the gym, go for nature walks, do yoga and Pilates, and loves journaling by the water.

Twelve Oaks CONNECT

SEPTEMBER 2026

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COMMUNITY MANAGEMENT

Joe Whitney
Executive Director

Deanna Hite
Business Office Manager

Justin Will
Independent Living Manager

Jacob Chamberlain
Culinary Services Manager

Heather Laskos
Lead Marketing Manager

Casey Hess
Marketing Manager

Shay McClendon
Resident Care Manager

Priyanka Ghelani
Wellness Coordinator

Tylisha Jones
Wellness Coordinator

Alecia Greenberg
Life Enrichment Manager (MC)

Marcia Combs
Life Enrichment Manager (AL)

Debby Runnels
Life Enrichment Manager (IL)

Chris Lokinski
Environmental Services Mngr

FOREVER FIT: STRENGTH AND 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 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.



SEPTEMBER IS HEALTHY AGING MONTH
HERE ARE A FEW WAYS TO CELEBRATE AT WALTONWOOD:

- 1. **Schedule your wellness check-ups.** Did you know we have a podiatrist, Dr. Maki, who comes to Waltonwood on the 2nd Monday of each month? You can sign up in the book in the Library to be seen.
- 2. **Stay active!** We have a fitness center on the 3rd floor, where Katie, our Forever Fit coordinator is available Monday, Wednesday, and Friday to orient you to the equipment. Katie also leads our weekly fitness classes.
- 3. **Eat for longevity.** Our chefs prepare well balanced meals daily. Make sure you attend our monthly food council meetings to get the latest updates about our menus.
- 4. **Connect with others.** We have a multitude of life enriching activities to choose from each day. Make sure to look at the televisions posted throughout the building for any changes to the daily schedule. If you have suggestions that you would like to add to the calendar, please feel free to contact Debby, the Life Enrichment Manager.
- 5. **Learn something new!** Watch for new programs on the calendar that include guest speakers, a trip to the Library for a presentation about Major League ballparks, and to the Michigan Flight Museum.

TO JOIN US OUTSIDE OF THE COMMUNITY

Join us for exciting outings beyond Waltonwood Twelve Oaks. We're planning trips to fun restaurants, fascinating museums, charming cider mills, and other fun local spots. It's a wonderful opportunity to explore new places, enjoy delicious meals, and create lasting memories with friends. Don't miss out on the fun – sign up in the “Sign Up” book in the Library today!

HELPING OUR NEWEST RESIDENTS SETTLE INTO THEIR NEW HOME!

Do you have questions about “the way things work” at Waltonwood? Come to the “Newer Resident Orientation” on September 8 at 12:30pm in the first-floor Torch Lake Pub. We will talk about dining room seating etiquette, how to schedule rides for doctor appointments, where to sign up for outings, life enrichment activities, and so much more! You will have an opportunity to ask questions, then we’ll end the time by taking a tour of the building. You don’t have to be brand new to attend.

Would you like to meet and WELCOME some of our newer residents? Please join us in the 1st floor Mullet Lake Hub for a meet and greet mixer on September 30th at 3:00pm during our elevated happy hour.

We are reigniting the Kindness Council! If you have a passion for helping new people to feel at home, please join us on the Kindness Council. The purpose of the Kindness Council and minutes from the August meeting are available at the concierge desk. All you need to participate is a smiling face and a KIND attitude! We will be scheduling regular meetings starting in October.

All residents are welcome and encouraged to attend the Resident Council and Food Council meetings. These are great forums where you can gather information related to all things Waltonwood, voice ideas, or give praise where it’s deserved. Your input matters!



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.