

NOVEMBER BIRTHDAYS!

Pauline,11
Louise, 9
Wlliam,23
Diana,24

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.



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!

TWELEVE OAKS CONNECT-ASSISTED LIVING

November 2026



As the fall season approaches, seniors in assisted living communities have a wonderful opportunity to stay active and engaged. Participating in activities not only keeps them physically fit but also boosts their mental well-being. Staying hydrated is crucial during this time, so residents should ensure they drink plenty of water throughout the day, especially during exercise sessions.

Social interaction is another vital aspect of life in assisted living. Joining group activities, such as arts and crafts, book clubs, or fitness classes, provides a chance for seniors to connect with others, fostering a sense of community and belonging. Regular social engagement can help reduce feelings of loneliness and enhance overall happiness.

Fitness activities, tailored to individual abilities, can range from gentle yoga and tai chi to walking clubs or light aerobics. These activities help maintain mobility, improve balance, and increase energy levels. By staying active, hydrated, and socially connected, seniors can enjoy a fulfilling and vibrant lifestyle in their assisted living communities.

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FOREVER FIT: WEEKS STRONG BODY& MIND

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and over all well-being. According the Mayo clinic, researchers have found that a third of dementia diagnosis are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques and healthy social relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that always up for the task.



OCTOBER HIGHLIGHTS







Employee Spotlight

Meet Hope, our new Life Enrichment Assistant for Independent Living! Hope began her journey with seniors at the age of 18, motivated by her grandfather's battle with dementia. Since then, she has continued her work in senior living. In her leisure time, she loves attending concerts, discovering new music, and diving into books. During the summer months, she also relishes hiking and visiting lakes with her small dog.



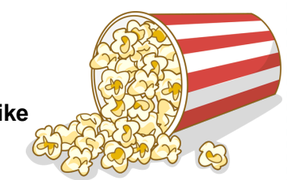
Family time

We cordially invite you to join us for some exciting movie dates, where you can create lasting memories with family and friends. Enjoy captivating films while savoring delicious snacks and drinks provided.

Movie Schedule

- ***Every Saturday at 2 PM in the AL Library.** We are currently working on reopening the theater, and we hope to have it ready in the coming weeks.**
- ****Saturday, November 7:** *Annie Hall* starring Woody Allen and Diane Keaton**
- ****Saturday Movie:** *A Star is Born* starring Lady Gaga and Bradley Cooper**
- ****Saturday Movie:** *Arbitrage* starring Richard Gere**
- ****Saturday Movie:** *Kramer vs. Kramer* starring Dustin Hoffman and Meryl Streep**

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



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.

NOVEMBER SPECIAL EVENTS



3

Art for All Ages: Sign-Up Sheets Now Available!

11

We will be honoring our veterans today at 10:30 AM near the AL Piano area.

18

We will be heading to Genetti's in Northville for a delicious lunch followed by a theater show.

19

Marco Floyd is set to present a selection of classic Motown music. We will have a delightful split lunch outing paired with a tour of the DIA Center.

25

We will be heading to Kroger today, along with Twelve Oaks. If you have any shopping to do, please make sure to sign up.

EXECUTIVE DIRECTOR CORNER- Joe Whitney

Embracing Gratitude This Holiday Season

As we approach the Holiday Season, November brings the cherished occasion of Thanksgiving. For me, this holiday holds a special significance as it offers a chance to reflect on the many blessings in my life. I am grateful for my family, friends, and the wonderful community at Waltonwood. Together, we form a vibrant community of residents, associates, and family members, all striving to create the best possible experience for one another.

In these challenging times, I encourage each of you to take a moment this Holiday Season to consider what you are thankful for.