

RESIDENT BIRTHDAYS

John Hamoud 11/20

ASSOCIATE BIRTHDAYS

Jamya F. 11/4

Glory J. 11/6

Anya F. 11/9

Lauryn S. 11/12

Trayvond R. 11/28





FRIENDS & FAMILY REFERRAL PROGRAM!

$3,500 RESIDENT 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 Celeste for details!

WALTONWOOD UNIVERSITY

NOVEMBER 2026

3250 Walton Boulevard, MI 48309
www.waltonwood.com | (248) 375-2500

WALTONWOOD®
Redefining Retirement Living
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Life Enrichment Corner

Scrabble: Word games are an excellent way to keep your mind sharp and active. Join us Monday mornings at 9:30 am in the activity room for some non-competitive fun word challenges.

Mexican Bingo: Celebrate "Day of the Dead" by playing Mexican Bingo. Learn about this festive "remembrance" day and win some Mexican themed prizes. Monday November 2nd at 1:30 pm in the activity room.

Rick Steve's Travel Documentary: Join us to tour the world through the eyes of Rick Steve, travel documentarian. Each week we will watch a video on a different country and learn about the geography, culture and history of far away lands. Travel documentaries will be shown Tuesdays at 9:30 am in the activity room.

Seated Volleyball: Stay active physically and develop better hand eye coordination with seated volleyball on Tuesdays at 10:30 in the common room.

1:1 Exercise Sessions with Deb: Try out our new fitness center with the assistance of our own Forever Fit exercise instructor Deb! Deb is professionally trained with work with senior populations and assist them reach specific fitness goals. Whether you're are a regular exerciser or new to physical activity, let Deb help you get stronger and fit. Deb is available every Wednesday morning at 9:00 am.

Crafts, Baking, Holiday Decorating: Enjoy and prepare for fall and upcoming holidays with themed crafts baking, and Holiday decorating (alternates each week) Tuesdays at 1:30 pm in the activity room.

COMMUNITY MANAGEMENT

Jonathan Hills
Regional Executive Director

Tammy Collins
Business Office Manager

Carrie Roehm
Marketing Manager

Barry Kekelik
Culinary Services Manager

Taylor Crowe
Environmental Services Manager

Brennen Bollinger
Independent Living Manager

Alyssa Duff
IL Life Enrichment Manager

Donna Donakowski
AL Life Enrichment Manager

Amber Williams
Resident Care Manager

Elijah Jones
Wellness Coordinator

Attention Veterans!

We will be celebrating Veteran's Day in Independent Living on Wednesday, November 11th with an elevated Luncheon, a special proclamation by Mayor Bryan Barnett honoring Assisted Living resident Joseph Kretzman for his service in World War II and a patriotic musical performance by Guardians of Harmony Acapella.



October HIGHLIGHTS

5

Octoberfest Accordion with Luka

9

Winnie's 104 Birthday Celebration



21

Trick or Treat Parade

27

Fall Pillow Making



Forever Fit: Strong Body & Sound 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.

Outings and Entertainment

This month's Wednesday outings include Fall Scenic Drive to observe Autumn colors on November 4th at 2 pm. We will visit the Veterans Tribute of Oakland Twp. to pay respect to our armed forces on Veterans' Day (November 11) at 3 pm. Enjoy cider and doughnuts at Goodison Cider Mill on November 18 at 1:30 pm. "Give Thanks" Bakery in downtown Rochester on November 25 at 11:30 am for light snacks, baked goods and beverages. See Life Enrichment for details.

Entertainment this month: Oak Arbor Church School students sing on Wednesday November 4 at 1:15 pm, Charlene on vocals and guitar on Wednesday November 18 at 3 pm. D & A Duo, organ and violin, on Wednesday November 25 at 2 pm.

November Special Events

17

Hiking Presentation and Demonstration

19

Thanksgiving Family Buffet

20

Happy Hour Shower for Danielle and the Twins!

30

Family Fun Night "Getting to Know You" Games



Executive Director Note: Jonathon Hills

November is known as the month of giving thanks! As we wind down this eventful year of 2026, it is important to take a moment to recognize and appreciate the people who make a meaningful impact on our everyday lives. The first person I want to express my gratitude to is my amazing wife, Alyssa. She is always there for our son and me, without hesitation! Alyssa is such a sweet, loving, and understanding person, and I know I don't give her enough credit for all the joy she brings to my life. I am incredibly grateful for her love, support, and everything she does for our family. The next group of people I want to recognize is my incredible team here at Waltonwood University. Our associates do amazing things for our residents every single day, and their dedication does not go unnoticed. From our kitchen crew to our resident care team and every associate in between, everyone plays an important role in making Waltonwood University a wonderful place for our residents to call home. I am truly thankful for their hard work, compassion, and commitment to making a difference each day. Friendly reminder that we will be hosting our annual Thanksgiving family buffet on Thursday, November 19th! Please make sure you RSVP at the front desk. Cant wait to see everyone there!