

September 2026

Royal Oak House Newsletter

Royal Oak House | 1900 N. Washington Ave., Royal Oak MI 48073 | 248-585-2550



Management Team

Executive Director
Nechell' Hamler

Wellness Director
Charvetta Livingston, LPN

Marketing Director
Kelly Faff

Staffing Coordinator
Stevie Awosanya

Maintenance
Darrell Mitchell

Life Enrichment Director
Sara Pollak

Culinary Director
Tracy Garley



Kelly Faff
Marketing director



Charvetta Livingston
Wellness Director

Please welcome our new marketing director, Kelly Faff. Kelly grew up in Milford and currently resides in Royal Oak. She began her career in Finance with Disney before transitioning into office management within senior living communities. She eventually found her passion in sales and marketing, where she discovered how much she enjoys helping seniors and their families find the right place to call home.

Outside of work, Kelly enjoys spending time with her family. She is passionate about making sure each person finds a community where they feel happy, comfortable, and at home, and she is always open to creating positive change that makes our community an even better place to live.

Please join us in welcoming our new Wellness Director, Charvetta Livingston! Originally from the west side of Detroit, Charvetta now resides in St. Clair Shores with her husband and is a proud mom of four. Her passion for nursing began after watching her family care for her grandfather during her teen years, inspiring her to pursue a career in healthcare. She spent 17 years working as a CNA before earning her LPN, bringing a wealth of experience and compassion to her new role. In her free time, Charvetta enjoys a little "retail therapy," watching the Lifetime Channel, and relaxing on her porch. We are so happy to have her as part of our community!

Resident Birthdays

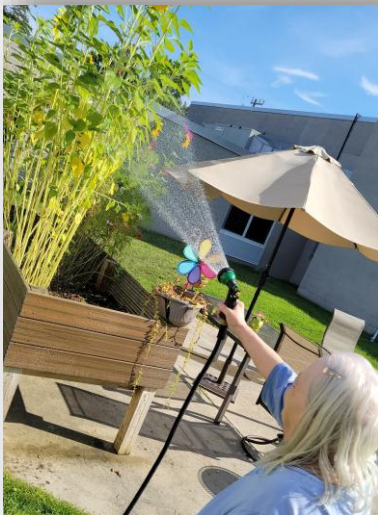


Gulam J. – 9/03
Barbara M. – 9/05
Robert J. – 9/15
Dolores B. – 9/18
Sandi W. – 9/25
Frances F. – 9/27





Goodbye
August



September

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill.



Famous Birthdays

Lily Tomlin – 9/01
Mark Harmon – 9/02
Charlie Sheen – 9/03
Beyonce – 9/04
Michael Keaton – 9/05
Raquel Welch – 9/05
Idris Elba – 9/06
Adam Sandler – 9/09
Colin Firth – 9/10
Jennifer Hudson – 9/12
Frankie Avalon – 9/18
Jeremy Irons – 9/19
Bill Murrarby – 9/21
Bruce Springsteen – 9/23

Birth Flower



The aster, September's birth flower, symbolizes a variety of sentiments including love, faith, purity, and fidelity.

Birthstone



The sapphire, September's birthstone, symbolizes truth, sincerity, and faithfulness. It is also believed to attract wealth, ease social interaction, and protect against envy and infidelity.



**WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION



Sunday, September 27th



**Sign up at the
front desk to walk
with us!**



**At Check-in tell
them you are a
part of Team Royal
Oak House**

Schedule of Events:

7:30 am Check-in

9:00 am Opening
Ceremony Walk to
Follow

Location

Detroit Zoo | 8450 W.
10 Mile Royal Oak, MI
48067





Thank you to Designs by Guzzardo's of Madison Heights who provide a generous number of fresh flowers every Wednesday for residents to participate in floral arranging. DBG flowers is located in Madison Heights at 26000 Pinehurst drive, offering a wide variety of flowers, edible arrangements, and more!



We are proud to recognize Toya as our Employee of the Month! Toya is apart of our Kitchen Team is always willing to lend a helping hand and she is also a talented baker whose delicious creations bring so much joy to our residents and staff. Thank you, Toya, for all that you do and for being such a wonderful part of our team!

Location Key:

AL - AL Common Area
MC - MC Common Area
R2R - Room to Room
DR - Dining Room
L - Lobby
C - Courtyard

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Chronicle Visits 11:15 Brain Game: List it! (AL) 1:30 Wooden Butterfly Painting (AL) 3:30 Room Visits (R2R)	Morning Chronicle Visits 11:15 Mind and Body Fitness (AL) 1:30 Tea Time & "Five Clues" Labor Day Game (AL) Labor Day	Morning Chronicle Visits 11:15 Ping Pong Pick up (AL) 1:30 Bingo! (AL) 3:30 Room Visits (R2R)	Morning Chronicle Visits No A.M. Activity Today 1:30 Floral Arranging (AL) *Provided by DBG Madison Heights Salon Day	Morning Chronicle Visits A.M. Shrine Catholic Visits 10:30 Cards/ Board Games (AL) 1:30 Craft Group: Lily Pad Craft (AL) 3:30 Room Visits (R2R)	Morning Chronicle Visits 10:15 Fitness Dice (AL) 2:00 Movie & Popcorn (AL) 2:30 3D Coloring Pages (MC)	Morning Chronicle Visits 10:30 Pet Therapy with Julia the Greyhound (R2R) 1:30 Movie & Popcorn (MC) 1:30 Music and Manicures (AL) 3:00 Music and Manicures (MC)
Morning Chronicle Visits 10:30 Puzzles in the Living Room (AL) 1:30 Sundae Funday! (R2R) 3:30 Balloon Volleyball (MC)	Morning Chronicle Visits 11:15 Mind and Body Fitness (AL) 1:30 Tea Time & "Five Clues" Labor Day Game (AL) Labor Day	Morning Chronicle Visits 11:15 Ping Pong Pick up (AL) 1:30 Bingo! (AL) 3:30 Room Visits (R2R)	Morning Chronicle Visits 11:15 Wednesday Workout (AL) 1:30 Floral Arranging (AL) *Provided by DBG Madison Heights Salon Day	Morning Chronicle Visits A.M. Shrine Catholic Visits 10:30 Cards/ Board Games (AL & MC) 1:30 Craft Group: Paper Rainbows (AL) 3:30 Room Visits (R2R)	Morning Chronicle Visits 11:15 Fitness Dice (AL) 2:00 Movie & Popcorn (AL) 2:30 Balloon Volleyball (MC) 	Morning Chronicle Visits 10:30 Pet Therapy with Julia the Greyhound (R2R) 1:30 Movie & Popcorn (MC) 2:00 Pokenol (AL) 3:30 Room Visits (R2R)
Morning Chronicle Visits 10:30 Grandparents Day Family Tree Project (AL) 1:30 Sundae Funday! (R2R) 3:30 Music in the Courtyard (MC) Grandparents Day	Morning Chronicle Visits 11:15 Mind and Body Fitness (AL) 1:30 Music and Manicures (AL) 3:00 Music and Manicures (MC)	Morning Chronicle Visits 11:15 Golf Ball Toss (AL) 1:30 Bingo! (AL) 3:30 Room Visits (R2R)	Morning Chronicle Visits 11:15 Wednesday Workout (AL) 1:30 Floral Arranging (AL) *Provided by DBG Madison Heights Salon Day	Morning Chronicle Visits A.M. Shrine Catholic Visits 10:30 Balloon Volleyball (AL & MC) 1:30 Craft Group: Paper Bonnet (AL) 3:30 Room Visits (R2R)	Morning Chronicle Visits 11:15 Fitness Dice (AL) 2:00 Movie & Popcorn (AL) 2:30 Paper Lilies (MC) 	Morning Chronicle Visits 10:30 Cards/ Board Games (AL) 1:30 Movie & Popcorn (MC) 2:00 Ziploc Bag Painting (AL) 3:30 Room Visits (R2R)
Morning Chronicle Visits 10:30 Pet Therapy with Cash the Cat (AL) 1:30 Sundae Funday! (R2R) 3:30 Manicure Visits (MC) 	Morning Chronicle Visits 11:15 Mind and Body Fitness (AL) 1:30 Tea Time & Conversation Catch (AL) 3:30 Kick Ball (MC)	Morning Chronicle Visits 11:15 Brain Game: Hangman (AL) 11:15 Balloon Volley (MC) 1:30 Bingo! (AL) 3:30 Room Visits (R2R) Autumn Begins	Morning Chronicle Visits 11:15 Wednesday Workout (AL) 1:30 Floral Arranging (AL) *Provided by DBG Madison Heights Salon Day	Morning Chronicle Visits A.M. Shrine Catholic Visits 10:30 Cards/ Board Games (AL & MC) 1:30 Craft Group: Popsicle Stick Dragon Flies (AL)	Morning Chronicle Visits 11:15 Fitness Dice (AL) 2:00 Movie & Popcorn (AL) 2:30 Color & Cut: Mini Houses (MC) 	Morning Chronicle Visits 10:30 Pet Therapy with Julia the Greyhound (R2R) 1:30 Movie & Popcorn (MC) 2:00 Left, Right, Center Game (AL) 3:30 Room Visits (R2R)
Morning Chronicle Visits 10:30 Lord's Prayer Frame (AL) 1:30 Sundae Funday! (R2R) 3:30 Balloon Volleyball (MC)	Morning Chronicle Visits 11:15 Mind and Body Fitness (AL) 1:30 Music and Manicures (AL) 3:00 Music and Manicures (MC)	Morning Chronicle Visits 11:15 Ladder Ball Toss (AL) 1:30 Bingo! (AL) 3:30 Room Visits (R2R)	Morning Chronicle Visits 11:15 Wednesday Workout (AL) 1:30 Floral Arranging (AL) *Provided by DBG Madison Heights Salon Day	September 2026		
						Morning Chronicle Visits 10:30 Cards/ Board Games (AL) 1:30 Movie & Popcorn (MC) 2:00 Ziploc Bag Painting (AL) 3:30 Room Visits (R2R) Oktoberfest Begins

All Activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast: Cinnamon French toast casserole, bacon Lunch: Roast beef, stuffing, gravy, cranberry sauce Dinner: Beef meatloaf, mashed sweet potatoes, peas & carrots	Breakfast: Scrambled eggs with cheese, sausage, toast, peaches Lunch: Pork loin, scalloped potatoes, Brussels sprouts, roll, bread pudding Dinner: Bag Dinner	Breakfast: Ham & Swiss Sandwich with Pasta Salad Dinner: Roast Beef, Mashed Potatoes with Glazed Carrots	Breakfast: Blueberry pancake, sausage, with banana Lunch: Chicken Caesar salad dinner roll Dinner: Baked salmon, rice pilaf broccoli	Breakfast: Western omelet, English muffin, orange Lunch: Beef & vegetables stew, cornbread Dinner: Herb-roasted chicken, roasted potatoes, green beans	Breakfast: French toast, bacon Lunch: Tuna salad croissant, tomato salad Dinner: Chicken Parmesan, spaghetti, Italian green beans, garlic bread	Breakfast: Cream of wheat, scrambled eggs Lunch: BBQ pulled pork sandwich, coleslaw Dinner: Baked cod cod with lemon butter, wild rice, asparagus
Breakfast: Belgian waffle, yogurt, strawberries, sausage Lunch: Baked ham, macaroni & cheese, green beans Dinner: Roast chicken, wild rice glazed carrots,	Breakfast: Scrambled eggs with cheese, sausage, toast, peaches Lunch: Pork loin, scalloped potatoes, Brussels sprouts, roll, bread pudding Dinner: Bag Dinner	Breakfast: Ham & Swiss Sandwich with Pasta Salad Dinner: Roast Beef, Mashed Potatoes with Glazed Carrots	Breakfast: Blueberry pancake, sausage, with banana Lunch: Chicken Caesar salad dinner roll Dinner: Baked salmon, rice pilaf broccoli	Breakfast: Western omelet, English muffin, orange Lunch: Beef & vegetables stew, cornbread Dinner: Herb-roasted chicken, roasted potatoes, green beans	Breakfast: French toast, bacon Lunch: Tuna salad croissant, tomato salad Dinner: Chicken Parmesan, spaghetti, Italian green beans, garlic bread	Breakfast: Cream of wheat, scrambled eggs Lunch: BBQ pulled pork sandwich, coleslaw Dinner: Baked cod cod with lemon butter, wild rice, asparagus
Breakfast: Biscuits with sausage, gravy, scrambled eggs, berries Lunch: Roast beef, mashed potatoes, gravy, carrots Dinner: Baked chicken thighs, rice pilaf, green beans, chocolate cake	Breakfast: Apple-cinnamon pancakes, bacon, yogurt Lunch: Chicken salad croissant, broccoli, salad, Pineapple Dinner: Beef lasagna, Caesar salad, rice pudding	Breakfast: Ham & Swiss Sandwich with Pasta Salad Dinner: Roast Beef, Mashed Potatoes with Glazed Carrots	Breakfast: Blueberry pancake, sausage, with banana Lunch: Chicken Caesar salad dinner roll Dinner: Baked salmon, rice pilaf broccoli	Breakfast: Western omelet, English muffin, orange Lunch: Beef & vegetables stew, cornbread Dinner: Herb-roasted chicken, roasted potatoes, green beans	Breakfast: French toast, bacon Lunch: Tuna salad croissant, tomato salad Dinner: Chicken Parmesan, spaghetti, Italian green beans, garlic bread	Breakfast: Cream of wheat, scrambled eggs Lunch: BBQ pulled pork sandwich, coleslaw Dinner: Baked cod cod with lemon butter, wild rice, asparagus
Breakfast: Stuffed French toast strawberries, sausage, yogurt Lunch: Fried cabbage with bacon and sausage Dinner: Beef stew over egg noodles, roll, garden salad, chocolate chip cookies	Breakfast: Apple-cinnamon pancakes, bacon, yogurt Lunch: Chicken salad croissant, broccoli, salad, Pineapple Dinner: Beef lasagna, Caesar salad, rice pudding	Breakfast: Ham & Swiss Sandwich with Pasta Salad Dinner: Roast Beef, Mashed Potatoes with Glazed Carrots	Breakfast: Blueberry pancake, sausage, with banana Lunch: Chicken Caesar salad dinner roll Dinner: Baked salmon, rice pilaf broccoli	Breakfast: Western omelet, English muffin, orange Lunch: Beef & vegetables stew, cornbread Dinner: Herb-roasted chicken, roasted potatoes, green beans	Breakfast: French toast, bacon Lunch: Tuna salad croissant, tomato salad Dinner: Chicken Parmesan, spaghetti, Italian green beans, garlic bread	Breakfast: Cream of wheat, scrambled eggs Lunch: BBQ pulled pork sandwich, coleslaw Dinner: Baked cod cod with lemon butter, wild rice, asparagus

September

2026



Menu are subject to change.



Interested in checking out library books?

Royal Oak Public Library wants to
bring the library to you!

The Royal Oak Public Library Home
Delivery Service program helps fulfill
the library's mission by offering
services to residents who are unable
to leave their home due to disability
or illness.

Please contact Sara in activities to fill
out a library card and home delivery
application!

**Families, please
remember to stop by the
reception desk to pick up
any mail being held for
your loved one.**



Treat yourself to a fresh look with our
hairdresser, Teresa.

To schedule an appointment, please call
or stop by the Reception Desk.

Services Available:

- Shampoo & Styling
 - Haircuts
- Beard Trims & Shaves
 - Perms
- And more!



NATIONAL SHRINE
OF THE LITTLE FLOWER
BASILICA

1926 2026
100 YEARS

Residents interested in being added to
the Catholic visit and Communion list
may contact Sara in Activities to
arrange visits from Catholic Shrine
volunteers.