

May Fitness & Health Forever Fit & QuickFit

Audibel free hearing aid clinic - September 13th at 10:00 in the Game Room.

Tai Chi: Every Thursday at 2:00 in the Fitness Center.

Bayada Health Talks September 6th at 2:00 in the Library. Weston Group and Bayada are located on the first floor.

Medical Days

Tuesday and Wednesday are designated

MEDICAL APPOINTMENT DAYS

Please notify the CONCIERGE of your appointment as far in advance as possible with the time, date & location.

After reservations are made each resident will be advised of a departure time within 24 hours prior to each appointment. Appointments will be scheduled between the hours of

8:30 am & 3:30pm

Within a 10 miles radius

A Waltonwood driver will drop off & pick up residents in as timely a manner as possible. Please note appointments that are beyond a 10 mile radius will acquire a \$2.00 charge per mile for every additional mile.

Special Outings in September

Outings to several Churches every Sunday. Different shopping opportunities throughout the month. Outings to local grocery stores each week.

September 7th: Greek Festival and Lunch September 10th: Farmer's Market September 14th: Senior Scholars Lecture September 18th: Out to the movies September 21st: Lake Norman Boat Tour September 28th: Bus Tour of Charlotte

See the calendar for additional shopping outings. Please sign up at the round table!

New Programs

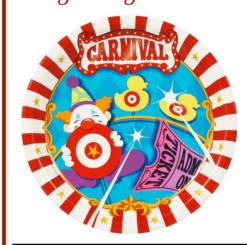
Shuffle Board: A fun relaxed exercise located in the Fitness Center Bocce Ball: A fun exciting exercise located outside of the Fitness Center. Giant Crossword: Enjoy a brain exercise twice a week in the Hobby Room Tea Time: Enjoy tea and crackers with friends in the Game Room BYOB Happy Hour: Bring your alcohol of choice to socialize before dinner Jackpot BINGO: \$3.00 entry fee at the end of each month Spelling Bee: Test your spelling with a variety of challenging words

Join Waltonwood for another tour of Charlotte, Friday, September 28th at 10:00.



September 2018

Join Waltonwood for a Carnival Themed dinner, Tuesday, September 25th beginning at 4:30.



Join Waltonwood to virtually visit resident's hometowns and walk the city streets with the help of Google Satellite, Monday, September 24th at 10:00 in the Hobby Room.



those born in September! Enjoy a very special dinner, September 11th at 5:00 in the Private Dining Room.

Happy Birthday to

Join Waltonwood for an Rosanne Losee from Inquiring to the world's art and its happy music and delicious at 7:00 in the Theater.

entertaining presentation given by Minds, titled, "Armchair Travel: Viva Italia!" Join Rosanne in a joyous tour of Italy's contribution architecture, its impressive history, cuisine, and its love of family and friends, Thursday, September 6th







Join Waltonwood for a technology class, Thursday, September 20th at 6:45.



Join Waltonwood for another exciting day trip to Lake Norman to explore the lake with Queen's Landing Boat Tours, Friday, September 21st, leaving around 11:00.



Enjoy Waltonwoods' Grandparents Day Sunday Brunch September 9th from 10:30-1:30 Guest reservations required.



\$15 per adult, children 7 and under eat free, children ages 7-12 are half price.