



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.



Happy Birthday to
those born in September!

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



Join Waltonwood for an
entertaining presentation given by
Rosanne Losee from Inquiring
Minds, titled, "Armchair Travel:
Viva Italia!" Join Rosanne in a
joyous tour of Italy's contribution
to the world's art and
architecture, its impressive history,
its happy music and delicious
cuisine, and its love of family and
friends, Thursday, September 6th
at 7:00 in the Theater.



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.