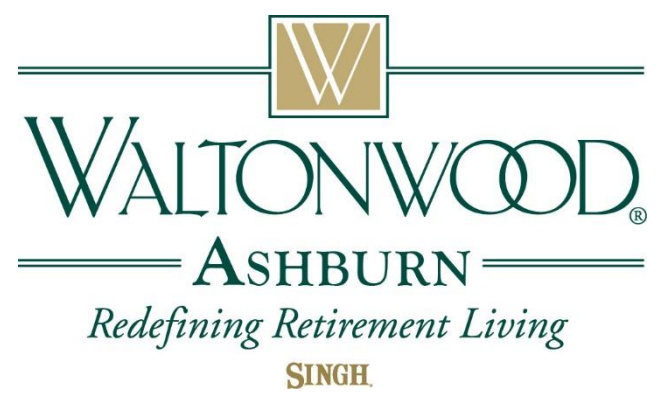


ASHBURN CONNECT

JANUARY 2019



44145 Russell Branch Parkway, Ashburn, VA 20147
www.waltonwood.com | 571 918-4854
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UPCOMING EVENT HIGHLIGHTS

COMMUNITY MANAGEMENT

Justin Roberts
Executive Director

Jenna Harrington
Business Office Manager

Tiffany Ashton
Marketing Manager

Kathleen Kisiah
Marketing Manager

Beth Siatta
Culinary Services Manager

Rudy Williamson
Maintenance Manager

Chandis Parris
Independent Living Manager

Lea Wotorson
Resident Care Manager

Sharon Staten
AL Wellness Coordinator

Mary Franck-Rolin
MC Wellness Coordinator

Jocelyn Jackson
AL Life Enrichment Manager

Liza Watkins
IL Life Enrichment Manager

Kate Ritchie
MC Life Enrichment Manager

“A New Year, A New You” is our theme for 2019. Thank you for filling out your life enrichment surveys to give us feedback on programming. Come inside from the cold, warm up & join our many upcoming events. Start off the new year with new year themed games & puzzles while enjoying hot cocoa. The bus is now available for group trips on Tuesdays & Wednesdays so take a look at the fun outings we have coming up. Enjoy health, music, current event & historical lectures & discussions, weekly performers, cocktail & happy hours and more. We are even starting a knitting & crocheting corner. Hope to see you at our many wonderful events. Here’s to a great 2019!

ASSOCIATE SPOTLIGHT

Robert Vega has worked at Waltonwood for a year as a dining server. Robert currently goes to NOVA and is studying Information Systems. He looks up to his father who works in Information Technology which is why he had an interest in the field. Next Autumn Robert will be transferring to James Madison University. After college he plans on joining the Air Force as they have a great work experience program.

Robert is one of triplets – 2 brothers and 1 sister. His sister, Victoria, also works at Waltonwood in dining services. In his spare time Robert enjoys working out at the gym and wrestling. He is also a movie buff, especially enjoying dramas.



DECEMBER HIGHLIGHTS

- 15

Cup O’ Christmas Tea Party
- 14

Holiday Pet Visit with Jack
- 16

Andre Trong Choir: Holiday Songs
- 24

That’s a Wrap Party: Goodbye 2018



FOREVER FIT/WELLNESS: FOCUS ON FITNESS

An Open Invitation!

As the hustle and bustle of the holidays slowly fades and we once again transition into a new year we find ourselves drifting back to those routines that we’re use to. Sometimes that’s a much welcomed occurrence, while other times it becomes a dull and uninspiring way to spend the winter months. So this January why not try something new? Something that will not only kick start your daily routine but also improve the way you move, think and feel. This January I like to extend a warm, open invitation to join our “Forever Fit” exercise program here at Waltonwood. Open to all residents our exercise classes and fitness center are aimed at enhancing independence while promoting healthy lifestyles in a safe enjoyable environment. Utilizing an approach that makes exercise accessible to everyone, each of our many offerings is designed for its participants to move at a pace in which they see fit. So, this New Year give exercise a try. It just might be one of the best things you can do to keep happy and healthy in 2019.

TRANSPORTATION INFORMATION & UPCOMING TRIPS

As a reminder, the bus is available for individual appointments on Monday & Thursday between 9am-12pm & 1pm-3:30pm. We also have some fun outings coming up in Janaury. Please be aware that since it is the winter season, trips may be canceled due to incelment weather.

- 1/2 Shopping at Walmart 11am
- 1/8 Lunch at Sweetwater 12pm
- 1/9 Winter Scenic Drive 3pm
- 1/15 Regal Cinema Trip TBA
- 1/16 Martin Luther King Jr. Memorial 11am
- 1/22 Dominion Trail Elementary School Reading Program 10:45am
- 1/23 Winter Scenic Drive 3pm
- 1/29 Lunch at Cracker Barrel 12pm
- 1/0 Shopping at Harris Teeter 11am

Please let Jocelyn know if you are interested in participating in the above trips so that a spot can be reserved for you.

WALTONWOOD SALON

The Waltonwood Salon is now open on Wednesdays & Thursdays for appointments. If you are interetsed in making an appointment, please call 571 918-4854 (concierge) & ask them to transfer you to the salon (concierge should not be making appointments). Please leave your name, call back number, day & time of your requested appointment & what you would like done. Someone from the salon will call you back to confirm your appointment or suggest another date & time.

JANUARY SPECIAL EVENTS

1	7
New Year Games, Puzzles & Cocoa Bar	Cocktail Hour with cider & chocolate covered strawberries
16	22
Blues, Brews & BBQ dinner event	Wolfman Jack 1950s Sings Along



EXECUTIVE DIRECTOR CORNER

Happy New Year! I hope that everyone had a wonderful holiday season. It was great to see some many residents, family members, and friends enjoying the services and amendities Waltonwood has to offer.

Our Holiday Open House and team party was a huge success. On behalf of the entire Waltonwood team, I would like to thank you for all of the donations and gifts you provided to our associates.

This month we will be rolling out a safe ride home program in the event emergencies arise or service is interrupted. We will give you more information when details are finalized.

This year I'm looking forward to welcoming more families into our community. Have a happy New Year.



January Highlights

- New Year Games & Cocoa Bar
- Male Jazz Greats Lecture
- Little Tots Music Together
- Lunch at Sweetwater
- Bible Study: The End 5 Part Series about Heaven
- S’mores Saturday
- Martin Luther King Jr. Bio, games & memorial outing
- Blues, Brews & BBQ Dinner
- Mad Hatter Winter Tea Party
- Lunch at Cracker Barrel

CHEF’S COOKING DEMONSTRATIONS

9

Pasta Bar

16

Shrimp & Grits

23

Steak Diane

30

Bananas Foster

Spiced Pumpkin Walnut Cookies

Ingredients

- 6 tablespoons packed brown sugar
- 6 tablespoons canned pumpkin
- 3 tablespoons refrigerated or frozen egg product, thawed
- 2 tablespoons olive oil
- 2 tablespoons mild-flavor molasses
- 1 cup white whole-wheat flour
- 1½ teaspoons pumpkin pie spice
- ¾ teaspoon baking soda
- ½ teaspoon sea salt
- 6 tablespoons raisins
- ¼ cup chopped walnuts

Directions

1. Line a cookie sheet with a silicone baking mat or parchment paper. Combine brown sugar, pumpkin, egg, olive oil, and molasses in a medium bowl.
2. Stir together flour, pumpkin pie spice, baking soda, and salt in a small bowl. Add flour mixture to egg mixture; stir until combined. Stir in raisins and walnuts. Cover and freeze 10 minutes.
3. Preheat oven to 350°F. Drop dough into 12 mounds (about 2 tablespoons each) onto prepared cookie sheet. Flatten slightly.
4. Bake 12 to 14 minutes or until edges are set. Cool on cookie sheet for 5 minutes. Remove; cool on a wire rack.



\$1,000 RESIDENT REFERRAL BONUS

FRIENDS & FAMILY REFERRAL PROGRAM!

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!