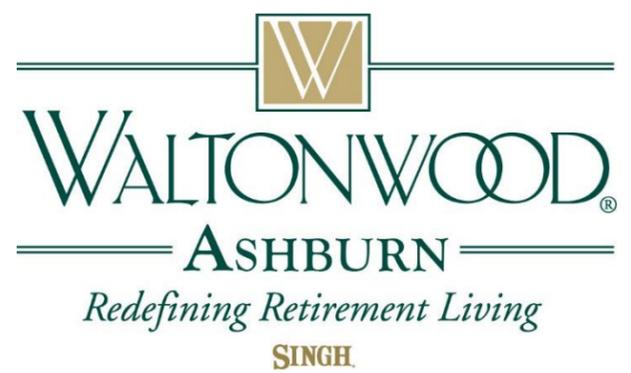


ASHBURN CONNECT

ASSISTED LIVING

JULY 2019



44145 Russell Branch Parkway, Ashburn, VA 20147
www.waltonwood.com | 571 918-4854
Facebook: /WaltonwoodAshburn



Camp Waltonwood

COMMUNITY MANAGEMENT

Justin Roberts
Executive Director

Audrey Poore
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 Clemmons
Resident Care Manager

Yesenia Villalbaso
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

UPCOMING EVENT HIGHLIGHTS

July is bursting with fun events! Get out of the heat and join us for many outings beginning with a trip to the Hollywood Casino in Charlestown, West Virginia. Celebrate America by joining us for various themed events throughout the day including games & puzzles, a cookout & a Red, White & Blue Party. If you'd like to know more about technology, join us for a presentation on how to use iPhone, iPads, the internet, email and more. We have a monkey named Bambi coming in too this month. Join us for fun socials like our Over the Moon Social in honor of the USA landing on the Moon. If you like to eat out but don't want to leave the community, join us for Lunch Out/In. Take a vicarious trip to Italy & enjoy a presentation by Fred Clark as he shares the adventures of his Roman Vatican Excursion. Come see our garden club's hard work as they host a Garden Show. Bring your pups to our Yappy Hour as you both enjoy a special Dog Days of Summer treat. Life is good at Waltonwood. There is so much to do here. There is something for everyone. You won't want to miss it.



ASSOCIATE SPOTLIGHT

Forever Fit Coordinator, Sue Thompson-Popper, has been working for Waltonwood at Ashburn since October. She's been a Personal Trainer, Fitness Director and Nutrition Coach during her years in the Fitness Industry. Sue worked in Broadcasting for 22 years before losing 45 pounds with the help of a Personal Trainer and Registered Dietician. It was then that she decided to change careers so she could help others lose weight and get stronger.

Sue teaches a variety of classes at Waltonwood including Balance Training, Chair Exercise and Water Aerobics classes. Residents who attend her classes range in age from 78-95 years old. Sue loves watching residents get stronger, more confident and improve their balance.

Sue lives nearby with her husband and her rescue Chow Chow, Chili Dog.



Movies of the Month

Show Times are at 2pm & 7pm

- 7/6 Tootsie
- 7/7 Braveheart
- 7/13 Double Indemnity
- 7/14 MASH
- 7/20 War of the Roses
- 7/21 Robin Hood
- 7/27 Quiet Man
- 7/28 Erin Brokovich



Resident Birthdays

- 7/9 Edna Embree
- 7/30 Bill Pierce



FOREVER FIT/WELLNESS: Healthy Hydration

Healthy hydration habits are important any time of the year but they become essential during the summer months when the heat and humidity can reach dangerous levels. As we age the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side effects of certain medications can greatly increase the risk for serious dehydration in seniors.

The good news is small changes to our daily routine can greatly improve our chances to stay healthy and fit in the months to come. Making sure there are always fluids nearby to drink throughout the day, eating plenty of fruits and vegetables like cucumber and watermelon and avoiding strenuous outdoor activities during the peak hours of the afternoon can all help to keep us safe and hydrated during the dog days of summer.

TRANSPORTATION INFORMATION & UPCOMING TRIPS

We also have some fun outings coming up in July.

- 7/2 Hollywood Casino in Charlestown, WV – Please bring your own money for gambling & lunch
- 7/10 Lunch at Longhorn Steakhouse – Cost for food, taxes & tip
- 7/16 VA Trip: Air & Space Museum – Cost for food, taxes & tip
- 7/24 Picnic in the Park – FREE
- 7/30 Baskin Robbins Ice Cream Trip - \$5.00

Please let Concierge know if you are interested in participating in the above trips so that a spot can be reserved for you. Sometimes we are not able to add residents at the last minute as some trips need to be planned in advance.

As a reminder, the bus is only available for personal appointments and errands on Mondays and Thursdays between 9am-12pm & 1pm-3:30pm. Residents must be able to take these trips independently, be dropped off and picked up at the same place. Appointments must be made at least 24 hours in advance. Please confirm your trip with concierge.

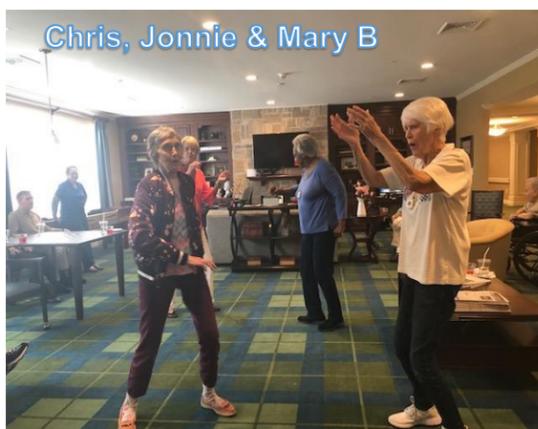
WALTONWOOD SALON

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

JUNE HIGHLIGHTS

On That Note Cabaret – Camp Waltonwood – Top Golf

DJ & Dancing with Bill & Jean – Billiards – Pool Party



EXECUTIVE DIRECTOR CORNER

Summer is finally here and just in time for some fun upcoming events happening around the community. We will be having a July 4th cookout for residents and family members starting at 11am. If you are planning on attending the event, please contact the concierge desk to RSVP. We have quite a few exciting outings in our neighborhood so take advantage of them too. Finally, we will be celebrating the "Dog Days" of summer with a Yappy hour with our furry friends. I can't wait to see what tasty treat our culinary team will come up with for all of our pets.

As a reminder, we ask that all residents let us know when you'll be out of the community for an extended period of time. All residents are entitled to meal credits if you are away from the community starting on the 8th consecutive day. Our concierge team will be happy to take your information so we can process your credits in a timely manner.

I look forward to more warm summer days and nights. Have a wonderful month!



Jerry & Francie V

July

Highlights

- Technology 101 Class
- Hollywood Casino
- Smile Through Music Childrens' Summer Concert
- Independence Day Games, Puzzles, Cookout & Party
- Concert with Kristen Jepperson
- Lunch at Longhorn Steakhouse
- July Birthday Party
- Roman Vatican Excursion Presentation with Fred
- Slurpee Party
- Concert with Frank Plumer
- Bastille Day French Dinner
- DJ & Dancing with Bill & Jean
- Air & Space Museum
- Lunch Out/In: Wendy's
- Over the Moon Social
- Garden Club Garden Show
- Primrose School Game Day
- Concert with Karen Devitt
- Name That Rodgers, Hart & Hammerstein Tune
- Picnic in the Briar Patch Park
- Summer Songs Social
- Yappy Hour
- Concert with Pam Butler
- Baskin Robbins
- Rock Around the Clock Party

CHEF'S UPCOMING SPECIAL EVENTS

- 4: Independence Day Cookout
 - 5: Roll out of new Always Available Menu
 - 14: Bastille Day Celebration French Cuisine Dinner
- Culinary Corner



Happy July Everyone!

We will be celebrating a couple of special culinary events in July. On the 4th we will be having our annual 4th of July cookout from 11am-2pm in the dining room. Please invite your families for an excellent meal. On July 5th we will be rolling out the new always available menu in the dining room. We are also making plans to have a Bastille Day celebration on Sunday July 14th. More details about the event coming soon.

Thanks,

Chef Beth



\$1,000 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 for details!



Bill & Liz R

FRIENDS & FAMILY REFERRAL PROGRAM!