



## Celebrating Birthdays In September

- Amy S.
- Barbara Z.
- Robert R.
- Ed N.
- Elaine P.
- Robert G.
- Delphine E.



FRIENDS & FAMILY REFERRAL PROGRAM!

## CHEF'S COOKING DEMONSTRATIONS

03

Grilled Italian Chicken  
Panini

17

Baja Fish Tacos

10

Greek Gyros

24

Vietnamese PHO

12

Sunday Brunch

September 8<sup>th</sup> from 10:30 - 1:30  
pm in the dining room.

Guest reservations required. Guest  
charges: \$15 per adult, children 7  
and under eat free, children ages  
7-12 are half price \$7.50.

## CHEF STEVE'S SIGNATURE RECIPE

### Authentic Vietnamese Pho

#### Ingredients For the Stock

- 4 Pounds of Beef Bones  
(Available at Most Grocery Stores)
- 1 Onion, Unpeeled and Cut in Half
- 5 Slices Fresh Ginger
- 1 Tablespoon Salt
- 2 Pods Star Anise
- 2 1/2 Tablespoons Fish Sauce
- 4 Quarts Water
- 1 (8 Ounce) Package Dried Rice Noodles

#### Directions

- Preheat oven to 425 degrees F.
- Place beef bones on a baking sheet and roast in the preheated oven until browned, about 1 hour.
- Place onion on a baking sheet and roast in the preheated oven until blackened and soft, about 45 minutes.
- Place bones, onion, ginger, salt, star anise, and fish sauce in a large stockpot and cover with 4 quarts of water. Bring to a boil and reduce heat to low. Simmer on low for 6 to 10 hours. Strain the broth into a saucepan and set aside.
- Place rice noodles in large bowl filled with room temperature water and allow to soak. Bring a large pot of water to a boil and after the noodles have soaked, place them in the boiling water for 1 minute. Bring stock to a simmer.
- Divide noodles among 4 serving bowls; top with sirloin, cilantro, and green onion. Pour hot broth over the top. Stir and let sit until the beef is partially cooked and no longer pink, 1 to 2 minutes. Serve with bean sprouts, Thai basil, lime wedges, hoisin sauce, and chili-garlic sauce on the side.

#### For the Bowl

- 1 1/2 Pounds Beef Top Sirloin, Thinly Sliced
- 1/2 Cup Chopped Cilantro
- 1 Tablespoon Chopped Green Onion
- 1 1/2 Cups Bean Sprouts
- 1 Bunch Thai Basil
- 1 Lime, Cut into 4 Wedges
- 1/4 Cup Hoisin Sauce (Optional)
- 1/4 Cup Chili-Garlic Sauce

## PROVIDENCE CONNECT

SEPTEMBER 2019



## UPCOMING EVENTS HIGHLIGHT

Dear Residents,

Please join us for our very own classic car show! The cars will be parked on the right closest to the Assisted Living Community. There will be popcorn and drinks available to enjoy throughout the day.

September is full of fun and adventurous events beginning with a new sketch class taught by our resident, Richard S. Then join us for a trip later in the month to Lake Norman for a relaxing and scenic boat tour. Following these events we have a special presentation given by Rosanne Losee titled, "American Decades", in addition to this event we will finish the month with a cooking demonstration by our culinary department and a wine tour at Treehouse Vineyards.

We hope to see you at one or many of these events!Best,

-Your Waltonwood Family

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Facebook: /WaltonwoodProvidence

## COMMUNITY MANAGEMENT

Jeff Plummer  
Executive Director

Vicki Shotwell  
Business Office Manager

Steve Archer  
Culinary Manager

Ernie Collie  
Maintenance Manager

Eva Kantor  
Independent Living Manager

Ana Herrera Turpin  
Life Enrichment Manager

Carrie Dunlap  
Marketing Manager

Cara Nirenberg  
Marketing Manager



# ASSOCIATE SPOTLIGHT

## Israel Kennedy

Israel Kennedy has been a member of the Waltonwood family since October 2017. Israel is one of our wonderful servers for Independent Living. Israel has been an incredible addition to our team and is always willing to assist our residents and their families wherever and whenever he can. Israel is a Charlotte native and our residents really enjoy discussing our city’s hidden gems with him. Israel graduated from Central Piedmont Community College with a degree in Simulation and Graphic Design. He conducted his internship at the NASCAR Hall of Fame while simultaneously working here at Waltonwood full-time. A fun fact about Israel is that he has a pony named Trixie. We are delighted that Israel is a part of our Waltonwood Family and are excited to recognize him as our associate of the month for September. Thank you Israel for all that you do for our Waltonwood community!

# AUGUST HIGHLIGHTS

03

Enjoying a furry visit from the petting zoo.

22

Making baskets for the new homeowners through Habitat for Humanity.



19

Making ring dishes out of baking clay.

29

We had a blast at our Hawaiian themed day!



# FOREVER FIT TOPIC – Consistency is Key

As fragile as our bodies can be, they are equally as resilient and capable. Their innate ability to grow stronger, faster and more efficient is one of the tangible qualities that drives ones exercise motivation. Our muscle memory, or the ability to complete a movement without thought through constant repetition, relies heavily on our commitment to regular, daily exercise. Over time, these constant repetitions allow your body to be stronger and far more efficient in the activities you perform. With exercise, an increase in efficiency also typically means an increase in safety. Muscles strengthen, joints become more mobile and a potential fall risk can reduce significantly. So, while the results you want may not come in a day, stick with it. Consistency is key and your commitment to exercise will pay off in the long run.

# TRANSPORTATION INFORMATION

Waltonwood offers transportation for medical appointments on Tuesdays and Wednesdays. 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 and 3:30 pm, 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.

Each month we have outings to banks, shopping centers, pharmacies, restaurants and grocery stores. Please see he calendar for specific dates and times and please sign up at the brown rectangular table by the dining room.

# SEPTEMBER SPECIAL EVENTS

09

Join Candy Creations as they teach you how to make edible butterflies.

12

Classical Car Show beginning at 10:00 am.



16

New: Sketching class taught by Richard S.

20

Join us for a Lake Norman boat tour.



# EXECUTIVE DIRECTOR CORNER

Happy September

Fall is officially here! Time for pumpkin everything, cooler weather and football season. Some exciting news from the Life Enrichment Department is the unveiling on our new “In Touch” system. The television monitors throughout the community will now have daily content pertaining to happenings in the community. We will be able to communicate upcoming events and changes to the schedule more effectively. Be on the lookout for the system to be up and running by mid-September.

Best Regards,

Jeff Plummer  
Executive Director