



CHEF'S COOKING DEMONSTRATIONS

07

Coffee & Desserts- Our culinary team will prepare "made to order" specialty coffees paired with delicious desserts from our in-house Pastry Chef



21

Pho'Station- Come enjoy this Zmixreq iwi\$wyt\$ hnl\$grwmxrk\$jfwxl Cngi\$sshpiw\$erh\$livfwZ Glsswi\$sv\$sttkw\$erh\$ iexwZ



ASHBURN CONNECT

JULY 2021



Redefining Retirement Living

SINGH

44141 Russell Branch Parkway Ashburn, VA
www.waltonwood.com | 571-918-4854
Facebook: /WaltonwoodAshburn

JULY

- Mike Kelly 07/02
- Myra Bloom 07/03
- Alice Ahmed 07/06
- Marilyn Farnsworth 07/11
- Patricia McIntyre 07/12
- Donald Thaler 07/17
- Bob Somers 07/17
- Judy Burch 07/18
- Mary Ann Scolpino 07/18
- Susan Stevens 07/20
- Helen McLawhorn 07/22
- Margaret Snyder 07/23

COMMUNITY



UPCOMING EVENT HIGHLIGHT

Wow, is it July already? Can you believe this year is more than half way over? We are now well into summer with Fall just around the corner.

This month we will celebrate **Independence Day** starting with a **Sing-A-Long** (2nd) followed by a special "Red, White & Blue" themed dinner (4th). Stop by the Grove Café (5th) for a **Sweet Treat** on **National Graham Cracker Day!** And don't forget to sign up by Monday July 5th for a **Pedi-Bike ride around the community** on Wednesday July 7th.

Lisa Mears will be here on Thursday July 8th and Friday July 9th to teach us how to play **American MAH JONGG!** RVSP by Wednesday July 7th if you plan to join the "resident pay" **Lunch Bunch trip to Matchbox Restaurant in One Loudoun.**

We will be "Wastin' away again in Margaritaville" during **Happy Hour** on Friday July 9th, don't forget your tropical attire!

Other activities include: **Sundae Monday** (July 12th), **National French Fry Day!** (July 13th), **Outing to Fleetwood Winery** (16th), **Family Feud** (19th), **National Hot Dog Day!** (21st) and ending the month with **International Friendship Day!** (30th)

COMMUNITY MANAGEMENT

- Christopher Leinaur
Executive Director
- Audrey Poore
Business Office Manager
- Eduardo Villasmil
Culinary Services Manager
- Rudy Williamson
Environmental Services Manager
- Tracy Philemon
Independent Living Manager
- Robin Burke
Life Enrichment Manager
- Tiffany Ashton & Kathleen Kisiah
Marketing Managers
- Maria Manalo
Resident Care Manager
- Kesha Sampson & Megan Mastre
Wellness Coordinators



\$3,500 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!

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

Congratulations to Gloria Chicas for being selected Employee of the Month! Gloria was chosen because she goes above and beyond. When a resident was in dire need, Gloria didn't hesitate to jump in and utilize her CPR training to assist the resident.

Gloria steps in to help residents, even if they have not been assigned to her that day. She is very dependable and makes herself available to pick up shifts when it is needed.

Gloria moved to from El Salvador to Virginia in 1995. She has been an aide for 15 years and has worked at Waltonwood for almost 2 years. Gloria loves being a part of the Waltonwood family. She enjoys making a difference in the residents' lives, looking at their photos and hearing their many stories.



Gloria Chicas
Certified Nurses' Aide
Community- Assisted Living

TRANSPORTATION INFORMATION

Transportation to appointments is on Mondays & Wednesdays from 8:00am-3:00pm. Requests must be made 48 hours in advance using the "Transportation Request Form" located at the front desk.

Community Outings are on Tuesday for Assisted Living, Thursday for Memory Care & Friday for Independent Living. Please see the life enrichment schedule for specific locations and times.

Sunday Church Shuttle Pick up Times:

- 9:00am for the 9:30am service at Christian Fellowship Church
- 9:30am for 10:00am service at St. David's Episcopal Church
- 10:00am for 10:30am service at St. Theresa Catholic Church

If you have any transportation related questions, please call Terri Moore at 703-853-8004.

JUNE HIGHLIGHTS

04

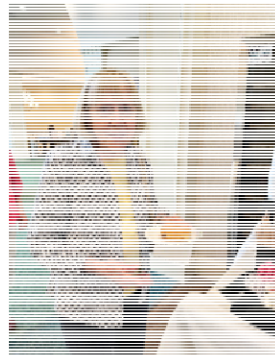
National Donut Day!

Donuts and Coffee will be served in the Grove Café at 10:30am

11

DRAMEDY CLUB

PERFORMANCE: "Bad Auditions by Bad Actors"



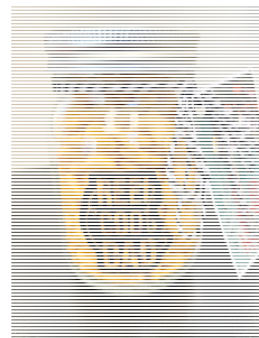
19 & 20

Enjoy a special **Juneteenth** Dinner on June 19th & a wonderful **Father's Day** celebration dinner!

26

National Bingo Day!

Invite your family and friends to play BINGO! Win prizes and enjoy the



JULY SPECIAL EVENTS

02

Independence Day

Sing-A-Long! Our own Leah will be on the piano. Jimmy & Doris will host.

7

Pedi-Bike Rides!:

Enjoy a fun and relaxing ride around the community. RSVP by 7/5.



13

National French Fry Day!

Celebrate the day, stop by the Grove Café and pick up an order of FRESH HOT FRENCH FRIES!

21

National Hot Dog Day!

Come to the Grove Café, grab a hot dog with all the fixin's.



Events on the calendar are subject to change. Please check the activity screen, located on each floor, for the most up to date information.

FOREVER FIT- A FRESH START

A great exercise plan starts with a great foundation and a commitment to wanting to improve how we move and how we feel. The past 15+ months however have taught us that the world around us often has other plans, directly impacting the consistency and success of even the best designed fitness routine. A lack of consistency coupled with countless stressors have changed the way even the most dedicated individual approaches exercise. Putting it simply, "life gets in the way" and that's ok, the good news is that it's never too late to hit the reset button and get a fresh start on your exercise journey.

EXECUTIVE DIRECTOR CORNER

We celebrate Independence Day on the 4th of July. This is a time of fun and festive outdoor activities. Parades, parties, barbecues, fireworks, etc. We have many exciting 4th of July activities planned at Waltonwood Ashburn. As you enjoy Independence Day with family and friends, please be careful of your exposure to the summer heat. July is one of the hottest months of the year. Get out and enjoy the sunshine. However, be mindful that extended exposure to the summer heat can be dangerous. Choose cooler times of the day to be outside; like mornings and evenings. Remember to stay hydrated and seek out shaded areas if necessary. Enjoy the summer months, happy 4th of July and remember, please stay safe in the summer heat.