



# RESIDENT & ASSOCIATE BIRTHDAYS

## Residents

- 7/1 Joyce V.
- 7/4 Joyce G.
- 7/5 Nick K.
- 7/11 Annette H.
- 7/11 Betty K.
- 7/13 Terence G.
- 7/13 Sally W.
- 7/29 Gene M.

## Associates

- 7/2 Amanda R.
- 7/13 Arionna S.
- 7/16 Katrena L.
- 7/19 Lauren M.
- 7/22 Bethany D.
- 7/27 Maria V.
- 7/28 Samantha T.

# CHEF STEVE’S RECIPE: Chipotle Barbecue Ribs

## Ribs

- 2 racks baby back ribs (about 3 1/2 pounds each)
- 1 tablespoon paprika
- 1 tablespoon garlic powder
- Kosher salt and freshly ground black pepper

## Barbecue Sauce

- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- Kosher salt
- 2 cloves garlic, finely chopped
- 1 1/2 cups no-sugar-added ketchup
- 3/4 cup fresh orange juice
- 2 teaspoons Worcestershire sauce
- 2 chipotles in adobo, chopped, plus 1 tablespoon adobo sauce

## Directions

**For the ribs:** Preheat the oven to 350 degrees F.

Line a large rimmed baking pan with foil. Place the ribs on the prepared baking pan meat-side up. Sprinkle them with the paprika, garlic powder, one tablespoon salt and a generous amount of pepper. Rub the spices all over the ribs. Cover the pan tightly with foil and bake until the meat is very tender and can easily be pulled off the bone, about two hours. For the barbecue sauce: Meanwhile, heat the oil in a medium saucepan over medium heat. Add the onions and 1/2 teaspoon salt and cook, stirring often, until very soft and golden brown, about twenty minutes. Add the garlic and cook, stirring, one minute. Add the ketchup, orange juice, Worcestershire, chipotles and adobo and 1/2 cup water. Increase the heat to bring to a boil, then reduce the heat to keep at a simmer until slightly thickened, about ten minutes. Transfer to a blender and puree until smooth (be careful when blending hot liquids). Alternately, an immersion blender can be used in the pot.

**Finish the ribs:** Preheat the grill to medium-high (or set the oven to broil).

Reserve about a cup of the barbecue sauce for serving alongside the ribs. Brush a small amount of the remaining sauce on the bone side of the ribs and a generous amount on the meaty side. Grill the ribs, meaty-side up, until the underside is lightly charred, about 3 minutes. Turn the ribs over and grill until the meaty side is charred in spots, three to five minutes (if using the oven, simply broil for three to five minutes). Transfer to a cutting board and cut each rack in half. Serve immediately with the reserved sauce on the side.

# PROVIDENCE CONNECT

JULY 2021



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# COMMUNITY MANAGEMENT

Jeff Plummer  
Executive Director

Vicki Shotwell  
Business Office Manager

Steve Archer  
Culinary Services Manager

Ernie Collie  
Environmental Services  
Manager

Matt Swaney  
Independent Living Manager

Katelyn Cummings  
Life Enrichment Manager

Carrie Dunlap  
Marketing Manager

Cara Nirenberg  
Marketing Manager

# UPCOMING EVENT HIGHLIGHTS

- 7/4 – Independence Day
- 7/7 – Strawberry Sundae Bar
- 7/8 – Audibel Hearing
- 7/8 – Jewish Family Services Meet & Greet
- 7/14 – Hawaii Luau Theme Day
- 7/16 – Summer Donation Drive Ends
- 7/22 – Root Beer Floats
- 7/26 – Watermelon Social
- 7/28 – Weddington Bible Study



\$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

Sherene James

Sherene is one of our longtime Housekeepers. Throughout the day, you can see Sherene in Independent Living, checking off her list of homes that need cleaning. She always makes time to stop and talk with the residents and always has a smile to share.

Sherene has been with Waltonwood for over four years now. She may be petite, but her personality is mighty and we are so fortunate to have such a great person here with a heart of gold.



JUNE HIGHLIGHTS

3

We created cherry blossom trees using cotton balls and some creativity.

7

We filled the room for our Women’s Social this month!



18

In celebration of Picnic Day, we enjoyed an outdoor picnic at Park Road Park.

24

We enjoyed tasty s’mores on the veranda as an evening snack.



FOREVER FIT TOPIC: 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. As we slowly return to normal, now’s the perfect time to reassess your current fitness level and determine what changes can help you return to your strongest, healthiest self. While many of us are ready to reestablish our exercise routine, many of us don’t quite know where to begin. By taking some time to meet with our fitness team whether for just a few quick questions or a full assessment we can help identify your strengths, pinpoint your weaknesses and create an accurate picture of your current fitness level to better help you start your fitness journey on the right foot. This summer commit to movement and let our fitness team help you reclaim the health and fitness that lets you feel your very best.

TRANSPORTATION INFORMATION

Waltonwood offers transportation for medical appointments on Tuesdays, Wednesdays, and Thursdays. 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 3:30pm, 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. The sign up binder is located on the brown rectangular table near the dining room.

In order to ensure the health and safety of our residents and bus drivers, residents must sanitize their hands before and after boarding the transportation vehicle for their appointment.

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

JULY SPECIAL EVENTS

1

Ice cream social for residents on the 1<sup>st</sup> floor @ 3:30pm. Check the calendar for 2<sup>nd</sup> and 3<sup>rd</sup> floor dates!

8

Jewish Family Services Meet & Greet @ 10:30am in the Theater.

14

Wear your Hawaii inspired outfit for Hawaiian Luau theme day!

28

Weddington Bible study is back and will be at 1:00pm in the Hobby Room.



EXECUTIVE DIRECTOR CORNER

Happy July,

It’s hard to believe that summer is here and the year is half way over! As we ramp up for summer, we have some exciting activities with a summer theme. We will also be celebrating the Summer Olympics near the end of the month. You will see a change in our dining menu options as well as we add more items related to the season. Fresh watermelon and local vegetables will be showcased in our menus.

Sincerely,  
Jeff Plummer  
Senior Executive Director