



BIRTHDAYS
THIS MONTH

Residents

- 10/8 Mildred B.
- 10/8 Billie P.
- 10/11 Pat P.
- 10/14 Patsy G.
- 10/14 Jinny K.
- 10/15 Andy P.
- 10/26 Walter P.
- 10/26 Don S.
- 10/28 Kay N.

Associates

- 10/1 Ladonna M.
- 10/1 Tracee M.
- 10/16 Daija M.
- 10/17 Marilyn R.
- 10/17 Jeremy R.

ENTERTAINMENT CORNER

- October 4:** John Lewis
- October 8:** Brian McCarn
- October 14:** Jeff Whittington
- October 18:** Tom Billotto
- October 20:** Patrick Hudson
- October 23:** John Lewis



OUTING SCHEDULE

- Mondays @ 10:30am** – Grocery Store Outings
- Mondays @ 2:00pm** – Other Outings
- October 1:** Little Mama’s Restaurant & Dollar Tree
- October 8:** Provisions & Hunter Farms Pumpkin Patch
- October 15:** Mary O’Neils & Matthews Scenic Drive
- October 22:** Windy Hill Orchard Cidery & Fresh Market
- October 29:** Mario’s Italian Restaurant & Kohl’s

PROVIDENCE
CONNECT

OCTOBER 2021



UPCOMING EVENT HIGHLIGHTS

- 10/1 – Coffee & Bagels
- 10/4 – Active Aging Week Starts
- 10/7 – Flu Clinic
- 10/11 – Jeopardy Word Game
- 10/15 – I Love Lucy Day Trivia
- 10/20 – Culinary Chat & Farewell to Steve Archer
- 10/27 – Community Wide Fall Festival
- 10/31 – Halloween Hot Chocolate Social



Redefining Retirement Living

SINGH

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Facebook: /WaltonwoodProvidence

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



FRIENDS & FAMILY REFERRAL PROGRAM!

\$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!

ASSOCIATE SPOTLIGHT

Paulette Austin

Paulette has been a great addition to our concierge team. She has three bachelor's degrees in Special Education, Health Sciences, and Bible Studies. She was a third-grade teacher for over 25 years. She was born and raised in Charlotte and a fun fact is that Alexander Rd and Rae Rd are named after her great grandparents. Paulette has a daughter who is 25 years old and works for Coca-Cola. Her grandparents lived in senior living communities and currently her mom lives in a community in Wilmington. This brought her to seek employment at a senior living community. Paulette has received many compliments from families about how nice she is and always has a great attitude. Her words to live by are, "The only thing you can change in life is your attitude." Her life verse is, "in all you do, do all to the glory of God, not men."



SEPTEMBER HIGHLIGHTS

6

We made thoughtful thank you cards for employees on Labor Day.

14

We filled our bellies with Krispy Kreme donuts for Cream Filled Donut Day.

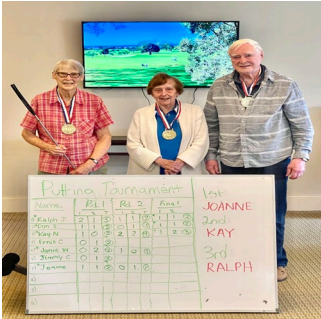


16

Our putting tournament was a success with Joanne M. remaining undefeated!

28

Interested in bowling? Join our fun filled bowling league in the afternoons in the Fitness Room.



FOREVER FIT TOPIC: Building Better Bones

While many of us exercise to keep strong, healthy muscles the benefits our bones get are just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age the need to combat the decline becomes more essential. A regular exercise program that includes activities like walking, hiking, and strength training are the perfect formula for better bones at any age.

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.

OCTOBER SPECIAL EVENTS

4

The first week in October is Active Aging Week, so check the calendar for daily themes!

12

Did someone say karaoke? Join us in the Theater at 3:30pm to sing some fun tunes.

15

It's I Love Lucy Day! Come to the Hobby Room at 10:30am to test your trivia knowledge on Lucille Ball.

27

We will be celebrating the fall season with an outdoor community wide Fall Fest in the parking lot at 2:00pm!



EXECUTIVE DIRECTOR CORNER

Happy Fall!

As we gear up for pumpkins and scarecrows, we are focusing on both flu and Covid-19 booster shots. Kerr pharmacy will be providing flu shots to our residents and associates on October 7 for Independent Living and October 14 for Assisted Living and Memory Care. Residents may choose to attend our clinic or may receive their flu shot at any local pharmacy of choice. We have partnered with Walgreens to provide Covid-19 booster shots for our residents and associates. Once we finalize a date for the booster shot, we will send correspondence to residents and families.

Please stay safe and enjoy the cooler weather!

Sincerely,
03 Jeff Plummer
Senior Executive Director