

RESIDENT & ASSOCIATE BIRTHDAYS

Associates

1st: Ladonna M.

1st: Tracee M.

8th Joe P.

16th: Daija M.

17th. Nancy R.

17th Marilyn R.

17th: Jeremy R.

Life at Providence





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!





UPCOMING EVENT HIGHLIGHT

Happy Fall! The holidays are approaching fast and we are so excited to have many festivities for the on-coming months. In October we will be having a huge Fall Festival. We will have a petting zoo, John Lewis, a beer tasting and many more! We are looking forward to spending the holidays with your loved ones. Make sure to wear pink to support Breast Cancer Awareness!

Performers:

4th:John Lewis at 2:00pm

6th:Brandy the Mini Horse 2:00pm

8th Patrick on the Piano at 4:00pm

12th:One Man Band at 10:30am

14th:Brian McCarn at 10:30am

19th: Juliette on the Piano at 4:00pm

20th Ethan at 2:00pm

27th- Petting Zoo at 3:00pm



Redefining Retirement Living

SINGH

5039 Providence Country Club Drive, Charlotte, NC 28277 www.waltonwood.com | 704-246-8636 Facebook: /WaltonwoodProvidence

COMMUNITY MANAGEMENT

Jeff Plummer Executive Director

Vicki Shotwell Business Office Manager

Steve Archer Culinary Manager

Ernie Collie Maintenance Manager

Carrie Dunlap
Marketing Manager

Cara Nirenberg Marketing Manager

Bethany DeGennaro
Life Enrichment Manager

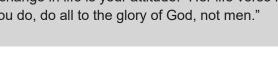
Amanda Romero Resident Care Manager

Dana Gurley
Wellness Coordinator

Grace Gallozzi Special Care Coordinator

ASSOCIATE SPOTLIGHT

Paulette has been a great addition to our concierge team. She has three bachelor's degree 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

06 12

Grandparent's Day Labor Day

27 13

Choclate Milk and Picnic at the Park

Cookie Social

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 need to combat the As we gear up for pumpkins and scarecrows, we are focusing on both flu and Covid-19 booster shots. Kerr pharmacy will be 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 will provide transportation for medical appointments on Wednesdays, and Thursdays. Please notify the Concierge of your appointment as far in advance as possible with the time, date and 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. Residents must wear a mask at all times and they must sanitize their hands pre and post transportation.

Outings

8th at 3pm Andy's Frozen Custard

11th at 11:00am Lunch Outing at Hawthorne's Pizza

18th at 11:00am Picnic at the Park

29th at 3:00pm Hunter Farm's Pumpkin Patch

OCTOBER SPECIAL EVENTS

04-8

Active Aging Week Sausage Pizza Day Outing

27 29

Outing to Hunter Farm's Fall Festival



EXECUTIVE DIRECTOR CORNER

Happy Fall!

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, Jeff Plummer

Senior Executive Director