

## COMMUNITY COMMUNICATION



Please join us for Resident Council on November 23rd at 2pm to stay in the know of community updates!

### New Programs for November!

- **Aquatic Class**- Join us in the IL Pool for Aquatic Exercise on the 7<sup>th</sup> and 21<sup>st</sup> at 10:30am!
- **Ice Cream Social**- Last month's ice cream social was a tasty success! We will have another one on the 30<sup>th</sup> at 2:00pm in the Trunk Club, come enjoy a treat, meet new residents, and chat with your friends!
- **Musical Performances**- This month we have a musical performance on the 17<sup>th</sup> in the AL dining room and an All Community Party on the 22<sup>nd</sup> for "Friendsgiving" in the IL dining room!
- **St Isadore Church Outing**- On the 6<sup>th</sup> and the 20<sup>th</sup> AL and IL can board the bus to go to Mass at 9am in the IL lobby! Please RSVP 24 hrs in advance by calling the front desk!
- **Lunch outings with Oliver**- Back by popular demand! Men' Club will meet for lunch at Mission BBQ on the 9<sup>th</sup> and Women's Club will meet for brunch at The Pancake House on the 23<sup>rd</sup>! RSVP by calling the front desk!
- **Thanksgiving Dinner**- Sign up at the front desk to reserve your spot for the Thanksgiving Family Dinner on the 17<sup>th</sup> at 5pm!



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!

## LAKESIDE CONNECT

NOVEMBER 2022



### Thankful for November!

The temperatures are dropping and we are bundling up as we warm up to November and the Holiday season! Thanksgiving is well on its way and we are excited to welcome in the fun and exciting things to come! This month starts with Stress Awareness Day on the 2<sup>nd</sup> and then National Jersey Friday on the 4<sup>th</sup>! From there we jump to Veteran's Day on the 11<sup>th</sup> and then World Kindness Day on the 13<sup>th</sup>! We will celebrate National Fast Food Day with an outing on the 16<sup>th</sup> and then National Apple Cider Day on the 18<sup>th</sup> with some cider at Happy Hour! Thanksgiving is here on the 24<sup>th</sup> with Black Friday to follow and then enjoy a special French Toast Breakfast on the 28<sup>th</sup> for National French Toast Day! We have some additional outings, special crafts and baking classes as well as some wonderful musical performances this month so check out the calendar for more information! We will have a family Thanksgiving Dinner on the 17<sup>th</sup> so RSVP to reserve your spot! Also we will be offering holiday family photos on the 21<sup>st</sup> and 22<sup>nd</sup> for you to use for Holiday Cards!



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## COMMUNITY MANAGEMENT

Gina Conway  
Executive Director

Mo Martinez  
Environmental Services  
Manager

Allison Neal  
Independent Living Manager

Marcia Combs  
MC Life Enrichment Manager

Emilia Gnida  
AL Life Enrichment Manager

Rae Matey  
Marketing Manager

Melissa Wright  
Marketing Manager

Tracy Chamberlain  
Wellness Coordinator

## ASSOCIATE OF THE MONTH – DONNA

Donna is not only a crucial member of our housekeeping team but also a joy to have in our day here at Waltonwood. She loves the residents and they appreciate everything she does for them! She is always there to lend a helping hand and is a shining star! Thank you for all you do!



## OCTOBER HIGHLIGHTS

5

AL traveled to Westview Orchards to do some apple picking!

12

We toured the Parade Company and saw the Thanksgiving Day floats!



6

We did some group painting for Active Aging Week!

20

Our residents enjoyed a baking class of Apple Turnovers!



## Feeling Fine

How do you feel today? Seems like a simple enough question but if we're not honest with ourselves sometimes our answers can lead us a stray. When we exercise our bodies adapt to the stress and strain we put upon them with heavy breathing, elevated heart rate and tired burning muscles. This short-term discomfort consistently done over time is actually what produces long term positive, health adaptations for our body. Exercise however, should never be painful. There can be a very fine line between pain and discomfort and you need to be conscious of both. Sharp, stabbing, radiating pains and swelling are telltale signs of pain that you should never ignore. These sensations are our bodies was of telling us that it needs time to relax, rest and recover. The next time you exercise be honest with yourself, acknowledge that discomfort is common but pain has no place in your workout.

## TRANSPORTATION INFORMATION

We have a busy month of outings! Our first outing this month is a trip to Nino Salvaggio's on the 2<sup>nd</sup> at 10:30am! Then on the 3<sup>rd</sup> we have a special evening dinner outing at 4pm- please RSVP your spot by Wednesday! We are excited to offer church outings on the weekends this month! Please call to RSVP your spot for the St. Isadore Church outing on the 6<sup>th</sup> and the 20<sup>th</sup> at 9am! On the 9<sup>th</sup> the Men's Club will go to lunch with Oliver and on the 16<sup>th</sup> we will celebrate National Fast Food Day with a snack and a trip to a local bakery to enjoy some pasteries and coffee! Then on the 23<sup>rd</sup> the Women's Club will go for brunch and on the 30<sup>th</sup> get ready to do your holiday shopping at the Christmas Tree Store!

All outings are first come first serve. Please sign up at the front desk at least 1 day before the outing. If you have any questions feel free to contact Emilia or the front desk.

## NOVEMBER SPECIAL EVENTS

11

Celebrate Veteran's Day with a performance by the IL choir!

16

Wendy's, McDonald's, Burger King you name it! Lets indulge for National Fast Food Day!



22

Enjoy an All Community Party "Friendsgiving" Style!

30

Enjoy an Ice Cream Sundae at our monthly social!



## EXECUTIVE DIRECTOR – Gina Conway

November is here which means Thanksgiving is right around the corner. Tis' the Season for giving thanks, and our Waltonwood community has much to be thankful for this year! Over the past year we've seen a reduction in COVID infections, have eliminated all agency staffing by welcoming many new staff members and, have had many new residents call Waltonwood home. We have much work left to do and are so thankful for the patience and support shown by the residents and families. On behalf of the entire Waltonwood Lakeside team, we are grateful for YOU!