

**NOVEMBER
RESIDENT
BIRTHDAYS**

10th—Gabriella T.
20th—Barbara B.
22nd—Ernie C.
28th—Jacque G.
30th—Ruth E.

**NOVEMBER
ASSOCIATE
BIRTHDAYS**

9th—Wadlay M.
10th—Farduz A.
13th—Edgar C.
13th—Tony P.
13th—Sarah C.
14th—Henry W.
20th—Sharon W.
20th—Emma F.
25th—Fulaymatu S.
26th—Fitzgerald B.
28th—Iyee R.
30th—Beatrice Y.

Live Entertainment

2nd— Ethan Uslan

6th— John Lewis

8th—Brian McCarn

14th—Magic Show

15th—Patrick Hudson

17th—Elvis Impersonator

25th—John Lewis

27th—Jim Ruth

Outing Schedule

Mondays @ 9:30am- Bank/Pharmacy

Mondays @ 10:30am- Grocery Store

3rd— 8:30am St. Matthews Catholic Church

11:00am Drive to See the Leaves & Lunch

6th— 2:00pm Southern Lion

10th— 11:30am Amelie’s French Bakery & Café

2:00pm Walmart

13th— 2:00pm Dollar Tree / PopShelf

16th— 5:00pm Dinner Outing: Rizzo’s Spaghetti House

17th— 11:30am Lunch Outing: Maxwell’s Tavern

2:00pm DSW Shoe Store

20th— 12:30pm Charlotte Premium Outlet Mall

\$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!

**PROVIDENCE
CONNECT**

NOVEMBER 2023



What’s Happening This Month

For the month of December, we will have a canned food drive for Second Harvest Food Bank. There will be a box by the concierge desk where you can drop off your items. Items needed are, canned fish/meat, peanut butter, low sodium soups, canned or dry beans, canned fruits in juice, or canned low sodium vegetables.

Check your calendar for all events this month!

November 10th – Veteran’s Day Ceremony

November 14th – Magic Show

November 17th – Elvis Impersonator

November 19th – Pre-Thanksgiving Brunch

November 23rd – Thanksgiving Day Buffet & Boxed Dinner Pick up



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**COMMUNITY
MANAGEMENT**

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Business Office Manager

Edgar Castro
Culinary Manager

Natalie Tunney
Independent Living
Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Ashley Jensen
Life Enrichment Manager



ASSOCIATE SPOTLIGHT

Kelly is our associate of the month for November! She has worked at Waltonwood for over a year! Her favorite thing about being part of the Waltonwood team are the residents. In Kelly's free time, she is spending time with her four boys. They are 16,14, and she has twin boys who are 13. She is a proud basketball mom! Something you may not know about Kelly is that she has a twin sister! One of Kelly's bucket list items is to get on a plane for the first time or go on a cruise to the Bahamas! Her favorite food is Pepperoni Pizza! One of our residents, Leonard, said "Kelly is phenomenal and a gem." Thank you Kelly for all you do! We are so happy to have you part of our Waltonwood family.



OCTOBER HIGHLIGHTS

1 st	2 nd – 6 th	13 th	26 th & 31 st
Oktoberfest Dinner Buffet	Active Aging Week	The Waltonwood Exchange: Clothing, Accessories & Home Décor	Trick-or-Treat with Students

How Do You Feel?

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 astray. 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 body's way 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

Waltonwood offers transportation for medical appointments on Tuesdays, Wednesdays, and Thursdays. Please notify the Concierge of your appointment **24-48 hours** in advance 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 mile 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.

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, grocery stores, and other places. Please see the calendar for specific dates and times and sign up at the brown rectangular table by the dining room.

NOVEMBER HIGHLIGHTS

10th

Veteran's Day Ceremony

14th

Magic Show

17th

Elvis Impersonator

19th & 23rd

Pre-Thanksgiving Brunch and Thanksgiving Buffet



EXECUTIVE DIRECTOR CORNER

I hope you got to see some fun children dressed in costume as they trick or treated with us this year! We always appreciate the children who visit. Flowers have stayed with us a little longer than usual, though we should be replacing in the next couple of weeks. If you were enjoying the warm weather outside you may have seen Santa's Little Helper hanging lights to prepare for the Holiday Season. These are just some of the pre planning for the soon to be winter season.

We have several fun events planned for November which include a food drive, a trip to the mountains to see the leaves change, and several entertainers including a magician which I am excited to see tricks performed. We prepare for the Holiday knowing we do lots of decorating, but also look forward to spending time with families. Thanks for being a part ours.

--John Ficker