



- RESIDENT BIRTHDAYS**
- 2nd Elaine G.
 - 2nd Paula S.
 - 4th Patricia M.
 - 10th Dorinda R.
- ASSOCIATE BIRTHDAYS**
- 17th Betty M.
 - 9th Wadlay M.
 - 10th Farduz A.
 - 13th Edgar C.
 - 13th Anthony P.
 - 13th Sarah C.
 - 17th Henry W.
 - 20th Sharon W.
 - 20th Emma F.
 - 25th Fulaymatu
 - 26th Fitzgerald B.
 - 28th Iyee S.
 - 30th Beatrice Y.



FRIENDS & FAMILY REFERRAL PROGRAM!

Life at Providence



- Performers:
- 3rd Piano w/ Patrick
 - 6th Music w/ John Lewis
 - 15th Piano w/ Ethan
 - 17th Music w/ Elvis
 - 20th Music w/ Brian McCarn
 - 21st Music w/ Theresa
 - 24th Music w/ Jim Ruth



\$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!

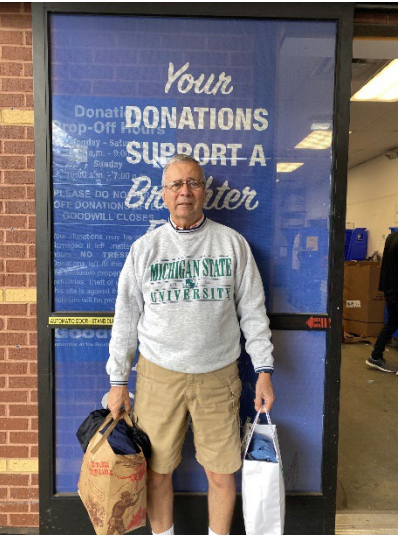
PROVIDENCE
CONNECT

NOVEMBER 2023



Dear residents and family members,

We have a new Kindness Council! Our first order of work was a clothing drive. We donated 6 bags of clothing and 2 boxes of housewares!



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SINGH

5039 Providence Country Club Drive,
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COMMUNITY
MANAGEMENT

- John Ficker
Executive Director
- Vicki Shotwell
Business Office Manager
- Edgar Castro
Culinary Manager
- Isaiah Mobley
Maintenance Manager
- Matt Swaney
Marketing Manager
- Cara Nirenberg
Marketing Manager
- Blair McCotter
Life Enrichment Manager
- Victoria Costanzo
Resident Care Manager
- Tiffany McKinney
Wellness Coordinator

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 is her 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 resident’s 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 teaWaltonwood family.



OCTOBER HIGHLIGHTS

05

Octoberfest Celebration

12

Take Out Lunch Wendy’s

18

Dinner Outing to Margarita’s

31

Trick or Treating



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 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 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 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. We will continue our activities outings on Fridays. Sign up at the table across from the concierge desk.

NOVEMBER HIGHLIGHTS

03

Lunch Outing to Outback Steakhouse

17

Shopping and Lunch at Cracker Barrel

24

Outing to the Billy Graham Library



NOVEMBER SPECIAL EVENTS

07

Meet Your Neighbor

10

Veteran’s Day Program

14

Magic Show

22

Blessing of the Hands



EXECUTIVE DIRECTOR CORNER

As we prepare to enter November I look outside and see a beautiful warm sunny day and know we can forward to 80 degree weather this coming weekend?!? With that being said, I did just get to see some fun children dressed in costume as they trick or treated with our residents. 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 preplannings 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 B. Ficker Executive Director Waltonwood Providence