

**APRIL
RESIDENT
BIRTHDAYS**

- 1st—Ron P.
- 3rd—Jimmy C.
- 8th—Jerri F.
- 14th—Dorothy H.
- 17th—Sylvia B.
- 26th—Arwana S.

**APRIL
ASSOCIATE
BIRTHDAYS**

- 5th—Angie F.
- 6th—Erica K.
- 9th—Andrea R.
- 9th—Joyce B.
- 11th—Simone Q.
- 11th—Matthew S.
- 11th—Lisa
Campbell-Berry
- 13th—Ashley J.
- 14th—Mostafa K.
- 14th—Sharayla H.
- 22nd—Lauren Y.
- 26th—Megan K.
- 28th—Melody M.

LIVE ENTERTAINMENT

1st—John Lewis

4th—Ethan Uslan

8th—Giovanni

10th— Brian McCarn

15th—Tom Billotto

16th—Theresa “Vintage” Singer

17th—Patrick Hudson

22nd—Jim Ruth

27th—John Lewis

Thursdays: Fred on the Piano



OUTING SCHEDULE

Mondays @ 9:30am- Bank/Pharmacy

Mondays @ 10:30am- Grocery Store

Sundays @ 10:30am-Weddington Methodist Church

1st— 2:00pm Walmart

5th— 8:30am St. Matthews Catholic Church

11:30am Lunch at Café Monte

2:00pm Promenade at Carolina Reserve Indian Land

8th— 2:00pm Dollar Tree / PopShelf

12th— 2:00pm World Market

14th— 2:30pm Outing to John Lewis Concert

15th— 2:00pm Southern Lion

17th— 10:00am Charlotte Knights Baseball Game

19th— 11:30am Lunch at Pump House on the Catawba River

2:00pm Aldi Grocery Store

22nd— 2:00pm Walmart

26th— 11:30am Lunch at Ming Fu

2:00pm Pike Nurseries

29th— 2:00pm Library & Trader Joe’s

\$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**

APRIL 2024



WHAT’S HAPPENING THIS MONTH

Spring has sprung! We hope that you are able to get outside for walks or enjoy our wonderful courtyard.

April is National Poetry Month, so please join us for our big Poetry Showcase on April 26th at 11am in the Hobby Room. This will be a time to hear and celebrate all the wonderful poems that the Poetry Collective group has worked on all year.

April 8th, Giovanni will be back for another amazing performance at 7:00pm in the Game Room.

April 11th we will host our own Masters Putting Tournament at 2:00pm on the putting green. Not interested in playing? Come cheer on your friends and enjoy the delicious and refreshing food.

April 17th we are going to the Charlotte Knights Baseball Game. We will be in a covered section!

April 22nd is Earth Day and we will be outside in the courtyard at 2:00pm celebrating by reading nature poems and having an “earth day snack.”

**COMMUNITY
MANAGEMENT**

John Ficker
Executive Director

Vicki Shotwell
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

Mustafa Kilani
Environmental Services
Manager



ASSOCIATE SPOTLIGHT

Tracy is our fabulous pastry chef here at Waltonwood Providence. She has been working here for about six months. Tracy has been a pastry chef for around 20 years with many years of hotel experience. Tracy started her own business at home called White Tulip Gourmet and it turned into her own bakery in Mineral Springs, which she owned for 4 years. Tracy's mom was her influence to start baking; she was a jack of all trades. Her favorite item to bake is Macarons. When Tracy is not baking, she loves to work in the garden and spend time with her husband and two boys. One day Tracy would love to write her own cook book and become a chocolatier. Thank you so much for all you do! Waltonwood is grateful to have you on our team!



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 table by the mail boxes.

APRIL HIGHLIGHTS

8th

Performance by Giovanni

17th

Charlotte Knights Baseball Game

11th

Masters Putting Tournament

26th

Poetry Collective Showcase



MARCH HIGHLIGHTS

1st

Lib & Carroll's 78th Wedding Anniversary Celebration



8th

Glamour Shots & Makeovers for International Women's Day



FIT & FLEXIBLE

As we age, muscles lose their elasticity becoming more rigid and stiff. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use them as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training.
- Move slowly to the point of mild tension not to the point of pain.
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury.
- Breathe! Inhale before the stretch, exhale upon it and breather normally while holding the movement.

EXECUTIVE DIRECTOR CORNER

Spring is in the air. Along with the pollen, so sneezing is common, but we can now begin putting our winter clothes away. Let's review some of the fun events we have going on this month. On Friday April 12, we will have an ice cream truck and we are expecting at least 20 vintage cars for our annual car show. A putting tournament will get us in the mood for The Master's. Prizes will be provided. More details to come. I am excited that we will also be attending a Charlotte Knight's game. We will load the bus early on the 17th for a day game at Knight's stadium. Looking forward to being a part of all the fun events. Thank you for making Waltonwood home.

--John Ficker