



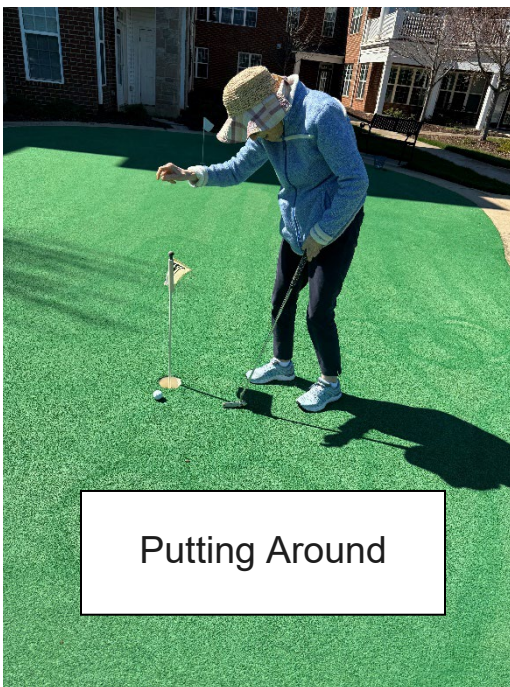
LIFE AT PROVIDENCE

RESIDENT BIRTHDAYS

- 1st Sam C.
- 6th Laurichard R.
- 13th Michael F.
- 26th Rita C.

ASSOCIATE BIRTHDAYS

- 5th Angela F.
- 6th Erica K.
- 99th Andrea R.
- 9th Joyce B.
- 11th Simone Q.
- 11th Matthew S.
- 13th Ashley J.
- 14th Mostofa K.
- 14th Sharayla H.
- 22nd Lauren Y.



Putting Around



Pet Therapy with Ziggy



Intergenerational Fun

Performers:

- 12th Piano w/ Patrick
- 15th Brian McCarn
- 16th Theresa The Vintage Singer
- 17th Piano w/ Ethan
- 24th John Lewis
- 26th Music w/ Jim
- 29th Showtunes w/ Sarah

PROVIDENCE CONNECT

APRIL 2024



Join us for Waltonwood Family Night!

When: Monday, April 8th at 5:00 pm

Where: 5039 Providence Country Club Drive

Grab your loved ones and enjoy an evening of opera, Italian fare and quality time together. We will gather in the Game Room.



Redefining Retirement Living

SINGH

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

COMMUNITY MANAGEMENT

John Ficker
Executive Director

Vicki Shotwell
Business Office Manager

Edgar Castro
Culinary Manager

Mosatfa Kalini
Maintenance Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Blair McCotter
Life Enrichment Manager

Victoria Costanzo
Resident Care Manager

Brittany Hardy
Wellness Coordinator



\$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!



Tracy is our fabulous pastry chef here at Waltonwood Providence. She has been working here about six months. Tracy has been a pastry chef for about 20 years. She has 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 about 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 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.

APRIL HIGHLIGHTS

05

Outing to Big View Diner

10

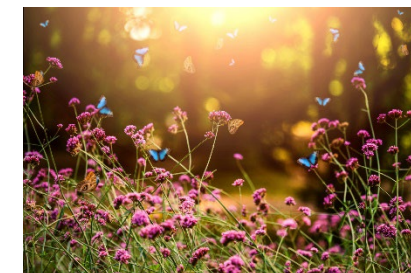
McDonald's Take Out Lunch

19

Outing to Billy Graham Library

26

Outing to American Ark Equestrian Park



MARCH HIGHLIGHTS

08

International Women's Day

15

Irish Dancers



21

Crunchy Taco Day



APRIL SPECIAL EVENTS

03

National Walking Day

08

Family Night

11

Master's Tournament

17

Knight's Baseball Game



FIT & FLEXIBLE

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. 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.

Spring is in the air. Along with the pollen, so sneezing is common, but we can now begin putting our winter clothes away. Donna our infamous med tech recommends using this as a time to clear out our closets to provide a little more room. Enough of the work - Lets review some of the fun events we have going on this month. I am excited that we have rescheduled out AL/MC family night for April the 8th. We will have a fun evening focused on the food and sounds of Italy. 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.