



## APRIL CALENDAR HIGHLIGHTS

4/4 Opening Day Party and ball game viewing: Washington Nationals VS Pittsburgh Pirates

4/4 Resident Council and Town Hall Meetings

4/8 Eclipse viewing, virtual and outdoors

4/18 Health Talk: Brain Health

4/22 Washington Senators baseball Presentation

### New Weekend Schedule

(new items are in ***bold italics***)

Just a reminder:

Saturday: 10:30 am Trivia

1:30 pm Movie Matinee

**3:30 pm Big Board**

**Crossword Puzzles**

4:30 pm Oldies TV

Sunday: 10 am ***Spiritual Music Video***

11 AM Church Service and In-room communion

11:30 Trivia

1:30 Movie Matinee

**3:30 pm You be the Judge**

**4:30 pm documentary**

## RESIDENT BIRTHDAYS

4/3 Sally D.

4/5 Patsy N.

4/11 Tom P.

4/19 Donna N.

4/29 Jonnie W.



Please note: All trips are on Tuesday. **Residents must sign up for trips by Noon the Friday before the trip. This is company policy.**

4/2 Trip: Scenic Drive: Purcellville, Hillsborough and Purcellville. Sign up by 03/29.

4/9 Garden Center to buy courtyard flowers. Sign up by noon 04/05

4/16 Shopping Trip: Trader Joe's: sign up by noon 04/12

4/23: Barns at Rose Hill: Quilt Show. Sign up by noon 04/19

## \$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

# ASHBURN CONNECT

APRIL 2024



## ANNOUNCEMENTS

**Garden club resumes:** we will be shopping for plants and planting them in our courtyard: see calendar for details .

**New time for afternoon exercise:** afternoon classes with Jose will now meet at 3:30 PM.



*Redefining Retirement Living*

SINGH

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Facebook: WaltonwoodAshburn

## COMMUNITY MANAGEMENT

Christopher Leinauer  
Executive Director

Audrey Wilson  
Business Office Manager

Eduardo Villasmil  
Culinary Services Manager

Dwayne Johnson  
Environmental Services  
Manager

Tracy Philemon  
Independent Living Manager

Chelsea Gray  
Marketing Manager

Victor Ast  
Marketing Manager

Sharon Prior  
Resident Care Manager

Kesha Sampson  
AL Wellness Coordinator

Sheryl Warren-Graham  
MC Wellness Coordinator

Amanda Perez  
AL Life Enrichment Manager

Jocelyn Jackson  
IL Life Enrichment Manager

Rachel Reed  
MC Life Enrichment Manager



## ASSOCIATE SPOTLIGHT

Congratulations to Tony Pitt, Jr. for being selected Employee of the Month! Tony was chosen because he goes above and beyond.

Tony has worked at Waltonwood in concierge for almost 3 years. He does more than this regular job responsibilities. In fact, he can be considered a Jack-Of-All-Trades. Tony assists residents with small maintenance issues in their apartments. He can be seen chasing down pets to ensure their safety. Tony even helps the life enrichment department by showing documentaries and movies and starting church services. He is great listener and provides comfort and support to residents and staff. Tony really enjoys making a personal connection with everyone he meets.



Tony was born and raised in Fairfax, Virginia. He received his Bachelor in psychology from George Mason University. Tony, was recently accepted into GMU's Masters program where he will study Clinical Mental Health Counseling.

In his spare time, Tony enjoys reading fantasy and contemporary books. One of his favorite authors is Brandon Sanderson. Tony enjoys going to history & art museums and playing video games like Pokemon, Kirby and Mario Kart. He also likes getting together with family and friends and heading to seafood restaurants or having a barbecue at home. After a long day of many activities, Tony loves curling up with his two cats, Ebony and Penelope.

Medical transportation is available on Mondays & Wednesdays from 8:30-4:00. Appointments must be made using the "Transportation Request Form" located at the front desk and requested no less than 2 business days (Mon-Fri) in advance by 4pm. We do not process requests over the weekend.

### **SALON AND MASSAGE APPOINTMENTS**

**Salon:** Call 1-800-543-9140 to make appointments or reach out to [wwashburn@southernluxesalons.com](mailto:wwashburn@southernluxesalons.com)

**Massage:** Call 1-304-614-6158 to make appointments or reach out to [massages222@outlook.com](mailto:massages222@outlook.com)

## APRIL SPECIAL EVENTS

**4/1**

Nationals' Opening Day Party and Game Viewing

**4/4**

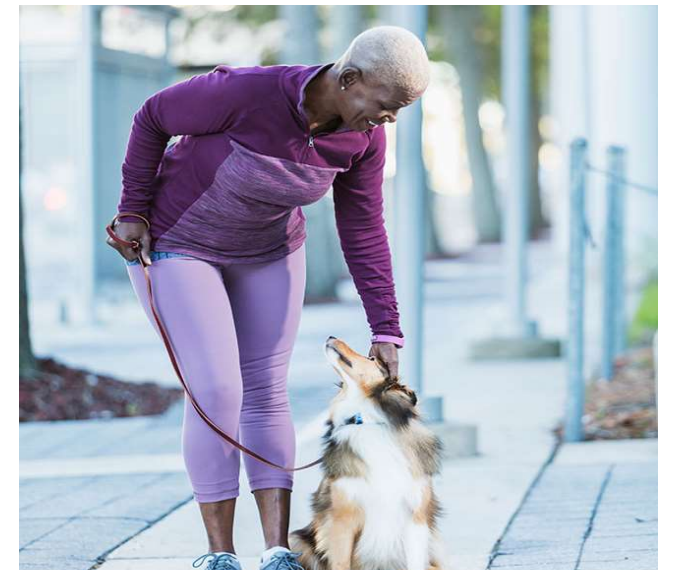
Resident Council and Town Hall Meetings

**4/8**

Total Eclipse of the Sun Event

**4/22**

Washington Senators Presentation



## MARCH HIGHLIGHTS



- Read Across America: reading to students at the Compass School



Making shamrock Sun-catchers for St. Patrick's Day

## FOREVER FIT: Rest and Recharge

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease range of motion in many of the body's most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our body's 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. Identify the joints and surrounding muscles that are in the most need of attention, and use that 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. Don't forget to breathe. Inhale before the stretch, exhale upon it and breathe normally while holding the movement.

## EXECUTIVE DIRECTOR CORNER

Spring is upon us. The weather is warmer and the days are getting longer. In April, we begin to revive our outdoor areas. The fountains will be turned on, the exterior and courtyard areas will be landscaped and the trees, shrubs and plants will begin to blossom. This spring, make an effort to get outside to enjoy our beautiful property. We have many new residents joining us as well. Please reach out and introduce yourself to our new neighbors and friends. Help acclimate them to community life and welcome them to the Waltonwood family.