



RESIDENT BIRTHDAYS

- 5/5 Don Covington
- 5/5 Miriam Thompson
- 5/10 Marie Rosas
- 5/11 Amelia Taglieri
- 5/13 Roger Lavallee
- 5/23 Beth Isaac
- 5/25 James Forsberg



A Published Author in Our Midst

Our very own Fitness Coordinator, Jose is a published author! Jose and his father wrote and illustrated three childrens' books. The cute cartoon charcters pictured are Pinwin (penguin), Bibi (bee) and Pacotilla (sheep). They will soon be joined by six new characters to complete the nine book series. Jose belongs to the Grelisal Writer's Association and attended the Book Festival in Guatemala in February this year. Jose's company Criaturitas (a nickname his father gave him when he was a child) also sells board games, toys and more.

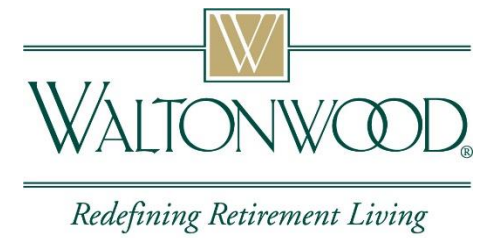


COMMUNITY COMMUNICATION

- | | |
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| 5/1 Vocal Instrumental Concert with Herb Smith | 5/16 How the Brain Works Presentation with Ellen Clarke |
| 5/2 Hip & Knee Health Presentation With Dr. Gogineni | 5/17 Dramey Show: Horrendous Hamlet (Also on 5/18) |
| 5/3 Canas Y Su Mariachi de Oro Concert | 5/20 Six Pillars of Brain Health Presentation with Paul Singh |
| 5/6 Lyrics of My Life Presentation with Joe Aguiar | 5/20 Movies of the 1940s Part 3 Concert with Jocelyn |
| 5/7 Piano Bar with Jerry Roman | 5/22 Vocal Instrumental Concert with Empty Ecstasy |
| 5/8 Primrose School Reader's Nook | 5/24 Piano Concert with Brianna Jaeger |
| 5/8 Vocal Concert with Dian Wilson | 5/25 Tacy Music Foundation Concert |
| 5/9 Total & Complete History of the Newsreel Presentation with Jerry G | 5/27 Patriotic Sing Along with Leah N |
| 5/10 Military Spouse Appreciation Day Remembering Life in the Military | 5/27 Breaking the Stigma Surrounding Depression & Anxiety Presentation with Jose |
| 5/12 Generation Union Mom's Day Picnic | 5/27 Memorial Day Honorary Social |
| 5/13 Sing Along with Bix | 5/27 Memorial Day Dinner |
| 5/14 Backyard Bash | 5/28 Courtyard Concert with Matthew M |
| 5/14 Concert with SilverTunes | 5/29 National Senior Health & Fitness Dance Party & Awards Ceremony |
| 5/15 History Alive Show with Mary Ann Jung: Queen Bess | 5/29 Vocal Piano Concert with Tom S |
| 5/15 Lunch Out/In: Efesus (Greek) | 5/30 Fun in the Sun Community Carnival |
| 5/15 Vocal Piano Concert with Bob Clark | |

ASHBURN CONNECT

MAY 2024



SINGH

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www.waltonwood.com | 571 918-4854
 Facebook: WaltonwoodAshburn



UPCOMING EVENT HIGHLIGHTS

It is said that May flowers bring pilgrims but I say they bring us lots of fun in the sun! The warm spring weather brings many of our favorite activities back again. This month we fiesta with a mariachi band as we sip margaritas. If you like intergenerational programs we have school kids coming in monthly for a Reader's Nook. There are three military activities this month starting with Military Spouse Appreciation Day. Generation Union is throwing a Mother's Day Picnic for the ladies. We enjoy the outdoors at our Backyard Bash. The Dramey Club is putting on their Spring production of Horrendous Hamlet. Don't worry,

is not bad, it's really funny. We are heading to the Ashburn Senior Center again this year for the annual Volleyball Tournament. The event was so popular that we have three teams from the community. Many residents are sharing their talents with us by providing concerts, lectures, sing alongs and more. Join us for our themed Memorial Day activities to include a patriotic sing along, social and dinner. National Senior Health & Fitness Day is here. Come participate in our community wide dance party and awards ceremony. And we end the month with our Fun in the Sun Carnival. Life is good at Waltonwood.

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



\$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!

ASSOCIATE SPOTLIGHT

Congratulations to Pratibha Shankara for being selected Employee of the Month! Pratibha was chosen because she goes above and beyond.

Pratibha began working at Waltonwood as a server back in 2021. It was the first time she worked at a senior living community. Almost as soon as she started working she decided she wanted to be a Medical Technician as she enjoys taking care of people and administering medication. Pratibha works in assisted living and in memory care. When not giving residents their medication, Pratibha can be seen taking meals to residents, helping them with their activities of daily living or sitting and chatting with them to get to know them better.

Pratibha received a Bachelor of Commerce. Shortly after getting married, Pratibha moved from Bangalore, India to Virginia in 2011. She has two children. When she is not working she enjoys spending time with her family.

If you love South Asian spices, stop by Saffron Indian Cuisine, a restaurant in Ashburn that is owned by Pratibha and her husband. The food there is delicious!



APRIL HIGHLIGHTS



FOREVER FIT: National Health & Senior Fitness Day

On Wednesday May 29th join Waltonwood and over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day. The annual celebration highlights the impact that staying active and fit has on our overall health and wellness as we age. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise by finding creative ways to incorporate fitness into your daily routine. This year's theme is "Make Fitness Your Friend for Life," because it's never too late to start a more active lifestyle. On May 29th, lace up your walking shoes gather a few of your friends and join us as we celebrate National Senior Health and Fitness Day 2024.

TRANSPORTATION INFORMATION

MEDICAL APPOINTMENTS

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.

TRIPS

Please sign up at the front desk if you are interested in participating in any of the below trips as seats are limited. Sometimes we are not able to accommodate residents at the last minute as there is a cost for some trips and they need to be planned in advance.

Saturdays 2pm, Sundays at 9:15am & 12pm: Shopping – see calendar for stores of the day
Sundays 10am: St. Theresa Church Service

- 5/1 11am Shopping at Meadows Farms – RSVP by 5/1 – Cost for your purchases
- 5/10 9:30am Mount Vernon Home & Gardens Tour and Lunch at Mount Vernon Inn – RSVP by 5/3 – \$30 for tours, Cost for meal, taxes & tip
- 5/17 11am Lunch Bunch: Rais Rendezvous – RSVP by 5/10 - Cost for meal, taxes & tip
- 5/22 4:30pm Supper Club: Anita's – RSVP by 5/15 – Cost for meal, taxes & tip
- 5/23 11:30am Ashburn Senior Center Waltonwood Warriors Volleyball Tournament – RSVP by 5/16 – FREE
- 5/24 9:30am Native American Museum – RSVP by 5/17 – Cost for purchases
- 5/31 9:30am Green Springs Garden – RSVP by 5/24 - \$15.00

MAY SPECIAL EVENTS

5/3

Canas y Su Mariachi de Oro Concert & Margaritas

5/10

Military Spouse Appreciation Day

5/17

Dramedy Show: Horrendous Hamlet

5/29

National Senior Health & Fitness Day Dance Party & Awards



EXECUTIVE DIRECTOR CORNER

We've added many new residents over the last several months. 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. We plan to continue the push to add new residents through the spring and summer months. Please let us know if you have someone you wish to refer. The friends and family referral program will compensate you \$3,500 if your referral moves into Waltonwood Ashburn. Information regarding the friends and family referral program can be located at the front desk.

