



## Active Aging Week

Active Aging Week, an annual event that is organized by the International Council on Active Aging, promotes health and wellness for adults 50 and older. Their goal is to promote a positive message about aging, making various activities accessible to older adults, showcasing age-friendly programs and honoring the contributions of older adults. The ICAA has a resource library and many success stories to read about. For the week of September 30-October 5, join us for special activities that have been added to the calendar. We end the week with a community wide exercise class and an awards ceremony where we recognize and celebrate each other's diverse wellness interests and active lifestyle at Waltonwood.

## RESIDENT BIRTHDAYS

- 10/3: John Herde
- 10/4: Chuck Corbett
- 10/5: Bob Ehinger
- 10/6: Joan Frie
- 10/9: Marcia Aguiar
- 10/10: Susan Johnson
- 10/10: Steve Roland
- 10/15: Kenneth Chung
- 10/16: Arlene Andrews
- 10/20: Sandra Brown
- 10/20: Noel Doyle
- 10/20: Jim Lucas
- 10/22: Maria O'Connor
- 10/23: Encarna Gordon
- 10/24: Verna McClain
- 10/26: Peggy Gustin
- 10/28: Tom Eger
- 10/30: Josie Christensen
- 10/31: Kay Turley

## COMMUNITY COMMUNICATION

- 10/1: Gym Equipment Q & A with Jose
- 10/2: County Fair
- 10/2: Vocal Piano Concert with Kendra H
- 10/3: Ashburn Senior Center Volleyball Tournament
- 10/3: Campfire Roast
- 10/4: AAW Community Exercise Class & Awards Ceremony
- 10/5: Silver Tunes Concert
- 10/8: Sip & Paint with Kelsie
- 10/9 Battle of Bull Run Presentation with Jim Anderson (Tour on 10/10)
- 10/9: Vocal Instrumental Concert with Herb Smith
- 10/10: Dimensions of Health Presentation with Jose
- 10/11: Oktoberfest Festlichkeit
- 10/12: Blue Ridge Thunder Cloggers Oktoberfest Dance Show
- 10/14: Lunch & Learn with Dana: Age Related Muscle Mass and Strength Loss and How to Protect Ourselves (RSVP by 10/7)

- 10/14: Sing Along with Bix
- 10/15: Courtyard Concert with Quentin W
- 10/16: Memorable Times Working at the Swiss Embassy Presentation with Annemarie Willi
- 10/16: Piano Concert with Bertram M
- 10/17: Lit Appreciation: Mystery Writers
- 10/18: Are We Alone? – Science of ET Life Presentation with Luke Keller
- 10/21: Resident Floor Meeting with Tracy (DATE CHANGE)
- 10/21: Music App: Creepy Classics
- 10/22: Murder Mystery Luncheon: Disco Is Dead \$15.00 (RSVP by 10/15)
- 10/22: Piano Bar with Yvonne Johnson
- 10/23: Lunch Out/In: Pizza Hut (RSVP by 10/16)
- 10/23: Vocal Guitar Concert with Lee J
- 10/24: Classic Movie Monsters Pres.
- 10/26: Tacy Music Concert
- 10/29: Communitywide Trick or Treating
- 10/28-31: Various Halloween themed
- 10/29: Dramey Show: Monster Anon.



## \$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

OCTOBER 2024



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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
- Brandy Alexander  
AL Life Enrichment Manager
- Jocelyn Jackson  
IL Life Enrichment Manager
- Rachel Reed  
MC Life Enrichment Manager

## UPCOMING EVENT HIGHLIGHTS

As we step into the cool nights of October, *Libra* the work to us. I *opal* have a good time joining us for our many upcoming events. During Active Aging Week come to our many events like our our fitness coordinator's gym equipment class, county fair and campfire roast. At the end of the week, let us honor you at our AAW awards ceremony. Cheer on our Warriors and Wildcats teams at the volleyball tournament. We are amping up happy hour by collaborating once a month with the culinary team. Enjoy mini street tacos for National Taco Day. Oktoberfest is here! Don't miss the festlichkeit and the dance show. Grab a warm blanket and sit by the cozy fire as we tell scary ghost stories, sing songs and eat delicious ooey goey s'mores at our Campfire Roast. Check out some new activities that have been added to the calendar this fall including a monthly lunch and learn with Dana. As we get into the Halloween spirit, we have many fun themed activities. We start with our popular Murder Mystery Luncheon. This year's show is Disco Is Dead. Over the next couple of weeks join is for Halloween Family Feud, Clue Party Game, Mile High Murder Mystery Game, Community Trick or Treating with the local area schools, Dramey Club's presentation of Monsters Anonymous, Sweet Treats with Kelsie, Pumpkin Carving, Resident & Staff Costume Parade and a Hocus Pocus Party. There is always something fun and exciting to do at our community. Life is good at Waltonwood.



## ASSOCIATE SPOTLIGHT

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

Ashley began her career working at a middle school for ten years as a secretary. From there she worked as an office manager for a small business owner. Ashley found herself being a caregiver for some family members and during the process discovered her passion working in healthcare, especially with senior citizens. Ashley loves helping others and provides great customer service. She loves her job and finds it personally and professionally rewarding helping families make the important transition into senior living.

Ashley has lived in the Northern Virginia area since she was five. She really likes the area and thinks it's a great place for working and raising children. Her children, twins, are now grown up. Her son still lives in the area and her daughter visits frequently.

In her spare time, Ashley enjoys going to any beach with her family, eating at new restaurants (she especially likes Italian) and reading non-fiction, biographies and spiritual books. Her idea of a perfect day is sitting outside reading a good book and drinking a delicious cup of coffee.



## 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 accomodate 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 9am & 12pm: Shopping – see calendar for stores of the day  
Sundays 9am St. David's & 10am St. Theresa Church Services

- 10/3 12pm Ashburn Senior Center Volleyball Tournament – FREE – RSVP by 10/1
- 10/4 5:30pm Old Ox Brewery: Manhattan Short Film Festival - \$25.00 plus cost for meal, taxes & tip - RSVP by 10/1
- 10/9 4:30pm Supper Club: Yen's Ktchen - Cost for meal, taxes & tip – RSVP by 10/2
- 10/10 Bull Run Battlefield Tour – FREE – RSVP by 10/3
- 10/18 12:30pm Ashburn Village Inn – Cost for meal, taxes & tip – RSVP by 10/11
- 10/25 National Museum of the US Army – FREE – Cost for meal, taxes, tip & purchases – RSVP by 10/18

## SEPTEMBER HIGHLIGHTS



## FOREVER FIT: Active Aging Week: Challenging Ageism

It's time for Active Aging Week. This year's theme is Challenging Ageism. The week-long event highlights the need and importance of actively aging as we celebrate older adults' contributions and promote healthy lifestyles through engaging wellness programs. Each Waltonwood community will display what Active Aging means to them by having various activities throughout the week. As we know, active aging can look very different to different people. Starting Monday September 30<sup>th</sup>, be sure to check your life enrichment and forever fit schedules for classes, programs and events that uniquely capture the many ways we all can age actively.

## OCTOBER SPECIAL EVENTS

### 10/1-4

AAW: County Fair, Campfire Roast, Awards Ceremony

### 10/11-12

Oktoberfest Festlichkeit & Dance Show

### 10/18

Are We Alone? – Science of Extraterrestrial Life

### 10/22-31

Halloween Themed activities



## EXECUTIVE DIRECTOR CORNER

Fall is finally here! Join us as we celebrate our residents during Active Aging Week, September 30<sup>th</sup> – October 5<sup>th</sup>. As the weather changes, we begin to experience more instances of cold and flu. We will be hosting our annual flu clinic on October 25<sup>th</sup> to protect us from this seasonal risk. As the weather continues to get colder, please dress appropriately when outside. Refrain from participating in life enrichment activities and dining venues when feeling sick. The days will become shorter as we move toward the holiday season. With this in mind, please be safe when navigating outdoor spaces and parking lots in the dark.

