



## RESIDENT BIRTHDAYS

6/2: Ann Parker  
6/6: Marlene Morrissey  
6/7: Edie McMillan  
6/8: Aida Perez  
6/10: Leah Norris  
6/14: June Eckstein  
6/15: Ann Souders  
6/18: Jillian Munn  
6/20: Carolyn Unger  
6/21: Doris Owens



## Celebrities in the House

The Dramedy Club just finished their spring play. This time it was a Who Dunit. Hopefully you caught the show and helped us nab the perpetrator. If you thought we only had stars in the drama club, we also have four shining stars who are in the Encore Chorale. They just performed their spring concert at the Ashburn Senior Center that was filled with classical pieces and even Broadway medleys from Phantom of the Opera, Carousel and The Sound of Music. We have so many talented residents who live at Waltonwood. Both groups are already preparing for their fall and winter shows that you won't want to miss. Check out the monthly calendar for details.



## COMMUNITY COMMUNICATION

6/2 Resident/Life Enrichment Meeting  
6/2 Signinifant Historical Events that Happened in June  
6/3 Pajama Party  
6/4 How the US Supports Foreign Policy with Tom Sileo  
6/4 Lunch Out/In: Habit Burger (\$ - RSVP)  
6/5 Art Class with Heather Connole  
6/5 Vocal Concert with James Curry  
6/5 Introduction to Meditation with Gabby (2<sup>nd</sup> session on 6/19)  
6/5 Wildfire Fighting from the Air with Harry McClaren  
6/6 National Dunkin Donuts Day  
6/9 Sing Along with Bix  
6/10 Lunch & Learn with Dana: Resilience & How It Works (RSVP)  
6/10 Life Unfolded: Resident Stories & Reminiscing  
6/10 Piano Bar with Floyd Andrew  
6/11 Blood Pressure Checks with INOVA  
6/11 Card Making with Kathy McMeekin  
6/11 Vocal Instrumental Concert with the Steve Gellman Trio

6/12 Animals Incognito with Echoes of Nature  
6/14 Revolution Racing Engines Car Show with Trevor & Heather  
6/16 Proper Posture Pres. with Jose  
6/16 Boardwalk Bash  
6/17 Cousins Maine Lobster Food Truck(\$)  
6/17 Wedding Memories  
6/17 Classical Piano Concert with the Nguyen Brothers  
6/18 Intermediate Art Class with Juliet G  
6/18 Vocal Concert with Old Dominion Chorus  
6/19 Walker Safety with Johanna Smith  
6/21 Tacy Music Foundation Concert  
6/23 Sherlock Holmes in Fairyland with Jimmy B  
6/24 Philosophical Discussion: Is There Life After Death?  
6/24 Vocal Harp Concert with Kristen J  
6/25 Queen Esther with Juliet Gilden  
6/25 Woodworking Craft: DIY Clock  
6/25 Vocal Concert with Ron Howard  
6/30 Wimbledon Tennis Party Mania



FRIENDS & FAMILY REFERRAL PROGRAM!

## \$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!

# ASHBURN CONNECT

JUNE 2025



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## UPCOMING EVENT HIGHLIGHTS

The summer solstic is upon us bringing us more daylight hours to get outside and do more activities. Gemini Twins, Castor and Pollux come out to play. Don your pearls and come out to smell the roses. This month we're heading to the park for a picnic and going fishing. We're halfway through the year so it's time to see what else you would like scheduled on the calendar. Join us for our resident/life enrichment meetint to share your ideas and suggestions. We honor our Waltonwood high school and college graduates with a special ceremony. Come grab some coffee and donuts for National Donut Day. Don your PJs and grab a root beer float while we enjoy and movie, nail painting and hand massages. This month we honor our dads. If you like retro cars you don't want to miss the car show and vote on your favorite. Enjoy the warm weather on the patio for our Boardwalk Bash. Our favorite mobile kitchen, Cousins Maine Lobster is back to celebrate National Food Truck Day. 12.5% of brides want to get married in June. Share your wedding photo and memories of your big day. Our international showcase this month takes us to Merry Old England so we're staying for the tennis tournament too. Join for the Wimbeldon Tennis Party Mania and savor their cherished treat strawberries and cream. 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

Brandy Alexander  
AL Life Enrichment Manager

Jocelyn Jackson  
IL Life Enrichment Manager

Desiree Gilbert  
MC Life Enrichment Manager



## ASSOCIATE SPOTLIGHT

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

Gabby’s life has been intertwined with Waltonwood since 2018. It is a place that she holds dear to her heart. Gabby’s roles have varied over the years, including being a server, concierge, and now, a life enrichment assistant. Each position has allowed her to connect with people, offering her the joy and satisfaction of helping those she cares about, and receiving their care in return. Returning to Waltonwood has consistently brought happiness into Gabby’s life, reinforcing the importance of community and support.

When Gabby’s not at Waltonwood, she dedicates her time to personal interests that bring her relaxation and joy. Music is a constant companion, offering Gabby an escape and a way to unwind. She also finds solace in reading a good book, diving into different worlds and stories that captivate her imagination. Additionally, binge-watching her favorite movies or TV shows with some delicious food is a cherished pastime, providing comfort and entertainment.

Beyond Gabby’s current passions, she has a keen interest in exploring new places. Discovering new areas and experiencing different cultures excites her, and she holds a strong desire to travel to various countries in the coming years. This aspiration to explore is driven by a curiosity to learn and understand the world better, broadening Gabby’s horizons and enriching her life experiences.



## MAY HIGHLIGHTS



## FOREVER FIT: Proper Posture

A common concern for many seniors is age related changes in posture that many older individuals often experience. While bone loss, disk shrinkage and muscle loss are all common causes for changes in stature, small changes can help improve and, in some cases, reverse the effects of unwanted postural changes. If you’re one of the many seniors currently experiencing an age-related symptom related to improper posture keep these tips in mind to improve the way you move and feel. 1. Do regular exercise with a focus on core strength including the abdominal, lower back, hip and pelvic muscles, 2. Talk to your doctor about calcium and vitamin D supplementation to help with bone health. 3. Practice better postural habits throughout the day. If you use a walker, be sure it’s set to the correct height to minimize hunching. If you sit for longs periods, get up regularly and take breaks. A more mindful approach can dramatically help your overall health.

## 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. Transportation is not provided on holidays.

### 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.

**PLEASE NOTE THAT WE ARE ALTERNATING SHOPPING PLAZAS & TIMES.**

Sundays at 9am & 12:15pm: Shopping – see calendar for stores of the day  
Sundays 10am St. David’s & St. Theresa Church Services

- 6/6 11am Picnic at Reservoir Park (\$15.00 - RSVP by 6/1)
- 6/13 11am Lunch Bunch: Massaya Lebanese (\$ - RSVP by 6/6)
- 6/20 10am Shopping at Painted Tree Boutique (\$ - RSVP 6/13)
- 6/25 4:30pm Supper Club: Frye’s Famous Crab Cakes (\$ - RSVP by 6/18)
- 6/27 10am Fishing at Ahsburn Village Lake Pavilion (\$15.00 – RSVP by 6/20)

## JUNE SPECIAL EVENTS

6/3

Pajama Party

6/12

Echoes of Nature  
Presentation: Animals  
Incognito

6/17

Cousins Maine Lobster  
Food Truck

6/25

Queen Esther  
Presentation



## EXECUTIVE DIRECTOR CORNER

Summertime is here! We’re hosting a fun filled Father’s Day the week of June 15<sup>th</sup>. Festive Independence Day activities will take place the week of July 4<sup>th</sup>. We finish summer with “Camp Waltonwood” on August 16<sup>th</sup>. This event is intended for the children, grandchildren and great grandchildren of both residents, family members and staff. More details regarding this event will be forthcoming. Please enjoy these summertime events and remember to stay safe in the summer heat by seeking shade when necessary and by drinking plenty of water to stay hydrated.

