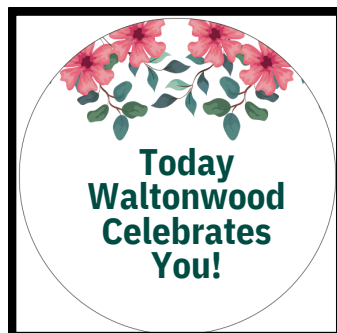




Waltonwood MAY Memories'

Waltonwood Ashburn celebrated Mother's Day with a family paint party! Led by Artist Juliet Gilden. forty-two residents and family members came together to unleash their creativity, share some laughs, and make beautiful memories.

A special thank you to the Waltonwood Associate Moms who spent their Mother's Day in service to our residents.



A special thank you to The Fairfax Jubil-Aires for a special Memorial Day concert!



ASHBURN CONNECT - AL

June 2025



June

June brings new enrichment programming here at Waltonwood! We celebrate Dad with Father's Day festivities and dinner on June 13th. We are starting some new creative programs here at Waltonwood. Resident Led art class and Crafting for a Cause. On June 12th, resident artist Jean, will guide us through a painting class teaching us to create her beautiful lion painting. Crafting for a Cause, where residents will have the opportunity to make craft projects for the Alheimers fundraiser fair we hold in September. There will be a new reminiscing program where we come together to learn more about one another. This will be programming led by Stacey Nicks, resident Martha D's daughter, organized and facilitated by Waltonwood Life Enrichment. This month also brings Juneteenth, also known as Emancipation Day, commemorating the end of slavery in the United States. We will also have armchair travel to London, learning more about the sights, culture, and cuisine. Our culinary department will be preparing a British inspired fish and chips dinner on June 20th. So much fabulous fun to be had in June, I hope to see you all in the AL neighborhood!



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

COMMUNITY MANAGEMENT

Christopher Leinauer Executive Director

Audrey Wilson
Business Office Manager

Chelsea Gray
Marketing Manager

Victor Ast
Marketing Manager

Eduardo Villasmil
Culinary Services Manager

Dwayne Johnson Maintenance Manager

Tracy Philemon
Independent Living Manager

Sharon Prior
Resident Care Manager

Kesha Sampson
AL Wellness Coordinator

Sheryl Warren-Graham
MC Wellness Coordinator

Jocelyn Jackson
IL Life Enrichment Manager

Brandy Alexander
AL Life Enrichment Manager

Desiree Gilbert
MC Life Enrichment Manager

JUNE BIRTHDAYS!

- Ira F. 6/2
- Mary N 6/3
- Mary Ellen F. 6/6
- June L. 6/16
- Pauline T. 6/17
- Constance H. 6/19

Massage Therapy

Call 1-301-614-6158
to make appointments
or reach out to
massages222@outlook.com

SALON

Call 1-301-543-9140
to make appointments
or reach out to
wwashburn@southernluxsalons.com



FAMILY & FRIENDS REFERRAL PROGRAM!

\$3,500 RESIDENTIAL 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!

Congratulations to Gabby Ast for being June 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: National Senior Health and Fitness Day

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. - Regular exercise with a focus on core strength including the abdominal, low back, hip and pelvic muscles can greatly improve postural health. -Talk to your doctor about calcium and vitamin D supplementation to help with bone health.-Practice better postural habits throughout the day. If you use a walking 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

If you would like to book a Mon or Wed medical appointment, please see concierge for a Transportation Request Form. Prior notice of 2 business days is needed.

Here’s where we’re headed this month!

Sign up with Life Enrichment Manager Brandy Alexander.

- 6/3 Scenic Ride 1:00pm (loading bus) 1:30pm Departure
- 6/10: Shopping Harris Teeter 1:00 (loading bus) 1:30pm Departure (rsvp by 6/7)
- 6/24: Scavenger Hunt Scenic Ride 1:00pm (loading bus) 1:30pm Departure

June SPECIAL EVENTS

- 6/3 Scenic Ride 1:00pm (loading bus) 1:30pm departure
- 6/4 Gardening with Chris 1:30pm
- 6/5 Resident Council/ Town Hall 10:30am
- 6/5 Crafting for a Cause with Heather 1:30pm
- 6/6 Neuro Sound Music Therapy 2:00pm
- 6/6 Concert: Ron Howard 4:00pm
- 6/10 Crafting for a Cause with Juliet 11:00pm
- 6/10 Harris Teeter Outing 1:00pm (loading bus) 1:30pm departure (rsvp by: 6/7)
- 6/12 Resident Led Art with Jean 1:30pm
- 6/12 Concert: Lee Jones 4:00pm
- 6/13 Father’s Day dinner 5:00pm
- 6/16 Reminiscing, Share Your Story with Stacy 1:30pm
- 6/17 Travel to London 1:30
- 6/17 London Part Surprise 2:30pm
- 6/19 Juneteenth concert 4:00pm
- 6/20 Neuro Sound Music Therapy 2:00pm
- 6/24 Scavenger Hunt Scenic Ride 1:00pm (loading) 1:30pm departure
- 6/30 Reminiscing, Share Your Story with Stacy 1:30pm



EXECUTIVE DIRECTOR CORNER

Summertime is here! We’re hosting a fun filled Father’s Day the week of June 15th. Festive Independence Day activities will take place the week of July 4th. We finish summer with “Camp Waltonwood” on August 16th. 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.

