



Getting to Know Our Neighbor John!

If there is one thing we know about John, it is the love that he has for his wife, Melanie. In the past, he used to stay up until 9 or 10pm watching movies with her, their favorite being “Midnight in Paris”. John and his wife have two sons, Brian and Richard.



For a career, John worked as an analyst for the CIA and as a teacher. He even got to work on the Seattle Space Needle.. how cool!

Some of Johns interests include, jazz, big band and opera music, bowling, watching sports, scenic drives and dogs. It has been such a pleasure getting to know John!

Monthly Program Highlights

- June 3rd: New Game: Ker Plunk
- June 10th: Baking Club: Mini Pizza’s
- June 12th: **Father’s Day Par-Tee!**
- June 14th: Revolution Racing Engines Car Show
- June 18th: Juneteenth Silhouette Art
- June 22nd: **Happy Adventure Day John!**
- June 26th: Outing: Mini Golf
- June 30th: Music with Matthew



JUNE BIRTHDAYS

- John K. - 6/1
- Isabel M. - 6/20

Message 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@southernluxesalons.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!

ASHBURN CONNECT - MC

June 2025



JUNE

As we say goodbye to Spring, we excitedly say hello Summer and hello to adventures.. really! This month we have a special adventure planned for our neighbor, John, and his wife, Melanie.

We also invite you to join us for our Father’s Day “Par-Tee” on June 12th around 2pm. We will have delicious refreshments and the opportunity to hit a hole in one!

Also happening in June includes, baking mini pizzas, a weekend car show, Juneteenth silhouette art, a mini golf outing and Music with Matthew. We hope that you will join us as we fully emerge ourselves into the sunshine that is June.

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44145 Russell Branch Parkway, Ashburn, VA 20147
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IL Life Enrichment Manager

Brandy Alexander
AL Life Enrichment Manager

Desiree Gilbert
MC Life Enrichment Manager

Employee Of The Month: Gabby Ast

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.



TRANSPORTATION INFORMATION

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.

Here’s where we’re headed this month!

Sign up for the **Lunch Bunch** with Desiree Gilbert! Lunch bill will be added to monthly dues.

- 6/5 Scenic Drive @ 1:30pm
- 6/19 **Outing: Lunch Bunch at Ford’s Fish Shack @ 11:30am**
- 6/26 **Outing: Mini Golf @ 1pm**

May Flashbacks



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.

- 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.

Executive Director Corner

Summertime is here! We kicked off the season with our annual “Fun in the Sun” Picnic event on May 29th. 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.

