



RESIDENT BIRTHDAYS

- 8/1: Virginia Kiernan
- 8/9: Arlene Boyle
- 8/10: Annemarie Willi
- 8/14: Marie Repasky
- 8/22: Mary Nazareth
- 8/25: Jimmy Bloom
- 8/25: Elaine Wasserman
- 8/27: Bill Souders
- 8/31: Patricia Strickler



Camp Waltonwood: Carnival Creations

Calling all children ages 4-12. Join us for Camp Waltonwood on August 16th from 10am-1pm. This year’s theme is Carnival Creations. Come enjoy games, crafts, live animals, food and more throughout the entire community. Registration is required. Forms can be found on the sign-up table. Please RSVP by August 2nd. A special Thank You to everyone who volunteered to make our props and sets and the Bear Ladies for making ducks prizes.



COMMUNITY COMMUNICATION

- | | | | |
|------|---------------------------------------------------------------------------|------|--------------------------------------------------------------------|
| 8/1 | Elvis Concert & Malts & Music Party | 8/18 | Robots Are Coming: AI & the Fear of Takeover Presentation w/ Jimmy |
| 8/4 | How Pets Contribute to Healthy Living Presentation with Henry Emch | 8/19 | Yellow Brick Road Social |
| 8/5 | Piano Concert with Matthew Melvin | 8/20 | Baking & Decorating with Gabby: Yellow Brick Road Lemon Squares |
| 8/6 | Art Class with Heather Connoles | 8/20 | Lunch Out/In: Santini’s (RSVP) |
| 8/6 | Vocal Piano Concert with Robert S | 8/20 | Intermediate Art Class with Juliet G |
| 8/7 | Helicopter Heavy Lifting Around the Globe Presentation with Harry M | 8/20 | Vocal Piano Concert with Bob C |
| 8/8 | The Great Southern Land: Australia | 8/21 | Positive & Functional Aging for Seniors Presentation with Bob M |
| 8/8 | Land Down Under Barbie | 8/25 | Patriotic American Composers Part 2 Presentation |
| 8/9 | Tacy Music Foundation Concert | 8/25 | Introduction to Party Bridge |
| 8/11 | 1940s Decades Discussion | 8/26 | Good Looking Grandpa Day Luncheon: Pizza & Beer (RSVP) |
| 8/11 | Great Locomotive Chase of 1862 Presentation with Jim Anderson | 8/26 | Black Cow Social |
| 8/12 | Lunch & Learn with Dana: Urinary Incontinence & Its Affect on Life Styles | 8/26 | Classical Concert with the Nguyen Brothers |
| 8/12 | Piano Concert with Tom Saputo | 8/27 | Women in History: Eve Presentation with Juliet Gilden |
| 8/13 | Card Making with Kathy McMeekin | 8/27 | Vocal Harp Concert with Kristen J |
| 8/13 | Vocal Piano Concert with Darryl N | 8/28 | Thrift Store Fashion Show |
| 8/14 | American Artists Presentation | 8/30 | Watercolor Art Class with Heather C |
| 8/16 | Camp Waltonwood: Carnival Creations | | |



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

AUGUST 2025



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UPCOMING EVENT HIGHLIGHTS

August was originally named Sextillis because it was the sixth month of the Roman calendar. Although there are no holidays in August, we are still going to have a “roaring” good time creating our own special events. Elvis is back in the building. Be sure to come down and swoon over this Rock n’ Roll legend. The fun continues at our Malts & Music Rock n’ Roll Party where we’ll dance to more 50s and 60s music and drink malted milkshakes. Head to the Land Down Under for a travel presentation and a barbie. Calling all children, grandchildren and great grandchildren! Before heading back to school, join us for Camp Waltonwood. This year’s theme is Carnival Creations. We are finishing up our Clear the Shelters campaign. Donations can still be made through the middle of the month. Follow the Yellow Brick Road to the Land of Oz as we socialize with Dorothy and her friends. We’re even making our own sweet treat. If you enjoy golfing you won’t want to miss heading to a local golf course for a 9 hole game and lunch. This month we’re celebrating our grandpas with a pizza and beer luncheon. To end the summer, we’re drinking various flavored soda floats. And don’t miss our Resident Fashion Show. 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 Francisca Vasquez for being selected Employee of the Month! Fransisca was chosen because she goes above and beyond.

Fran has worked in the healthcare field for 10 years. Before that she owned her own cleaning company. She chose to work in senior living because she had fond memories of her grandmother. Fran has been an employee at Waltonwood since October 2017, before the doors even opened. Once residents moved in, Fran worked as a server and quickly moved up to working as a line cook.

Fran enjoys getting to know the residents and taking care of their nutritional needs. She is often seen in the kitchen preparing meats, fruits and vegetables for all three meals of the day. She even makes the meals and plates them. Fran is good about collaborating with the kitchen staff to ensure efficient and timely meal preparation. She is also willing to stay late or come in when someone is not available. On Tuesday mornings, Fran loves making one-of-a-kind omelets for breakfast. The delicious aroma permeates the air from her station.

In her spare time, Fran loves gardening. Her own garden is filled with basil, tomatoes, peppers and flowers of all kinds. Fran enjoys being outdoors so she also loves swimming, hiking and biking.



JULY HIGHLIGHTS



FOREVER FIT: A Strong Foundation

A focal point of the Waltonwood Forever Fit Program is the use of resistance training to significantly improve the quality of life for our residents. A key component in establishing long-term health and independence lies in our ability to maintain muscle strength as we age. Research indicates a direct relationship between aging and the loss of muscle, decrease in bone density and diminished level of physical function. In fact, the average person over the age of fifty can experience a 15-20% loss in muscle strength per decade in the absence of regular exercise. Whether exercise machines, dumbbells, bands or body weights, resistance training has been shown to dramatically improve overall health and well-being while delaying muscular atrophy, increasing bone density and improving balance and coordination. Start slow, build gradually and stick with it. Improvements take time, but it’s those improvements that make us successful.

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

- 8/8 9:30am DEA Museum – RSVP by 8/1 - Cost for purchases
- 8/15 11am Lunch Bunch: Rescue BBQ – RSVP by 8/8 - Cost for meal, taxes & tip
- 8/22 9:30am Algonkian Golf Course & Lunch – RSVP by 8/15 - \$35.00 plus cost for meal, taxes & tip
- 8/27 4:30pm Supper Club: Cheesecake Factory – RSVP by 8/20 – Cost for meal, taxes & tip
- 8/29 10am National Museum of Civil War Medicine – RSVP by 8/22 – Cost \$9.00

JULY SPECIAL EVENTS

8/8

International Showcase
Happy Hour: Land
Down Under Barbie

8/16

Camp Waltonwood:
Carnival Creations

8/19

Yellow Brick Road
Social & Movie

8/26

Good Looking Grandpa
Pizza & Beer Luncheon



EXECUTIVE DIRECTOR CORNER

The Dog Days of Summer are upon us. Please be mindful of the summer heat. Seek shade when necessary and stay hydrated. We have several notable communitywide events occurring in August. Elvis is back in building on August 1st. Our Clear the Shelters campaign continues. We’re still collecting donations for the local animal shelter. If interested, please drop your donations at the front desk. Camp Waltonwood is an intergenerational, carnival-themed event. Camp is open to children ages 4-12 and will be held on August 16th. Please review the calendar for more information regarding these fun August events.

