



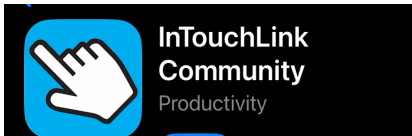
LIFE AT PROVIDENCE

RESIDENT BIRTHDAYS

21st Carol P.
24th Bridget K.
24th Keris B.
24th Lou C.
27th Dale S.
27th Frances P.



Download the InTouchLink app today! Stay connected to Waltonwood from the comfort and convenience of your smart device. The code to connect is 113573.



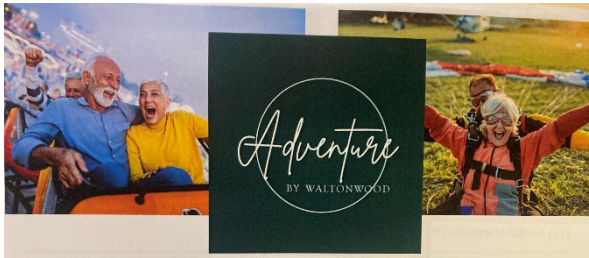
Do you have questions about how to download the app? Please see Blair, Life Enrichment Manager.



Running Errands

PROVIDENCE CONNECT

SEPTEMBER 2025



Adventure by Waltonwood

At Waltonwood, we pride ourselves in providing residents with exceptional life experiences. Adventure by Waltonwood is a company sponsored program encouraging Waltonwood residents to pursue their life's desire. Whether meeting their great grandchild for the first time, riding in a hot air balloon, hiking a national park, riding in a Corvette or reuniting with their best friend from college, Adventure by Waltonwood is available to support resident ambitions. Contact Blair McCotter for more information.



Redefining Retirement Living

SINGH

5039 Providence Country Club Drive,
Charlotte, NC 28277
www.waltonwood.com | 704-246-8636
Facebook: /WaltonwoodProvidence

MANAGEMENT

John Ficker
Executive Director

Jessica Crowley
Business Office Manager

Jesus Roman
Culinary Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Blair McCotter
Life Enrichment Manager

Brittany Hardy
Wellness Coordinator

Chandra Mills
Resident Care Manager

Issac Harris
Environmental Service
Manager



\$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!

Madison is our associate of the month for September. She is a caregiver and med-tech. She will be working here a year in November. Her favorite thing about working at Waltonwood is the residents! In Madison’s free time she likes to hang out with her fiancé and they go on adventures together. Something you may not know about Madison is that she loves to play soccer. Madison’s favorite food is tacos and her dream job is to become an RN. Her number one bucket list item is to go to Jamaica! Thank you Madison for everything you do for Waltonwood and our residents. You make a difference in the residents lives everyday!



AUGUST HIGHLIGHTS

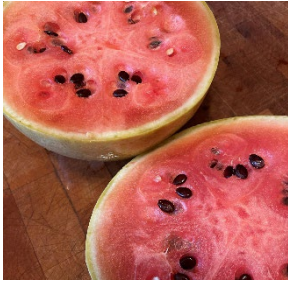
13 Ice Cream Social

15 Hula Dancers



26 Watermelon Party

28 Peach Lemonade Social



September Entertainers

9th Music w/ Joey
12th Piano w/ Patrick
15th Music w/ Brian
16th Music w/ Theresa
17th Piano w/ Ethan
24th Music w/ John Lewis
26th Music w/ Jim Ruth

TRANSPORTATION INFORMATION

Waltonwood will provide transportation for medical appointments on Tuesdays, Wednesdays, and Thursdays. Please notify the Concierge of your appointment as far in advance as possible with the time, date and location. After reservations are made, each resident will be advised of a departure time within 24 hours prior to each appointment. We will continue our activities outings on Fridays. Sign up at the table across from the Concierge desk.

SEPTEMBER OUTINGS

5 Greek Festival 8 Harris Teeter 19 Popshelf 26 Metro Diner



SEPTEMBER SPECIAL EVENTS

03 Afternoon Tea 10 Ice Cream Social

22 Exotic Encounters



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 weight, resistance training has been shown to dramatically improve over 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 or time much more prosperous.

Sanding, painting, along with folks hanging wallpaper has become the norm at our community. We are very appreciative of how accommodating all of you have been as the work continues. Several people have asked me what we are doing with the old furniture. Well, we still need it for a while but please know we will send out a blast when the new furniture arrives and have a yard sale. New furniture may not arrive until December.

I also want to give a shout out to our Assisted Living and Memory Care community. On August 26, three surveyors from the Division of Health Service Regulation entered our community for our state survey. After a thorough review we were found to be deficiency free! Please congratulate all of the team for a great job! Now let’s get ready for some football! Go Gators!
John