

SEPTEMBER

RESIDENT BIRTHDAYS

- 1st-Mildred M.
- 6th - Evelyn L.  
- George P.
- 7th- Dennis B.
- 13th-Rosella Q.  
- Carolyn M.
- 14th- Mara C.
- 17th- Vivian G.
- 19th-Harry McG.
- 22nd-Esther B.
- 26th-Judith W.

SEPTEMBER ASSOCIATE BIRTHDAYS

- 17th- Crystal G.
- 21st- Erika D.
- 26th- Yvonne M.  
-Ziyu Z.
- 30th- Samantha H.

Thursday with Fred on the piano

- 1st-John Lewis
- 4th- Ethan Uslan
- 9TH- Joey
- 10th- Brian McCarn
- 11th-David Shoff
- 15th- Exotic Encounters
- 17th-Patrick Hudson
- 22nd- Jim Ruth
- 27th-John Lewis



OUTING SCHEDULE

- Mondays @ 9:30am- Bank/Pharmacy
- Mondays @ 10:30am- Grocery Store
- Sundays @ 10:30am-Weddington Methodist Church
- 1st- Labor Day No Outings
- 5th-10:30am- Greek Festival and Lunch  
-2:00pm Walmart
- 8th-2:00pm-Hobby Lobby
- 12th-11:30am-Lunch queen’s South Bar and Grill  
-2:00pm Home Depot
- 15th-2:00pm-Dollar Tree/PopShelf
- 19th-11:30am- Hazelnuts Creperie  
- 2:00pm-Belk in Monroe
- 22nd-2:00pm-Walmart
- 26th- 9:30am- Tour of Camden SC and Lunch
- 29th 2:00pm- Trader Joe’s and Library

PROVIDENCE CONNECT SEPTEMBER 2025



WHAT’S HAPPENING THIS MONTH

Hello September! Autumn is on the Horizon and I can’t wait. Cooler air, football, and beautiful leaves. We’ve made it through a very hot summer.

This month we will head to Dilworth for the Yiasou Greek Festival on the 5<sup>th</sup>. There will be exhibits, music, dancing, art and shopping. We will have lunch there as well, save room for the baklava!

F. Scott Fitzgerald’s The Great Gatsby is 100 years old. Fitzgerald is widely regarded as one of the greatest American writers of the 20<sup>th</sup> century. We will be reading the book, watching the movie(s) and having a Gatsby inspired Happy Hour.

Exotic Encounters will be here on the 15<sup>th</sup> so come down to the game room and check out the critters.

Our road trip this month is to historic Camden, South Carolina. Established in 1732, Camden is the oldest inland city in South Carolina. Camden was a pivotal site during the Southern Campaign of the Revolutionary War, with significant battles fought there. The Revolutionary War Visitor's Center provides a deep dive into South Carolina’s role in the war for independence. We will be having lunch in nearby Lugoff.

Please note there is a new time for Bible Study on Tuesday, it now starts at 10:45, all are welcome.

We will be having a special guest, Lejila Dotson, give a lecture on “Facts About Sugar.” Lejita is NASM certified in nutrition, she will be here September 22<sup>nd</sup>.



SINGH

11945 Providence Rd,  
Charlotte, NC 28277  
[www.waltonwood.com](http://www.waltonwood.com)  
704-246-8636  
Facebook: /Waltonwood  
Providence

COMMUNITY MANAGEMENT

- John Ficker  
Executive Director
- Jessica Crowley  
Business Office Manager
- Jesus Roman  
Culinary Manager
- Ashley Jensen  
Independent Living  
Manager
- Matt Swaney  
Marketing Manager
- Cara Nirenberg  
Marketing Manager
- Cathy Hill  
Life Enrichment Manager
- Isaac Harris  
Environmental Services  
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!



## ASSOCIATE SPOTLIGHT

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 are 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 are 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

9th

CLEO  
Technology  
Assistance

11th

Giovanni

15th

June’s Birthday Party

29th

Schiele Museum  
and Planetarium

## Better Balance

September is Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.

## TRANSPORTATION INFORMATION

Waltonwood offers transportation for medical appointments on Tuesdays, Wednesdays, and Thursdays. Please notify the Concierge of your appointment 24-48 hours in advance with the time, date & location. After reservations are made, each resident will be advised of a departure time within 24 hours prior to each appointment. Appointments will be scheduled between the hours of 8:30 am and 3:30pm, within a 10-mile radius. A Waltonwood driver will drop off & pick up residents in as timely a manner as possible. Please note appointments that are beyond a 10-mile radius will acquire a \$2.00 charge per mile for every additional mile.

In order to ensure the health and safety of our residents and bus drivers, residents must sanitize their hands before and after boarding the transportation vehicle for their appointment.

Each month we have outings to banks, shopping centers, pharmacies, restaurants, grocery stores, and other places. Please see the calendar for specific dates and times and sign up at the table by the mail boxes.

## SEPTEMBER HIGHLIGHTS

1st

Labor Day Cookout

5th

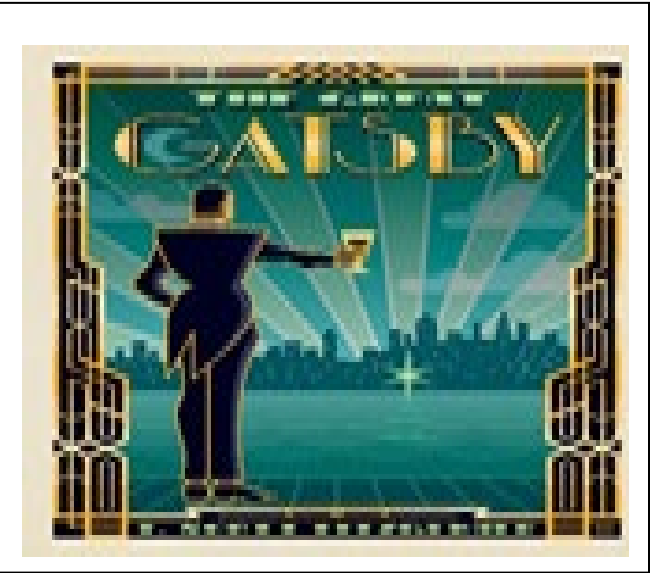
Greek Festival

15th

Great Gatsby  
Celebration

26th

Tour of Camden  
SC and Lunch



## EXECUTIVE DIRECTOR CORNER

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 to survey our community. 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