



RESIDENT BIRTHDAYS

- 9/7: Mary Ann Gaver
- 9/8: Suzanne Volkman
- 9/9: Hiroko Parry
- 9/10: Jim Anderson
- 9/12: Dave Dame
- 9/12: Jean Marcotte
- 9/15: Travis Sample
- 9/15: Duff Stepan
- 9/18: Gloria Noone
- 9/18: Norma Stepan
- 9/21: Paul Fujimoto
- 9/25: Sheila Weber



Wii Bowling League & Volleyball Tournaments

Calling all bowlers! It’s time for our Wii Bowling League tournament again. We play on Tuesdays & Thursdays at 3pm. Teams consist of 4 players. After playing you’ll give us your top score. One of our players, Jean M, scored 298 points out of 300! Play goes through October. Please let us know if you’re interested in joining a team.

Also coming up is the Ashburn Senior Center’s biannual Volleyball Tournament. The Waltonwood Warriors and Wildcats won in May. Join one of our teams to help us crush the competition and keep our title and the trophies.



COMMUNITY COMMUNICATION

- 9/1 Fantasy Football Picks
- 9/2 Wreath Making with Mary McA
- 9/3 Art Class with Heather Connoles
- 9/3 Vocal Instrumental Concert with Accidental red
- 9/4 Alzheimer’s Disease & Fighting for a Cure Presentation
- 9/8 Grandparents Day Harvest Tea Party
- 9/9 Piano Bar with Floyd Andrew
- 9/10 Baking Class with Gabby: Touchdown Cookies
- 9/10 Lunch Out/In: Pei Wei (RSVP - \$)
- 9/10 House of Thrift Fashion Show
- 9/10 Card Making with Kathy McMeekin
- 9/10 Vocal Concert with Ron Howard
- 9/11 Echoes of Nature Amazing Animal Adaptations Presentation
- 9/12 Hui Hula O Na Mele Aloha Dance Show & Luau
- 9/13 Tacy Music Foundation Concert
- 9/13 Coffee Floats & Ice Cream Social
- 9/15 Keiro-No-Hi Social

- 9/16 Lunch & Learn with Dana: Machine Learning in Healthcare
- 9/17 Mary Cassatt Presentation with Kimberly Stein
- 9/17 Art Class with Juliet Gilden
- 9/17 Vocal Piano Concert with Kendra Holt Trio
- 9/18 Growing Old in Song Presentation with Jimmy B
- 9/19 Great Gatsby Speakeasy Social
- 9/22 American Artists Presentation
- 9/23 Voter Registration
- 9/23 Cousins Maine Lobster Food Truck
- 9/23 Golden Ticket Chocolate Party
- 9/24 Women in History: Eve Presentation with Juliet Gilden
- 9/24 Doodle Art with Peggy King
- 9/24 Watercolor Class with Heather C
- 9/29 Genealogy 101 Presentation with Bob S
- 9/29 Vocal Guitar Concert with JJ
- 9/30 Classical Piano Concert with the Nguyen Brothers



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

SEPTEMBER 2025



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[www.waltonwood.com](http://www.waltonwood.com) | 571 918-4854  
Facebook: WaltonwoodAshburn



UPCOMING EVENT HIGHLIGHTS

Remember the poem, “Thirty day hath September?” The harvest month brings us Autumn on the 22<sup>nd</sup>. Add some forget-me-not flowers to your apartment and sprinkle in some sapphire blue to lift your spirits. This month starts off with us thanking all of our staff for offering their service and “labors of love” to all of our residents. Please stop by our Labor Day table by the 1<sup>st</sup> floor lobby elevator to fill out a thank you card to express your appreciation to all of our dedicated workers. Football season is upon us. Pick your teams for the Fantasy Football League and win weekly prizes that may win you the big trophy. During the month of September we celebrate as “one community” for Assisted Living Week as we join in on some of their special activities. Grandparents Day kicks off the week with a Harvest Tea Party. Join us for a resident fashion show and end the week with Hawaiian Luau and dance show. We express our respect for the aged at our Keiro No Hi social. We are raising money for the Alzheimer’s Association again this year. Our goal is \$2,025. Funds are raised during our Resident Fall Arts & Crafts Show. If you would like to sell your artwork and crafts please let us know. All sales proceeds go to the Alzheimer’s Association. 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 Sheila Johnson for being selected Employee of the Month! Sheila was chosen because she goes above and beyond.

Sheila received her Associates Degree in Business Administration from St. Augustine College. After working in the corporate world for 40 years as an administrative manager, Sheila decided it was time for a change. Her sister, who was a director of a senior living community, suggested Sheila give senior living a try. Sheila started in concierge and was hooked. She has been Waltonwood for 7 years. Within 2 years of her working here, Sheila was promoted to lead concierge where she became known as “The Sherriff” because she takes care of the residents, staff and family members and maintains the peace. Sheila also trains the concierge team members and is a Notary Public.

Sheila goes the extra mile in customer service and is always available to fill whether it be for concierge or in life enrichment. Not only does she work full time at Waltonwood, Sheila has worked part time for the past 15 years as a life insurance agent and investor for a financial brokerage. Sheila loves working with our residents. She feels they are her family and acts in servanthood by actively listening to the residents and showing empathy.

Sheila has lived in the Virginia area for 30 years. She has 3 children who live in various states on the East Coast. Because Sheila is a workaholic, when her family visits every 2 months and on holidays they have to come to her places of employment to see her because she’s never home. In her spare time, Sheila enjoys going to fine dining restaurants and live theater shows, listening to gospel music, reading the bible and watching romantic movies, especially Hallmark films.



## AUGUST HIGHLIGHTS: Check the Intouch screen for more photos!



## FOREVER FIT: 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

### 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

- 9/3 10am Veteran’s Club Trip: Boulder Crest – FREE
- 9/5 9:30am Hirshhorn Museum & Sculpture Garden – Cost for purchases
- 9/12 10am George Washington Masaonic National Memorial - \$20.00 [ID Required]
- 9/19 11am Lunch Bunch: L’Auberge Chez Francois – Cost for meal, taxes & tip
- 9/24 4:30pm Supper Club: Aurora – Cost for meal, taxes & tip
- 9/25 12pm Volleyball Tournament at Ashburn Senior Center - FREE

## SEPTEMBER SPECIAL EVENTS

9/8

Grandparents Day  
Harvest Tea Party

9/12

Hui Hula O Na Mele  
Aloha Dance Show &  
Luau

9/19

Great Gatsby Party

9/23

Voter Registration

REGISTER TO



## EXECUTIVE DIRECTOR CORNER

Labor Day is the 1<sup>st</sup>, a day to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States of America. Labor Day is a national “day off.” Please have a fun and safe Labor Day holiday weekend. We also celebrate National Assisted Living Week the 7<sup>th</sup> through the 13<sup>th</sup>. This annual observance provides an opportunity for residents, their loved ones, staff, volunteers and local communities to celebrate the individuals who live and work in Assisted Living. This years’ national theme is “Ageless Adventure.” We have a full schedule of joyous communitywide activities and events scheduled throughout the week. Please join us in celebrating all those who work at and live in Assisted Living.

