

OCTOBER RESIDENT BIRTHDAYS

8th -Billie P.

10th - Jean F.

12th- Laurel S.

14th-Patsy G.

26th- Don S.

- Rosalie S.

28th-Kay N.

OCTOBER ASSOCIATE BIRTHDAYS

13th- Shakia S.

17th- Aryan S.K.

26th- Karen J.

30th- Shannon H.

LIVE ENTERTAINMENT

Thursday with Fred on the piano

2nd-Ethan Uslan

6th- John Lewis

8TH- Brian McCarn

13th- Giovanni

15th-Patrick Hudson

16th- OOPS Polka Band

20th-Tom Billotto

21st- Theresa the Vintage Singer

25th-John Lewis

27th-Jim Ruth

OUTING SCHEDULE

Mondays @ 9:30am- Bank/Pharmacy
Mondays @ 10:30am- Grocery Store
Sundays @ 10:30am-Weddington Methodist Church

3rd-11:30am- Picnic in the Park

2:00pm- Lowe’s

6th-2:00pm Walmart

10th-11:30am-Duckworth’s

1:30pm-Windy Hill Apple Orchard

13th-2:00pm-PopShelf and Dollar Tree

17th-11:30am-Picnic in the Park

2:00pm-Thrift Stores

20th-2:00pm-Walmart

24th-10:30-Leaf Trip and lunch at the Courthouse Tavern

27th- 2:00pm- Trader Joe’s and Library

31st-11:30am-The Rusty Onion

2:00pm- JC Penney

PROVIDENCE CONNECT

OCTOBER 2025

WHAT’S HAPPENING THIS MONTH

“I’m so glad I live in a world where there are Octobers”-Lucy M. Montgomery

We are going to try to take advantage of the beautiful October weather with some outdoor activities.

Friday the 3rd we will go on a picnic in the park, and we’ll have another picnic outing on the 17th as well. Let’s make sure everyone that wants to gets the chance to go, thank you in advance for your consideration.

We will have Active Aging Week starting on the 5th. Activities include: a cornhole tournament, yoga in the courtyard, a Jeopardy Champions Tournament and a service project for our Firefighters among other events.

On the 10th the bus will head to Windy Hill Apple Orchard and Cidery. Here you can buy some newly picked apples, try some hard or soft cider, or indulge in a cider donut, kettle corn or pretzel.

The OOPS Polka Band will be here on the 16th from 2-4. They will perform in the parking lot and we will have pretzels and beer for all. They are a lot of fun!

We will be going to Stone Mountain State park to look at the leaves on the 24th. We will have lunch in Albemarle. We will go again in early November.

The little ones from Cranfield Academy will be here on the 30th to trick or treat. Join us in the game room, we’ll supply the treats.

On the31st we will be having our 2nd annual Halloween party at 3:30 in the game room. There will be fun food, a special cocktail and prizes for the most original, scary and funny costumes.

Redefining Retirement Living

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11945 Providence Rd,
Charlotte, NC 28277
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

Congratulation to Denise, our team member of the month! Denise started at Waltonwood Providence 10 years ago in our Housekeeping Department and quickly moved to Laundry. Her favorite part of working here is our residents and other team members. Denise loves soul food. Something you may not know about Denise is that she loves to drive a bobcat and cut down trees. She calls herself a country girl. Her bucket list item is to travel the world. Thank you for all you do for Waltonwood Providence. We are lucky to have you!



SEPTEMBER HIGHLIGHTS

1st

Labor Day Buffet

5th

Greek Festival

15th

Great Gatsby Celebration

26th

Tour of Camden SC

Making the Change

If nothing else we are creatures of habit. The schedules and routines that we’ve developed over the years help us to be effective, efficient and comfortable. Sometimes however, in order to see the improvements we need we have to make that awkward step outside our comfort zone. As fragile as our bodies can be they are equally resilient and adapt to the stresses we place upon it. By failing to regularly add new stimuli, we often find ourself making little to no progress. If you find yourself at a bit of a plateau it may the perfect time to try a new or more challenging exercise. Remember exercise should never be painful, rather taxing enough to test your ability so you can make the small incremental steps to a stronger healthier version of you.

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.

OCTOBER HIGHLIGHTS

10th

Windy Hill Apple

Orchard

24th

Leaf Trip and lunch

16th

OOPS Polka Band

31st

Halloween Party



EXECUTIVE DIRECTOR CORNER

Almost! We are moving along with our renovations. Paint and wallpaper are due for one more call back to touch things up and flooring is almost complete. Thank you to Pico and crew for making the meal deliveries as smooth as possible. New furniture will be arriving soon. I have heard from a few about certain pieces, but please let us know if there is something in particular you may want. Many of our pieces will be sold at very good prices.

It’s hard to believe but I just heard our Life Enrichment team mention it’ Fall decorations up. What was even harder was the discussion I had with Santa’s Helpers about getting our holiday light’s up. I am looking forward to the holidays and football, and with my team’s lack of success, the soon to be basketball season.

I may have mentioned this in last month’s newsletter, but it’s is certainly worth repeating, congratulations to everyone who helped us succeed in a deficiency free survey by the state! It was a team effort, but Chandra and Brittany and their crew led the way. It is why we do what we do!

John