



LIFE AT PROVIDENCE

RESIDENT BIRTHDAYS

10th Gene S.
17th Robert D.
13th Delores G.

ASSOCIATE BIRTHDAYS

1st Ladonna M.
1st Tracee M.
11th Samuel E.
13th Shakia
17th Aryan K
26th Karen J.
30th Shannon H.



Fun with Lizards!



Starbucks Run!

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.

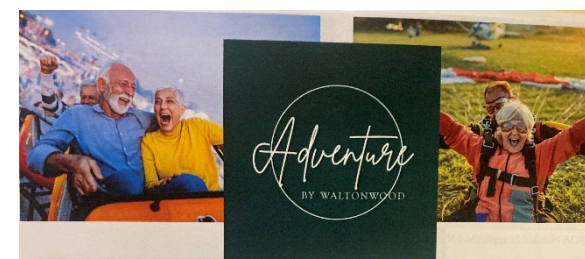


Arts and Crafts

PROVIDENCE CONNECT

OCTOBER 2025

October arrives with crisp mornings, golden leaves, and the cozy feeling that fall has truly settled in. It's a month filled with beauty and tradition-pumpkins on the patio, colorful mums blooming, and the smell of apple cider in the air.



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

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MANAGEMENT

John Ficker
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Jesus Roman
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Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

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Life Enrichment Manager

Brittany Hardy
Wellness Coordinator

Chandra Mills
Resident Care Manager

Issac Harris
Environmental Service Manager



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!

Denise

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

05 08
Greek Assisted Living
Festival Week



15 18
Exotic Pony Visits
Encounters



October Entertainers

13th Music w/ Giovanni
21st Music w/ Theresa
22nd Musci w/ John
Lewis
24th Music w/ Jim Ruth



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 ourselves 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.

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.

OCTOBER OUTINGS

10 17 24 31
Harris Teeter CVS Brixx Walmart



OCTOBER SPECIAL EVENTS

03 14
Car Show Fall Festival



16 30
Polka Band Trick or
Treaters



Almost! We are moving along with our renovations. Paint and wallpaper are due for one more call back to touch things up, but have completed the bulk of their assignments. We are going through the challenge of laying new flooring, but everyone has been very accommodating. Thank you Pico and crew for making the meal deliveries as smooth as possible. Thank you Chris for pushing them to complete in one day. 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 make mention of putting Fall decoration up. And what was even harder was the discussion I had with Santa's Helpers about getting our Holiday light's up. I wanted to give a shout out 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