

OCTOBER BIRTHDAYS!

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

Resident Birthdays 17th-Nancy R.









\$3,500 RESIDENTIAL REFERRAL BONUS

FAMILY & FRIENDS REFERRAL PROGRAM!

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!

PROVIDENCE CONNECT

OCTOBER 2025



SEPTEMBER REFLECTION

Celebrate October and Active Aging Week! October is a month of change and reflection, making it the perfect time to celebrate Active Aging Week, an annual event that highlights the importance of living well at every age. Held during the first week of October, Active Aging Week encourages older adults to embrace wellness through physical activity, social engagement, and lifelong learning. Whether you're taking a nature walk, joining a fitness class, or exploring a new hobby, it's never too late to stay vibrant, connected, and empowered!



Redefining Retirement Living

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

COMMMUNITY MANAGEMENT

John Ficker **Executive Director**

Jesus Roman Culinary Services Manager

Bethany DeGennaro MC Life Enrichment Manager

Matt Swaney Marketing Manager

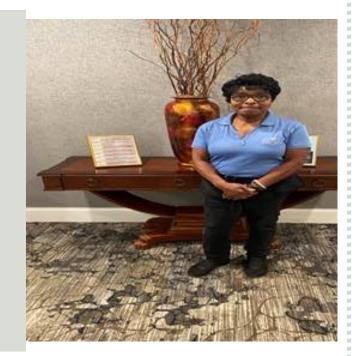
Cara Nirenberg Marketing Manager

Chandra Mills Resident Care Manager

Erin Cotton Wellness Coordinator

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

5 15

Greek Festival Dollar Tree Outing

17

Exotic Encounter Packing Bags for Women's Shelter



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 will provide transportation for medical appointments on 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. Appointments will be scheduled between the hours of 8:30 am and 3:30 pm.

OCTOBER SPECIAL EVENTS

3

Car Show Giovani the Italian Singer

16 30

Polka Band

Cranfield Trick or Treating

13



Almost! We are moving along with our renovations. Paint and wallpaper are due for one more call back to touch things up, be 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. As I walked through today, I saw a few things here and there that will need to be done before we finalize, but again it is getting close. 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 vergood 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. Looking forward to the Holidays and football, and with my team's lack of success, the soon to be basketball season.

I may have put this in last month's newsletter, but its is certainly worth repeating. 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 creviled the way. It is why we do what we do!

John