



RESIDENT BIRTHDAYS

- 10/3: John Herde
- 10/4: Chuck Corbett
- 10/5: Bob Ehinger
- 10/9: Marcia Aguiar
- 10/16: Arlene Andrews
- 10/10: Valerie Giovanni
- 10/18: Calvin Larson
- 10/20: Noel Doyle
- 10/20: Jim Lucas
- 10/22: Maria O'Connor
- 10/23: Encarna Gordon
- 10/28: Tom Eger
- 10/30: Josie Christensen
- 10/31: Kay Turley



The Warriors & Wildcats Rock!

The Warriors & Wildcats did it again! After practicing over the past 4 months, both teams showed their skills and spirit and took home the gold and silver. Team Wildcats came in 2nd place; while Team Warriors not only won first place, but for the first time ever during the tournament, the county of Fairfax sent their winning team to play against the winning team of Loudoun County, which just so happened to be the Warriors. In true fashion, it didn't take much to set, spike, bump and win! Congratulations to our fabulous volleyball teams for blocking the ball and not letting it fall!



COMMUNITY COMMUNICATION

- 10/1 Polish Party (RSVP)
- 10/1 Vocal Instrumental Concert with the Bobbe Shore Quintet
- 10/2 Boreno Presentation with Harry M
- 10/4 In-House Theater Show: Bethesda Little Theater – Hues in Harmony
- 10/6 Difference Between Religion & Spirituality with Jose
- 10/7 Campfire Roast
- 10/8 Cupcake Wars Contest
- 10/8 Vocal Guitar Contest with Katy Morse
- 10/10 Active Aging Week Awards Ceremony
- 10/11 Tacy Music Concert
- 10/13 Fish of the World Presentation with Andrew Wilson
- 10/14 Diabetes & A1 Management Lunch & Learn with Dana (RSVP)
- 10/14 Golden Anniversary Newlywed Game with Gabby
- 10/14 Piano Bar with Yvonne Johnson
- 10/15 Harvest Cider Lounge
- 10/15 Andrew Wyeth Presentation with Kimberly Stein
- 10/15 Violin Concert with Benedict G

- 10/16 Sholem Asch's Jewish Gospels with Jimmy
- 10/17 Can Machines Think – Understanding AI Presentation w/ Luke K
- 10/17 International Showcase Happy Hour Festlichkeit
- 10/18 Music Miracles Concert
- 10/21 Classical Piano Concert with the Nguyen Brothers
- 10/22 Koffee Klatsch with Dana: Glycemic Index & How to Make Better Choices
- 10/22 Jane Goodall Presentation with Kimberly Stein
- 10/22 Piano Concert with Bertram McLeish
- 10/24 A Vintage to Die For Mystery Theater Luncheon (\$ - RSVP)
- 10/25 Brianna Jaeger Student Recital
- 10/25 Myths & Legends of the US with Gabby
- 10/27 Ashburn Silver Steppers Line Dancers
- 10/28 Positive and Functional Aging - Part 2 with Bob M
- 10/29 Lunch Out/In: The Deli (\$ - RSVP)
- 10/29 Herb Smith Trio Concert



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

OCTOBER 2025



SINGH

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www.waltonwood.com | 571 918-4854
Facebook: WaltonwoodAshburn



UPCOMING EVENT HIGHLIGHTS

As we step into the cool nights of October, *Libra* the work to us. I *opal* have a good time joining us for our many upcoming events. During Active Aging Week join us for roulette fitness, zumba, cupcake wars contest, and community wide exercise class and awards ceremony. Grab a warm blanket and sit by the cozy fire as we tell scary ghost stories, sing songs and eat delicious ooey gooey s'mores at our Campfire Roast. Join us for the Golden Anniversary Newlywed Game. Oktoberfest is here! Don't miss the festlichkeit with soft pretzels and German beer while enjoying the oom pah pah sounds of the weisn. As we get into the Halloween spirit, we have many fun themed activities like Clue and the Escape Room Party games and Famous Mystery Detectives, Myths and Legends of the US, Unsolved Mysteries of the World, Spine Chilling Authors and Classic Movie Monster presentations. Our Murder Mystery Luncheon is back with the show "A Vintage to Die For" and don't forget to join us for pumpkin carving, Community Trick or Treating with the local area schools, Resident & Staff Costume Parade and the Boos & Brews Bash. There is always something fun and exciting to do at our community. 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 Ruben Perla for being selected Employee of the Month! Ruben was chosen because he goes above and beyond.

Ruben has worked at Waltonwood since 2019. He started as a cook and was promoted to Kitchen Supervisor in 2022. After graduating from high school, Ruben worked at a Casino as a server and prep cook. He enjoyed the atmosphere and chatted with many people in the culinary business which made him want to continue in the field. Although Ruben enjoyed doing lavish catering and buffets, he especially enjoyed helping the seniors that frequented the Casino. This made him decide to work in a senior living community.

Ruben is an optimist. His positive attitude and great sense of humor shine through daily. You can tell that he really enjoys his job. Ruben is very reliable, always makes time to help everyone and comes in when others aren't available. Ruben does many jobs in the kitchen from cooking/baking to meal prep to cleaning and even maintenance. He is very good about ensuring that food gets out to residents and staff in a timely manner.

In Ruben's spare time, he enjoys watching sci-fi, history and war movies. His favorite actor is martial artist, Jackie Chan. Ruben enjoys going on hikes at the Great Falls and Shenandoah National Parks and Harper's Ferry. He also loves playing Xbox video games and spending time with his 3 sisters and 4 nephews.



SEPTEMBER HIGHLIGHTS: Check the Intouch screen for more photos!



FOREVER FIT: 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 be 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

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

- 10/3 10am George Washington Masonic National Memorial - \$20 (RSVP by 10/1)
- 10/10 9:30am National Inventor's Hall of Fame – Cost for purchases (RSVP by 10/3)
- 10/17 11:30am Lunch Bunch: Blue Ridge Grill – Cost for meal, taxes & tip (RSVP by 10/10)
- 10/22 4:30pm Supper Club: Euro Bistro – Cost for meal, taxes & tip (RSVP by 10/15)

SEPTEMBER SPECIAL EVENTS

10/6-10

Active Aging Week

10/14

Golden Anniverary
Newlywed Game

10/24

Murder Mystery In-
house Theater
Luncheon

10/31

Community Trick or
Treating/Costume
Parade & Party



EXECUTIVE DIRECTOR CORNER

Active Aging Week is October 6th through October 12th. Please join us as we celebrate all the active and engaging life enriching programs we offer at Waltonwood Ashburn on a daily basis. We have exciting Octoberfest and Halloween parties planned later in the month as well. Unfortunately, we also experience more instances of cold and flu as the weather changes and the days become shorter. Please refrain from participating in life enrichment activities and dining venues when feeling sick. Be safe when navigating outdoor spaces and parking lots in the dark. Enjoy a fantastic Fall!. The Holiday Season is right around the corner and will be here before we know it.

