



Congratulations to Ruben Perla October Employee of the Month!



Ruben Perla 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.

**ASHBURN
CONNECT - AL**

October 2025



October

We kick off October with Active Aging week! Active Aging celebrates older adults' contributions and promotes healthy lifestyles through engaging wellness activities. We will be highlighting the seven dimensions of wellness, physical, social, spiritual, emotional, intellectual, vocational, and environmental with special programming from the 5th- 10th, stay tuned for more details!

This month our international feature brings Germany to Waltonwood! Our culinary team will have a special German inspired dinner on the 17th.

October is Breast Cancer Awareness month, we will be having our Ashburn "Pink-Out" and Pink Ladies Tea.

And of course we couldn't leave out the Halloween festivities! Join us for a special Mad Scientist Mocktail Happy Hour as well as community wide kids trick or treating and our annual resident and staff costume contest on the 31st.

So much fabulous fun to be had in October, I hope to see you all in the AL neighborhood!



SINGH

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**COMMUNITY
MANAGEMENT**

Christopher Leinauer Executive Director

Audrey Wilson
Business Office Manager

Chelsea Gray
Marketing Manager

Victor Ast
Marketing Manager

Eduardo Villasmil
Culinary Services Manager

Dwayne Johnson Maintenance Manager

Tracy Philemon
Independent Living Manager

Sharon Prior
Resident Care Manager

Kesha Sampson
AL Wellness Coordinator

Sheryl Warren-Graham
MC Wellness Coordinator

Jocelyn Jackson
IL Life Enrichment Manager

Brandy Alexander
AL Life Enrichment Manager

Desiree Gilbert
MC Life Enrichment Manager



\$3,500 RESIDENTIAL 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!

Massage Therapy

Call 1-301-614-6158

to make appointments or
reach out to

messages222@outlook.com

SALON

Call 1-301-543-9140

to make appointments or
reach out to

wwashburn@southernluxesalons.com

FAMILY & FRIENDS REFERRAL PROGRAM!

September HIGHLIGHTS

National Assisted Living Week
Waltonwood!



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 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

If you would like to book Mon or Wed transportation, please see front desk concierge for a Transportation Request Form. Prior notice of 2 business days is needed. We also offer drop off services on Sunday to specific church’s and local retail stores. To sign up or for more information regarding Sunday transportation please contact: Jocelyn Jackson 1-571-918-4854 or via email:Jocelyn.Jackson@singhmail.com

Here’s Where we’re headed this month!

- 10/7: Scenic Ride 1:15pm bus loads, depart at 1:30pm
- 10/14: Harris Teeter Grocery Shopping 1:15pm bus loads, depart at 1:30pm
- 10/21: McAllister’s Deli 11:15pm bus loads, depart at 11:30pm
- 10/28: Scenic Ride 1:15pm bus loads, depart at 1:30pm

*Please Note: A minimum of 4 people to go on an outings or trip is subject to cancelation. For shopping and restaurant outings residents must be able to be handle shopping, purchases, and provide their own form of payment while on outing.

SPECIAL EVENTS

- 10/1: Mac McClaren presentation 11:00am
 - 10/2: Resident Council/ Town Hall 10:30am
 - 10/2: Crafting with Heather 1:30pm
 - 10/3: Concert: Ron Howard 4:00pm
 - 10/5: AAW; Art with Juliet 2:00pm
 - 10/6: AAW; Zumba with Hedi 3:00pm
 - 10/7: Outing: Scenic Ride 1:15pm
 - 10/7: AAW; 80’s Costume FF class 3:00pm
- 10/10: AAW; ceremony 1:30pm
 - 10/14: Outing: Shopping Harris Teeter 1:15pm
 - 10/21: Outing: Lunch McAllister’s 11:15pm
 - 10/27: Mad Scientist Happy Hour 3:00pm
 - 10/28: Outing: Scenic Ride 1:30pm
 - 10/30: Concert: Lee Jones 4:00pm
 - 10/31: Halloween Trick or Treating 10:00-2:00pm

Alice
Adventure
Send Off!



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. 😊

