

December Birthdays

Janice O. - 12/5
Nick S. - 12/15
June H. - 12/19



FAMILY & FRIENDS REFERRAL PROGRAM!

COMMUNITY COMMUNICATION

Your Calendar is included with this Newsletter. While we try our best not to make changes, it does happen from time to time. Remember: The most up-to-date programs are always posted in the elevator, on the TV screens & now you can access on your phone. If you have any questions, please reach out to the Life Enrichment Team.



\$3500 RESIDENTIAL REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to our community, they'll thank you for it - and then we'll thank you for it too!

If they sign a one-year lease with us, you'll receive a \$3500 Referral Bonus* in the form of a check, rent credit or donation to a charity of your choice! Ask for details!

LAKE SIDE
CONNECT

DECEMBER 2025



“The holiday season is the perfect time to reflect on our blessings and to seek out ways to make life better for those around us. “ - Terri Marshall

As December unfolds, we find ourselves wrapped in the warmth and wonder of the holiday season. The crisp chill in the air signals a change, inviting us to cozy up with loved ones and cherish the simple joys that this time of year brings. Whether it's the twinkle of festive lights, the aroma of freshly baked treats, or the laughter shared around the table, the spirit of merriment is all around us. Let us embrace this season of giving and gratitude, celebrating the connections that light up our lives. Here's to a joyful and heartwarming holiday season for all! Make sure to join us for all our Life Enrichment holiday gatherings, including our Caroling Choir and the Entertainment with Allure!

-Warm Wishes,
Waltonwood Family!



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COMMUNITY
MANAGEMENT

Gina Conway
Executive Director

Allison Neal
IL Manager

Lisa Kendrick
Business Office Manager

Rene Ruhlman
IL Life Enrichment Manager

Melissa Wright
Lead Marketing Manager

Aaron Rodino
Marketing Manager

Nick St Onge
Culinary Services Manager

Les Hicks
Environmental Services
Manager

Marcia Combs
MC Life Enrichment Manager

Moriah Dean
AL Life Enrichment Manager

ASSOCIATE OF THE MONTH -

I have been part of the Waltonwood family for two years and eleven months. The greatest joy in my role comes from helping others and witnessing their happiness—it truly brightens my day and keeps me motivated.

Outside of work, I have a passion for traveling and hope to explore many more countries and unforgettable destinations. I also enjoy relaxing with a good movie and listening to music in my free time.



NOVEMBER HIGHLIGHTS



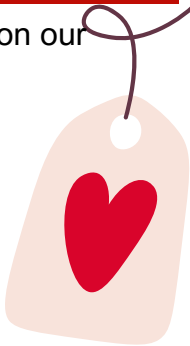
Kathy M. helped us make centerpieces. She used to make them for her bowling league and at her church in Florida!



Santa and Jingle Bill chat with Jackie F. Santa is coming to town!



Jose M. enjoys going on our outings every Friday!



FOREVER FIT: Morning Meditation

The holidays are a wonderful time of the year filled with friends, family, parties and gatherings. It's also some of the more stressful week on the calendar filled with schedule changes and obligations that pull you from your current routine and into a space that can feel somewhat overwhelming. So, take this a gentle reminder that the holiday stress is normal and OK, in fact use this opportunity to acknowledge it and find positive ways to work through it. How we manage this stress will directly impacts how our bodies and minds feel in the weeks to come. This December try adding a morning meditation to your daily routine. Each morning take some quiet time for yourself to slow the body, calm the mind and allow yourself to connect with how you feel. It could be something as simple as a 5-minute gratitude meditation giving thanks for what you have in your life or something longer like a 10-minute body scan allowing yourself to acknowledge how you physically feel today. No matter the time or type this daily practice of mindfulness is the perfect way to quiet the stress and connect to the world around you.

TRANSPORTATION INFORMATION

Transportation is offered for Assisted Living residents on Fridays for outings and appointments based on availability. The bus is used on Monday, Tuesday and Thursday in Independent Living and Wednesdays in Memory Care. Limited rides on the bus may be available on those days, and residents who are able to transfer into the Cadillac have that option as well. Transportation request slips are available at the front desk. Please give as much notice as possible so our drivers can create their schedule. We will try our best to accommodate last minute requests but cannot guarantee availability.

DECEMBER HAPPENINGS

- 12/2: Holiday Helper Monthly programming begins!
- 12/3: Resident Council Meeting
- 12/4: Entertainment: Choir Christmas Concert
- 12/5: Outing: Friday Flock at Trintiy Lutheran
- 12/5: Waltonwood Open House (1-3pm)
- 12/8: Men's Luncheon in MC
- 12/9: Mistletoe Mixer! Family Invite!
- 12/11: Entertainment: Vanessa Carr
- 12/12: Afternoon with Allure: Broadway Hits
- 12/18: Christmas Buffet (Please RSVP!)
- 12/19: Afternoon with Allure: Holiday Singalongs!
- 12/19: Christmas Lights Drive with Oliver at 5pm
- 12/25: Christmas Day
- 12/31: Noon Years Eve Party



Janet G. is always feeling grateful, and we are thankful for her!



GINA CONWAY, EXECUTIVE DIRECTOR

On behalf of the entire Waltonwood team, Happy Holidays! As many of you may know, I am pregnant and expecting to begin maternity leave at the end of the month. My last day in the community is December 26th and plan to return in March. While I'm away, Emily Long, Assoc. Executive Director and Ellen Byrne, Regional Director of Operations will be supporting the community. Their contact information will be available at the front desk, so please feel free to reach out to them should you need anything. Wishing you all peace, joy and prosperity as we embark on yet another new year.