

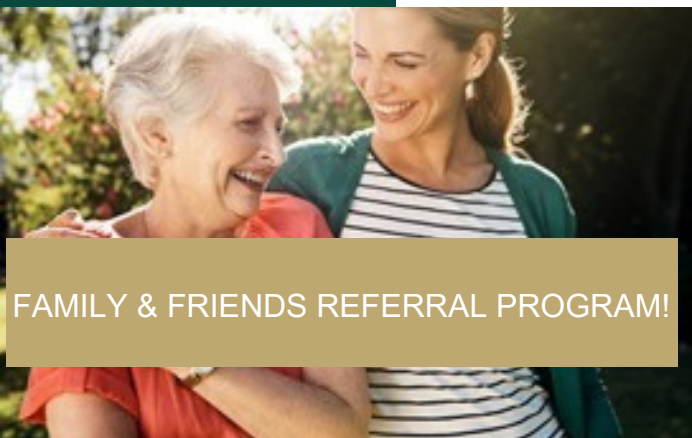


DECEMBER BIRTHDAYS

- Carole 12/16
- Betty 12/21

Massage Therapy
Call 1-301-614-6158
to make appointments
or reach out to
massages222@outlook.com

SALON
Call 1-301-543-9140
to make appointments
or reach out to
wwashburn@southernluxesalons.com

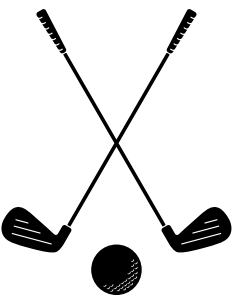


FAMILY & FRIENDS REFERRAL PROGRAM!

Adventure by Waltonwood: Paul Brinegar

Paul has golfed on many courses throughout his life..even way out in California! Not only did he have the opportunity to relive his passion, but he got to do it with his son.

Thanks to our Adventure Program, we were able to book a private virtual course, where we enjoyed good music, good food and good company. Thank you, X-Golf, for your hospitality!



\$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!

ASHBURN CONNECT - MC December 2025



December Program Highlights

- 12/2 Holiday Decorating!
- 12/3 Tie Blankets
- 12/10 Gingerbread Houses
- 12/11 Bull Run Festival of Lights @ 5:30pm
- 12/15 Spin the Dreidel
- 12/16 Puzzle Party with Carole
- 12/19 Holiday Dinner @ 4:30pm!
- 12/22 Wild West Horse Race (Board Game) with Betty
- 12/23 Holiday Prize Game
- 12/24 Hot Coco Bar Dance
- 12/30 Kwanzaa Water Painting Craft

~ Happy Hour EVERY Friday! ~



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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

Employee Of The Month: Nicole Lucero

Congratulations to Nicole Lucero for being selected Employee of the Month! Nicole was chosen because she goes above and beyond.

Nicole enjoys working with seniors. She makes a positive impact every day at Waltonwood and ensures that residents feel welcomed, safe and that they have a sense of purpose. Nicole works very well as a team member and covers if someone is not able to work their shift. During a recent incident, Nicole assisted with taking care of a resident emergency while keeping other residents in the surrounding area calm.

Nicole moved from Bolivia to Virginia to be near family. She has worked as Waltonwood since 2019. Nicole started as a server and then transferred to concierge in 2021 as a scheduler. Nicole currently attends George Mason University where she is studying psychology. She will graduate in 2026.

In Nicole’s spare time she enjoys hiking in the Shenandoah Mountains and going to the gym. When Nicole is not studying and doing homework, she loves spending time with family and friends.



TRANSPORTATION INFORMATION

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.

Here’s where we’re headed this month!

Sign up for the **Lunch Bunch** with Desiree Gilbert! Lunch bill will be added to monthly dues.

12/4 - Tie Blanket Drop Off @ 1:30pm

12/11 - Bull Run Festival of Lights @ 5:30pm

12/18 - Lunch Bunch

November Flashbacks



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.

Executive Director Corner

The end of the year is a time filled with amazing memories of the adventures you have had for the past few months. We think about where we came from and about where we are going, pursuing the future with joy and hope. May this wonderful New Year be all that you have hoped for and may it be sprinkled with friendship and love. Happy holidays!

