



Netflix Series

Man on the Inside, starring Ted Danson, was such a hit at Waltonwood that we're showing season 2 on Wednesdays at 6:30. Each Wednesday in January we will watch two shows. This season, Charles (Ted Danson) goes undercover as a professor at Wheeler College to solve a blackmail case threatening a major donation. Rumor has it that Danson's real wife, Mary Steenburgen, has joined the cast this year.



RESIDENT BIRTHDAYS

- 1/4: Sharon Gilman
- 1/8: Mary Barboza
- 1/12: Sue Lofquist
- 1/12: Ally Woo
- 1/19: Thea Noland
- 1/20: Pat Carlisle
- 1/23: Alejandro Perez
- 1/25: Tom Fowler
- 1/26: Joe Ikenberry
- 1/29: Cathy O'Grady
- 1/30: James Bixler
- 1/31: Catherine Posada
- 1/31: Bernice Whitefeather



COMMUNITY COMMUNICATION

- 1/1 New Year Resolutions
- 1/2 Someday We'll Laugh About This
- 1/3 Cherry Cordial Social
- 1/6 Rock Ridge Debate Team: Senior Issues
- 1/7 Tech 101: Iphone Q & A
- 1/7 Vocal Piano Concert with Yvonne J
- 1/8 Heeling HouseTherapy Dogs Presentation – Meet Angel!
- 1/12 Philosophical Discussion: Empathy & Sympathy
- 1/13 Lunch & Learn with Dana: Macular Degeneration (RSVP by 1/6)
- 1/13 Piano Bar with Tom Saputo
- 1/14 Cozy Coffee Café
- 1/14 Slow Cooker Soup & Bread Lunch
- 1/14 Vocal Concert with Dreama Tubbs
- 1/15 Black Saturday Presentation with Harry Maclaren
- 1/16 Rhinestones & Revelry Parton-y/ Smokey Mountain Dinner Feast
- 1/17 Ashburn Dance Academy of Loudoun

- 1/19 Film & Civil Rights Presentation with Gregory Stuart (Watch the film Inherit the Wind on 1/18)
- 1/20 Songs from the Volunteer State
- 1/21 Morning Muffin Mingle
- 1/21 Vocal Piano Concert with Bruce G
- 1/22 Iran-Conta Scandal Presentation with Jimmy B
- 1/23 Spa Day Hand Massages, Facials & Nail Painting
- 1/26 Tea & Trivia
- 1/26 Religious Discussion: Relationship Between Christianity & Islam
- 1/27 Music Appreciation: The Gershwins
- 1/27 Holocaust Remembrance Day Vigil
- 1/28 Hot Choc Spot
- 1/28 Claudette Colvin Presetation with Juliet Gilden
- 1/28 Vocal Guitar Concert with Peter B
- 1/29 Come Alive at 75 Presentation with Bob M
- 1/30 Puff & Crumbs Croissants

\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

ASHBURN CONNECT

JANUARY 2026



SINGH

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



UPCOMING EVENT HIGHLIGHTS

As we go into 2026, there are so many new activities and events that are happening at Waltonwood. Start off the year by sharing your New Year resolutions. Will we be able to keep them this year? Rock Ridge is back to debate new senior issues. Share your favorite recipes so we can create a Waltonwood Cookbook. Our morning café is so popular we are continuing them with new warm and cozy themes for the winter. Dollywood was such a success last year that we're bringing Tennessee to Virginia again. Join us for a Rhinestones & Revelry Parton-y to celebrate Dolly's 80th birthday followed by a Smokey Mountain Dinner with some of Dolly's favorite foods. The Bear ladies even made a coat of many colors in her honor! New performers and speakers visit us this year along with past favorites. Enjoy a relaxing Spa Day with hand massages, facials and nail painting. Come dressed in your bell-bottoms, leisure suits, halter tops and platform shoes and boogie the night away at our Disco Dance Party. We thought after the holiday season it would slow down. Not in our community. There is always something fun to do. 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
- Rachel Reed
MC Life Enrichment Manager

ASSOCIATE SPOTLIGHT

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

Ashley began her career working at a middle school for ten years as a secretary. From there she worked as an office manager for a small business owner. Ashley found herself being a caregiver for some family members and during the process discovered her passion working in healthcare, especially with senior citizens. Ashley loves helping others and provides great customer service. She has been the Move-In Coordinator at Waltonwood for almost 3 years. Ashley loves her job and finds it personally and professionally rewarding helping families make the important transition into senior living.

Ashley has lived in the Northern Virginia area since she was five. She really likes the area and thinks it's a great place for working and raising children. Her children, twins, are now grown up. Her son still lives in the area and her daughter visits frequently.

In her spare time, Ashley enjoys going to any beach with her family, eating at new restaurants (she especially likes Italian) and reading non-fiction, biographies and spiritual books. Her idea of a perfect day is sitting outside reading a good book and drinking a delicious cup of coffee.



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.

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 accommodate 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.

Saturdays 2pm, Sundays at 9am & 12pm: Shopping – see calendar for stores of the day
Sundays 10am St. David's & St. Theresa Church Services

- 1/2 Supper Club: Travinia Italian Kitchen – Cost for meal, taxes & tip (RSVP by 1/1)
- 1/16 11am Scenic Dive to Snickersville – FREE (RSVP by 1/9)
- 1/9 Lunch Bunch: Tuscarora Mill – Cost for meal, taxes & tip (RSVP by 1/2)
- 1/16 11am Scenic Drive to Snickersville – FREE (RSVP by 1/9)
- 1/23 Lunch Bunch: First Watch – Cost for meal, taxes & tip (RSVP by 1/16)
- 1/30 Movie Trip – TBD – Cost for ticket & treats (RSVP by 1/28)

JANUARY SPECIAL EVENTS

1/8

Healing House Therapy
Dogs Presentation -
Meet 8 month old Angel

1/20

Disco Dance Party

1/16

Waltonwood Goes to
Dollywood

1/27

Holocaust
Remembrance Day Vigil



DECEMBER HIGHLIGHTS



FOREVER FIT: Don't Go It Alone

When we think of exercise, we often think of stronger muscles and healthier bodies. While this is true, when regular exercise is combined in a social capacity the physical benefits may also extend to our cognitive functioning too. Recent data suggests that those who work out at least twice a week with a workout buddy, or in a small group, also lowered their risk of developing cognitive decline versus those who exercised alone. The data also shows that social engagement boosts motivation, improves accountability and creates a greater sense of belonging. When you're setting those New Year's resolutions remember a good workout with some great friends may be the best way to stay healthy for years to come.

EXECUTIVE DIRECTOR CORNER

The New Year has arrived and we look forward to it with great optimism. Our goal is to be the preferred place to both live and work in the Northern Virginia senior housing market. We'll achieve this by providing the best hospitality, care and culture to our residents and staff. I truly believe we already have all the tools in place to make this new year very successful. Wishing you all a very healthy and fruitful 2026.

