

COTSWOLD CONNECT

JANUARY 2026

ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

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Cheers to the New Year!

Now that the holiday season has come to an end, it is time to start the new year off strong. The new year is a time for new beginnings, goal setting and self-improvement. With January being National Hobby month, it is a great time to try something new. Whether you want to focus on getting into shape, joining a new club, meeting somebody new, or picking up a paint brush, we have a lot to offer throughout the month. Be sure to check out the monthly program calendar for a full list of offerings.

This year, in honor of Dolly Parton's birthday on January 19th, we will be hosting our very own "Waltonwood to Dollywood" theme day on Friday, January 16th! We will be offering a number of

Dolly-themed programs and events, including a Dolly Day luncheon, and a Coat of Many Colors Cocktail Hour featuring a Dolly-approved cocktail recipe. We would like to strongly encourage all residents and associates to consider dressing up on January 16th in your favorite western wear – think boots, flannels, bandanas and rhinestones (which are Dolly's favorite). In conjunction with our Waltonwood to Dollywood day, we will be kicking off a book drive to support the mission of Dolly Parton's "Imagination Library." The drive will run from the last week of January through mid-March. We will accept new books for children ages newborn to 12.

- Your Waltonwood Family

COMMUNITY LEADERSHIP

Jeff Plummer

Regional Director of Operations

Christine Hames

Executive Director

Sharyn Riddle

Business Office Manager

Leonel Ferreira

Culinary Services Manager

Hadiyyah Hilton

Housekeeping Supervisor

Alexis Spencer

Life Enrichment Manager

Jaynie Segal

Marketing Manager

Sierra McKoy

Wellness Coordinator

Desiree McElroy

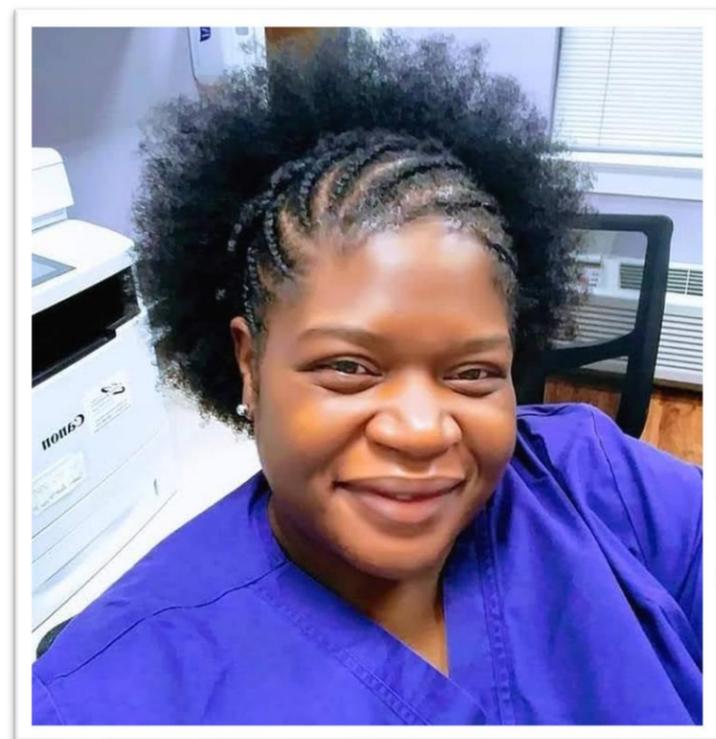
Resident Care Manager

John Williams

Environmental Services Manager

ASSOCIATE SPOTLIGHT

EURIKA ROGERS



Eurika was born in Washington, D.C., falling in line as child #13 out of 14! Growing up in a big family was surely nothing short of entertaining, especially for Eurika being one of the youngest siblings. Eurika moved to North Carolina when she was 18 years old to take care of her father, which she did until he passed away. Caring for her father is what sparked a passion in her as a caregiver, and she has worked in this role ever since. She takes her job seriously and works hard to provide quality care to the people around her. She appreciates her residents and coworkers, having learned so much from each population.

Outside of work, Eurika is the proud mother of two lovely children. Both of her children have Autism, which has opened up her world to serving others with similar challenges. She deeply loves her children and seeks to understand them, which is why she enjoys spending time with them at ABS Kids Therapy. In fact, she has become a certified Behavior Technician to serve her children and others with Autism well. Besides the joy she gets from spending time with her children, Eurika also likes to take trips to the beach, dance, eat good food, listen to music, and watch movies. Eurika loves working in the healthcare field and wants to grow in this capacity! We are so glad that she's chosen Waltonwood as an avenue for that over these past 3 years. She is a wonderful member of our Waltonwood Family!

DECEMBER HIGHLIGHTS

December was full of family, friends, and holiday cheer here at Waltonwood! This month was packed with exciting events in the community, including our annual resident holiday party. The party featured delicious food, live music by Ethan Uslan, and plenty of great company. We had multiple showings of holiday movies and holiday music performances throughout the month. Plus, we had a surprise visit from Santa just in time for Christmas!

To celebrate Hanukkah, we hosted a group of third graders from Charlotte Jewish Day School for a special performance and game with the residents. We also took the residents to a Hanukkah party hosted by the Jewish Community Center. To get into the Christmas spirit, we went out to see Christmas lights in the Cotswold area near the community.

Our residents made jingle bell door hangers, pinecone Christmas trees, and ceramic holiday mugs to put on display for the month. We also hosted a Christmas cookie decorating session. It was heartwarming to see the joy and camaraderie shared by everyone in our community. The festive atmosphere truly made this December one to remember, and we're looking forward to creating more wonderful memories in the new year!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Partner Up for a Happier, Healthier New Year by Shirlena Hucks, Forever Fit Coordinator

It's a new year, which makes it a great time to make new friends and partner up with a buddy. Studies show that doing things with other people is good for your mood and mental well-being. And, it engages healthy competition. You can set goals and challenges with your buddy to make your weekly schedules more interesting. Try something you've never done before, and even if you don't like it, it will be something you can laugh about later as you promise each other that you'll never do it again. Having someone to join you in your day-to-day routine is also another way to stay motivated. If you already attend Waltonwood programs with a buddy, then tell a neighbor. If they give you excuses or have reservations about doing certain things, have them speak with the Forever Fit Coordinator or Life Enrichment team and we can point them in the right direction. You never know - you might be the reason someone starts a new routine. Let's partner up this month and make some new connections this year.

TRANSPORTATION INFORMATION

Waltonwood Cotswold offers a variety of off site outings throughout the week. Refer to the calendar for the full schedule!

We are happy to share that transportation for doctor's appointments is available on Tuesdays and Wednesdays between 9:00 AM and 3:30 PM. Please submit your requests by 5:00 PM on the Friday prior to the following week. We understand that transportation is important to our residents, but advance notice is necessary to ensure the best service for everyone. If you need transportation on short notice, please contact Jeanette Peterson (704-712-5804) or Alexis Spencer (704-496-9310) to see if your request can be accommodated.

Monday Outings: Olive Garden, Vicious Biscuit, Showmars, Chicken Salad Chick

Friday Outings: Barnes and Noble, Marshall's, Target, Scenic Drive

Please refer to the calendar for specific outing dates and times.

Errands: If you need transportation for an errand (pharmacy, store, bank, etc.) please contact Jeanette by phone (704-712-5804) and she will schedule your errand based on her availability for the week. Errands are completed on a first-come, first-served basis.

JANUARY SPECIAL EVENTS

16

Waltonwood to Dollywood Theme Day

January 16th beginning at 10:30 am

19

Resident Council Meeting

January 19th at 2:00 pm

19

MLK Day Celebration

January 19th at 3:00 pm

22

Waltonwood Amenities and Services Presentation

January 22nd at 1:30 pm



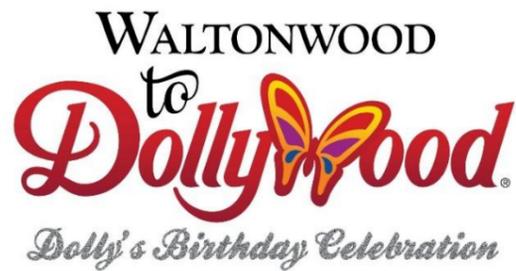
EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,

As we begin 2026, I would like to express my sincere appreciation for your generous contributions to our Associate Holiday Fund. Your kindness allowed us to recognize and celebrate our associates during our Holiday Party in a meaningful way. Associates received generous gifts of varying amounts, based on their tenure and employment status. These gifts brought tremendous joy and a strong sense of appreciation to our team members, many of whom work tirelessly to support our community each day!

With gratitude,
Christine Hames
Executive Director

LIFE ENRICHMENT BULLETIN



Please see the complete list of themed events for our second annual Waltonwood to Dollywood theme. As previously mentioned, we encourage all residents and associates to dress in western wear on Friday, January 16th.

Monday, January 12th

10:30 am – Dolly Parton Documentary (T)

Tuesday, January 13th

2:00 pm – Movie Matinee: Steel Magnolias (T)

Wednesday, January 14th

2:00 pm – Dolly Parton Picture Bingo (HR)

Thursday, January 15th

2:00 pm – Rhinestone Boot Canvas Craft (HR)

Friday, January 16th

10:30 am – Country Hits Sing Along Group (C)

11:30 am – Dolly Day Luncheon (DR)

1:00 pm – Country Queen Cardio Drums (LR)

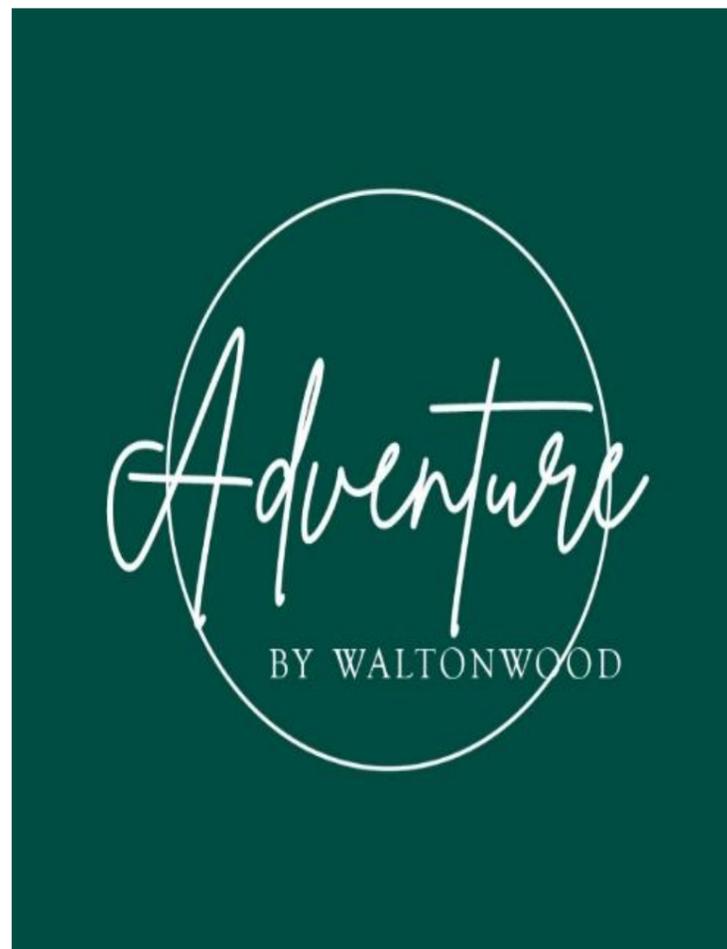
3:30 pm – Coat of Many Colors
Cocktail Hour (DR)

6:00 pm – Movie Night: Unlikely Angel (T)

C – Café T – Theater HR – Hobby Room DR -- Dining Room LR – Living Room

Dollywood is not affiliated with Waltonwood, nor has provided Waltonwood with any materials. All events throughout Waltonwood to Dollywood was created and implemented by Waltonwood with permission to use Dollywood in the title and the basis of the special events honoring Dolly Parton.

We are encouraging residents to participate in a company sponsored program called Adventure by Waltonwood. At Waltonwood, we pride ourselves in providing residents with exceptional life experiences. The purpose of this program is to encourage Waltonwood residents to pursue their life's desires and ambitions. Adventures can be as big or small as you would like – the possibilities are endless! Residents can nominate themselves for an adventure, or may be nominated by family members, staff or other residents. All adventure requests must be submitted to Alexis or Sophia in Life Enrichment. Please reach out to a Life Enrichment team member if you have any questions. We are so excited to help make our residents' dreams come true!



\$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!

HAPPY BIRTHDAY

Celebrating Birthdays in January

2nd – Eleanor T.

9th – Pat S.

12th – Betty F.

18th – Ann L.

21st – Ilah K.

24th – Donna D.

25th – Virginia S.

30th – Sarah L.

“The longer I live, the more



FRIENDS & FAMILY REFERRAL PROGRAM!