



BIRTHDAYS

2nd Betty W.
6th Betty M.
11th Harry M.
14th Milt R.
16th Mary S.
17th Dan R.
23rd Isabel J.

ASSOCIATE BIRTHDAYS

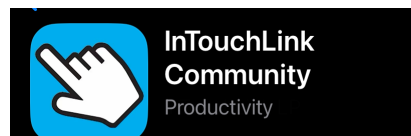
4th Chase P.
7th Giselle G.
9th Khadijah L.
11th Gaberiel D.
11th Erica C.
11th Kayla S.
16th Vivian A.
17th Lashawnti M.
19th Wayne R.



LIFE AT PROVIDENCE



Download the InTouchLink app today! Stay connected to Waltonwood from the comfort and convenience of your smart device. The code to connect is 113573.



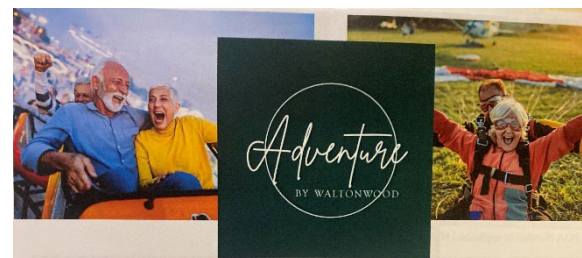
Do you have questions about how to download the app? Please see Blair, Life Enrichment Manager.



PROVIDENCE CONNECT

FEBRUARY 2026

February may be the shortest month of the year, but it is full of meaning. As winter continues, this month invites us to slow down, reconnect, and focus on what truly matters, our relationships, our well-being, and our shared goals.



Adventure by Waltonwood

At Waltonwood, we pride ourselves in providing residents with exceptional life experiences. Adventure by Waltonwood is a company sponsored program encouraging Waltonwood residents to pursue their life's desire. Whether meeting their great grandchild for the first time, riding in a hot air balloon, hiking a national park, riding in a Corvette or reuniting with their best friend from college, Adventure by Waltonwood is available to support resident ambitions. Contact Blair McCotter for more information.



SINGH

5039 Providence Country Club Drive,
Charlotte, NC 28277
www.waltonwood.com | 704-246-8636
Facebook: /WaltonwoodProvidence

MANAGEMENT

John Ficker
Executive Director

Jesus Roman
Culinary Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Blair McCotter
Life Enrichment Manager

Brittany Hardy
Wellness Coordinator

Issac Harris
Environmental Service Manager

Erin Cotton
Special Care Coordinator

Tina Jones
Resident Care Coordinator

\$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!

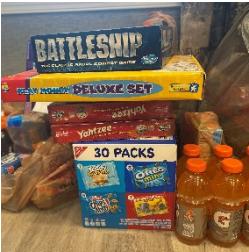
Congratulations Mark, you are Waltonwood Providence’s associate of the month! Mark has worked for Waltonwood Providence for a little over 2 years. His favorite part of his job is his interactions with the residents. His favorite food is Italian. His dream vacation is to visit Africa. In high school Mark was a football player. His bucket list item is a trip to see the Superbowl.

Waltonwood Providence is lucky to have you!



JANUARY HIGHLIGHTS

01 Pat’s Place Fundraiser
07 Dandy Don



16 Dolly Day
19 MLK Day



February Entertainers

- 10th Music w/ Joey Santos
- 13th Piano w/ Patrick
- 16th Music w/ Brian McCarn
- 17th Music w/ Theresa
- 18th Piano w/ Ethan
- 25th Music w/ John Lewis
- 27th Music w/ Jim Ruth

TRANSPORTATION INFORMATION

Waltonwood will provide transportation for medical appointments on Tuesdays, Wednesdays, and Thursdays. Please notify the Concierge of your appointment as far in advance as possible with the time, date and location. After reservations are made, each resident will be advised of a departure time within 24 hours prior to each appointment. We will continue our activities outings on Fridays. Sign up at the table across from the Concierge desk.

FEBRUARY OUTINGS

- 06 Portifino’s
- 13 CVS
- 23 Harris Teeter
- 27 Dollar Tree



FEBRUARY SPECIAL EVENTS

- 11 Ribbon Cutting
- 14 Valentines Day
- 17 Mardi Gras
- 18 Ash Wednesday



In the Moment

Strengths, weaknesses, abilities and limitations all act to shape our overall health and wellness. While previous experiences often influence our perception of how we “should” be when assessing our current state, don’t let them be the defining factor in your overall success. Having our focus on things too far in the past create an unfair comparison between our current self and a younger version. When we look too far ahead at our future goals, we can forget to establish the smaller steps necessary to create the foundation from which healthy habits are built. While both instances will be part of the bigger picture, they are only some of the steps in our overall journey. By focusing on today rather than how you felt 1, 5, or 10 years ago, you can better identify your current baseline and design a routine that works for you today. Like most things, progress in fitness is rarely linear, rather a series of ebbs and flows that are constantly challenging us. By recognizing these changes and finding ways to reframe our approach we better set ourselves up for success in the moment.

Happy Winter!!!! As we venture through the yucky cold and short days of January we can look forward to longer days and warmer weather. We just recently went through an ice storm and I was so proud and appreciative of all the staff who made us successful during this stressful time. Everyone worked hard and together. Glad we all stayed warm! We have some fun and traditional events planned for February. February 8th is Super Bowl Sunday. On February 11th we will give a thank you to all the residents who helped and endured the renovations. We will have some fancy appetizers and entertainment. For all of the caregivers, we will celebrate Caregivers Day and their hard work on February the 20th. I always think a celebration should include food. I have bragged about our deficiency free survey before, but the caregivers are so paramount in ensuring our success. Mardi Gras is February 17th, and we will have an Ash Wednesday service on the 18th. During Lent each Friday we will be offering a seafood/fish dish. So, for a month of cold (I hate), we have some very fun events. As I type this, we are celebrating Activity Professionals Week January 26 – 30. With this in mind I will close this note saying thank you to Bethany, Blair, and Cathy for planning such fun events.

John Ficker