

Happy Birthday



SPECIAL EVENTS THIS MONTH!

Can you believe it's already February? Although it's the shortest month of the year, February has a lot of fun events to look forward to here! Listed below are some of our fun February events that we will be celebrating and some information about them. As always, we look forward to making some more great memories together and we hope you can join us for these fun events! (More info about specific times and locations of programs can be found on your monthly calendar).

Black History Month

February is black history month! Our big community event will be on February 20th where we will have a guest speaker from the DIA joining us to share more about black history and important figures over the years. We would love for you to join and learn more about black history together!

Feb 6th: Go Red Day

Go red day is also National Wear Red Day! It's a campaign by the American Heart Association aimed at raising awareness about heart disease and stroke in women. It encourages us to wear red as a visible sign of support for women's cardiovascular health.

Feb 8th: Superbowl Sunday

This Superbowl we are having a social at 2pm to watch the puppy bowl together! It's like the Superbowl, but better!! We will also be making a fun football craft afterwards!

Feb 10th: Winter Olympics Games

In honor of the winter Olympics this year we will be having our own games to play here called the minute to win it winter Olympic games! This will be community wide and anyone is welcome to join in on the fun!

Feb 16th-20th: Random Acts of Kindness Week

Every February we have our random acts of kindness week where we try to be extra kind and intentional with each other! This week we will be recording random acts of kindness we witness from others or we have done for others by spreading love with small or big gestures of kindness throughout our days!

Feb 17th: Mardi Gras Party

In honor of Mardi gras we are hosting a small party in the AL Café! There will be decorations, music, paczkis, and more to celebrate all the colorful traditions of Mardi gras!

Feb 26th: Chili Cook Off

We're having our annual chili cook off with our sister community waltonwood carriage park! Chef Joel and carriage parks chef will be going head-to-head competing to see who will win in making the best chili! Come and join to try the chilis and vote for your favorite!

Feb 27th: Chinese New Year Celebration

It's another new year and for our Chinese New Year we will be celebrating on the 27th with a party in memory care for the community! In China, the New Year holiday is usually five days long from Chinese New Year's Eve which falls on Feb 16th this year. Join us to learn more about their new year and for good food and fun!



\$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!



CHERRY HILL CONNECT



FEBRUARY 2026

FEBRUARY OUTING OPPORTUNITIES

Please sign up with Becca for all outings!

February 5th 1:00PM Crafted Beanery & Giftshop

Today we're heading to Bellville to check out the Crafted Beanery and Giftshop! Crafted Beanery was formed in 2018. Here is a little bit about them from their website: "We are a family-owned company. We wanted a place to not only find unique gift items, but also a place to enjoy a good cup of coffee, a warm smile, and a welcoming environment. A place where our friends and neighbors feel like family".
Cost: Depending on purchase per person

February 12th 12:00PM Lunch Outing: M&M Café

Want to have some delicious food at an affordable price? Today we're heading to one of our favorite local spots for lunch, the M&M Café! They have a variety of food on their menu to choose from and a very friendly staff to serve us!
Cost: Depending on purchase per person

February 19th 1:30PM Visiting Waltonwood Twelve Oaks!

Today we're visiting our friends over at Waltonwood Twelve Oaks to have a fun social and mingle with them! As part of our acts of kindness week, we will also be delivering some letters and treats to them when we visit! We'd love for you to join us!
Cost: none

February 24th 2:00PM Scenic Drive and Act of Kindness!

We're going on a scenic drive today and during our trip we want to stop by the VFW to drop off some thank you gifts! This winter, the VFW was very generous to our Veteran residents here at Waltonwood and made a total of 40 bags full of goodies for them this Christmas! We'd like to return the favor and do something nice for them too! Come and join us for the ride and help us say thank you!
Cost: none



COMMUNITY MANAGEMENT

Angie Hanson
Executive Director

Lanor Jablonski
Business Office Manager

Joel Vassallo
Culinary Services Manager

Alexander Lillie
Environmental Services Manager

Krystal Sidibe
Independent Living Manager

Logan Winton
IL Life Enrichment Manager

Rebecca Wilson
AL Life Enrichment Manager

Mallory Bryant
MC Life Enrichment Manager

Renee Ralsky
Marketing Manager

Caneca Pinkston
Resident Care Manager

Virginia Rios
AL Wellness Coordinator

Brittney Harris
MC Wellness Coordinator

ASSOCIATE SPOTLIGHT

AL/MC Associate of the Month
MIKAYLAH

This month we're so thrilled to announce Mikaylah, one of our amazing caregivers, as our associate of the month! Mikaylah shows us how much she cares for all the residents each day she's here by helping all those around her! She does a great job putting the residents needs first and valuing their feelings while doing so. Thank you Mikaylah for all your hard work, we appreciate you and all you do!



LIFE ENRICHMENT CORNER:

Happy February everyone! This month we are celebrating a lot of special holidays and events that we're looking forward to! Keep an eye on your calendars and daily sheets to see everything that's coming up this month! Please continue to sign up in advance with Becca for outings when you're interested in attending so we can get a headcount and let Becca know if there is anywhere specific that you'd like to visit this year!

This month we will also be having multiple guest speakers coming to talk to us about their areas of expertise including our master gardeners for garden club, a cardiologist for go red day, and a representative from the DIA for our black history celebration! Lots of fun opportunities to learn some new information as well as having fun!

I hope you all are having a wonderful season so far, let's continue to make it a great year, and as always, if there are any other activities, events, crafts, outings or anything you'd like to see in the future or next month, please let Becca know and she will try to schedule what you want to see on your upcoming calendars!

FUN FRIDAY SOCIALS THIS MONTH:

6 Heart Healthy Social

For Go Red day we are having a community wide social after our walk that will be located in the IL Dining room. We will have a guest speaker and some fruit salad to enjoy as well!

13 Valentines Social

We're having our valentine social in the café today at 3pm! There will be some yummy pizza hearts and other snacks to enjoy while we socialize!

20 Black History social

Today we're heading over to IL to celebrate black history month with an informative social! We will have a guest speaker from the DIA and lots of food to celebrate!

27 Chinese New Year

This month we are celebrating the 2026 Chinese New Year! We're having a party in MC to celebrate with one another! There will be music and good food to enjoy as well!



JANUARY PICTURE HIGHLIGHTS



FOREVER FIT: 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.

EXECUTIVE DIRECTOR CORNER

It is hard to believe that February is already here! This is one of my favorite months where we honor the love of Valentine's Day and at Waltonwood the opportunity to engage in our "Random Acts of Kindness" challenge which occurs February 16th – 20th. The participation in 2025 across all Waltonwood communities was 17,500+ random acts of kindness, what a phenomenal feat!! Let's continue the momentum and raise the bar in filling hearts with love in 2026 at our special engagement opportunities through the community. Reminder- we are in full swing of our Customer Satisfaction Survey in partnership with Holleran Community Engagement Group- Communication is key! Written surveys need to be mailed out by February 6th and online submission deadline is February 9th. Wishing you a warm month surrounded by comfort and love.

- Angie Hanson