



COMMUNITY COMMUNICATION

Your February Calendar is included with this Newsletter. While we try our best not to make changes, it does happen from time to time. Remember: The most up-to-date programs are always posted in the elevator, in front of the Hobby Room and dining room, on the TV screens & **now you can access on your phone.** **If you have any questions, please reach out to the Life Enrichment Team.**

- Inge A - 2nd
- Gloria S - 6th
- Ray G - 15th
- Marlene K - 17th
- Linda A - 23rd
- Sheila B - 24th
- Eileen K - 29th

- Rides to church will resume on Sunday, February 8th
- Beginning in February, we will have one Catholic Mass Service on the first Thursday of the month.
- On the remaining Wednesdays, we will have Rosary at 11:30 and Communion/Prayer at 12:00.
- Our book drive continues through March 1st. Please consider donating a book (or two) which will be distributed to local schools.
- Don't forget to pick up your Kindness Bingo card from the Hobby Room beginning Monday, February 16th. When you get a bingo, turn it in for a prize!
- We are looking for volunteers who would be interested in visiting a local elementary school and read to the children. An online background check is required to enter the schools.
- Our Pastry Chef Nichole will be holding two painting classes this month! February 10th is suited for beginners and February 17th will be a more intermediate class.
- Thank you to everyone that attended our Waltonwood Amenities and Opportunities presentation. We will be holding this presentation on a monthly basis. Whether you are a new resident or just need a refresher, we would love for you to join us.
- Gentle reminder that we are not accepting donations of books or puzzles. If you have any you no longer want, please consider donating to the Salvation Army or local libraries.



FAMILY & FRIENDS REFERRAL PROGRAM!

\$3500 RESIDENTIAL REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to our community, they'll thank you for it - and then we'll thank you for it too!

If they sign a one-year lease with us, you'll receive a \$3500 Referral Bonus* in the form of a check, rent credit or donation to a charity of your choice! Ask for details!

LAKE SIDE CONNECT

FEBRUARY 2026



“Unexpected kindness is the most powerful, least costly and most underrated agent of human change.” ~ Bob Kerrey

February is often associated with roses and chocolates, but here at Waltonwood Lakeside, we know that the truest form of love is found in the everyday acts of kindness that weave our community together. Whether it's a neighbor holding the elevator, a shared laugh over your morning coffee or a team member going the extra mile to make someone's day brighter, these moments are the heartbeat of our home. Kindness isn't just a gesture, it's what makes our community feel like a family.

You don't need a grand plan to make a difference. Please consider joining us in our challenge as a Waltonwood family to complete 170 Random Acts of Kindness between February 16-20. Introduce yourself to a new resident or ask them to join you for an activity or meal. Pay a compliment to a fellow resident or staff member. Visit a resident in Assisted Living or join the singalong in Memory Care. The possibilities are endless.

Wishing you a month filled with love, laughter & good health.



Rene Ruhlman / Life Enrichment Manager



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Manager*

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MC Life Enrichment Manager

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AL Life Enrichment Manager

ASSOCIATE OF THE MONTH - CHRIS C.

Please join us in congratulating our Associate of the Month, Chris. This August, Chris will have been with us as our Pastry Chef for 9 years! He was nominated because the residents recognized the desserts have been great and felt he deserved some accolades. Chris loves working with the Culinary Team and creating elevated foods and desserts for the residents to enjoy. In his spare time, he enjoys spending time outdoors with his family.

If you would like to nominate an employee (culinary, housekeeping, life enrichment, care team, concierge or maintenance) for exemplary service, forms are available at the Front Desk.



JANUARY HIGHLIGHTS

16th

We kicked off Dolly Parton's 80th birthday celebration with a Dollywood to Waltonwood filled with all things Dolly.

19th

On MLK Jr. Day we hosted a peace walk reading various quotes from Dr. King and also enjoyed his favorite dessert - Quilly



22nd

Elvis was in the building for a belated birthday party complete with music and chocolate peanut butter cupcakes.

26th

The ladies enjoyed some tea, finger foods, great conversation and some fun!



FOREVER FIT: IN THE MOMENT

Strengths, weaknesses, abilities and limitations all act to shape our overall health & 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.

TRANSPORTATION INFORMATION

Transportation is offered for Independent Living residents Monday-Thursday between 8:30am and 3pm for appointments based on availability. Residents are asked to fill out a transportation request form at least two weeks in advance so our drivers can create their schedule. Slips are located in the library or at the front desk. We will do our best to accommodate last minute ride requests based on schedule availability. **Medical appointments will take precedence over leisure ride requests.** We encourage family and friends to remain involved with transportation to medical appointments. All rides outside of our 10 mile radius will be charged at \$2 per mile.

Outings and community events sign-up sheets are in the Outings binder. Please keep in mind all events are first come - first serve. We request that if you sign up for an outing and end up not being able to attend, you cross your name off the list. **Drivers are not available on Fridays as they are supporting our Assisted Living & Memory Care communities.**

FEBRUARY HAPPENINGS

2nd - Coffee and conversation with Jasmine - please bring your wedding photos to share

4th - Musical performance by Daniel Bryson

5th - Catholic Mass with Father Tim

5th - Cardiovascular presentation by Oakland Home Care

6th - Go Red for Women's Heart Health Day (Wear Red)

8th - Superbowl Sunday

10th - Beginners painting class with Nichole

12th - Entertainment with Theo Spight

16th - Waltonwood Amenities and Opportunities presentation

16th - Puppies visit by Paws, Awes & Claws and the Girl Scouts

16th - Resident Council Meeting

17th - Intermediate painting class with Nichole

19th - Music with Steve from Vintage Vocals

21st - Healthy living for the brain and body presentation

23rd - Tea and Table Talk (Please RSVP)

26th - Entertainment with Jeff Cavataio



EMILY LONG, ASSOCIATE EXECUTIVE DIRECTOR

We're excited to share that the Customer Engagement Survey has begun! This is a wonderful opportunity for residents and families to share their thoughts and help us continue improving our community.

Residents and/or families will have either received a paper copy or electronic copy. Our team has assisted with passing out paper surveys and ensuring everyone receives the correct format. We encourage families and residents to participate and share their feedback—it truly makes a difference. The deadline to complete the survey is February 9.

Thank you for taking the time to share your voice, and please don't hesitate to reach out if you have any questions!