



## News Tidbits

**APARTMENT IN-HOUSE CHANNEL:** Did you know that you can find out what activities are happening in our community every day by going to Channel 1970 right from your own TV? Check it out and join all the fun.

**PETER RABBIT SCAVENGER HUNT:** Find the Easter Bunny daily and win a prize.

**ADVENTURE BY WALTONWOOD:** We are looking for residents who are interested in an opportunity for a personalized and meaningful experience in 2026. The Adventure by Waltonwood program fulfills resident aspirations, revisits moments in time and rekindles connections. If you are interested in a personalized adventure, please contact Jocelyn.

## COMMUNITY COMMUNICATION

- 4/1 April Fools Pranks & Headlines
- 4/1 Watercolor Art Class with Heather C
- 4/1 Vocal Guitar Concert with Katy M
- 4/2 Hearing Loss Presentation: Caption Call Devices with Meta Hobson
- 4/2 Easter Egg Hunt & Easter Bunny
- 4/2 Easter Dinner
- 4/3 Prankster Party Happy Hour
- 4/6 American Revolution Presentation with Blane Ampthor
- 4/7 Passover Seder Presentation (RSVP)
- 4/7 Gold Star Spouses Military Shared Moments & Remembrances
- 4/8 Greetings Card Making with Kathy M
- 4/8 Piano Concert with Tom Saputo
- 4/11 Ashburn Academy of Dance Spring Show
- 4/13 Franz Kafka Life, Work & Influence Presentation with Jose
- 4/13 Sing Along with Bix
- 4/14 What Are Immune Diseases Pres. with Dana (RSVP)
- 4/14 Piano Concert with Yvonne J

- 4/15 Gustav Klimt Presentation with Kimberly Stein
- 4/15 Art Class with Juliet
- 4/15 Vocal Piano Concert with Myca T
- 4/18 Our Savior's Way Non-Denomin. Service (NEW)
- 4/20 Stampede to the Klondike Presen. with Jim Anderson
- 4/21 Rock Ridge High School Science Fair
- 4/22 Cleopatra Presentation with Juliet G
- 4/22 Indoor Garden Project
- 4/22 Vocal Concert with Dominion Chorus
- 4/23 Mozart: Music of Pure Joy w/ Jimmy
- 4/24 Down To Earth Happy Hour
- 4/25 Tacy Music Foundation Concert
- 4/27 Film Discussion with Gregory Stuart Caesar & Cleopatra
- 4/28 Clara Barton History Alive Show
- 4/29 Vocal Guitar Concert with Peter B
- 4/30 Sinking of the Titanic Presentation with Mac

## RESIDENT BIRTHDAYS

- 4/1: Donna Jones
- 4/1: Bob McMillan
- 4/2: Bob Seiden
- 4/3: Ellen Consaul
- 4/5: Besty Swartz
- 4/11: Chris Dame
- 4/11: Corrie Fraser
- 4/13: Mary McAllister
- 4/16: Joe Aguiar
- 4/16: Caryl Warner
- 4/24: Jeanne King
- 4/27: Peter Nazareth
- 4/29: Janet Taliafero
- 4/30: Mary Ann Seiden



FRIENDS & FAMILY REFERRAL PROGRAM!

## \$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!

# ASHBURN CONNECT

APRIL 2026



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## UPCOMING EVENT HIGHLIGHTS

Spring, also known as the vernal equinox where both days and nights are 12 hours long, is a time of rebirth, rejuvenation, renewal and regrowth. It is a perfect time to participate in our many activities. The Easter Bunny is back and he's hidden eggs again for all the kids. Will all of the egg filled candy be found? Don't forget to stop by and take a picture with Mr. Cottontail. Gold Star spouses share their stories about what it was like to be married to someone in the military and experience moving and living all over the world. Science Fair is back with new projects to see from local high schoolers. This month we also celebrate April Fools, Passover, Earth Day and Arbor Day with many themed activities. Volunteer Appreciation Week is 4/19-25. We sincerely thank all of our volunteers for their contributions as our program wouldn't be as successful without their contributions. They shine a bright light on everyone and inspire others to serve. Besides joining our many activities this spring, don't forget to take in the warm sunlight and catch a breath of fresh air too. You may even catch a rainbow after a rainshower. Join us for our fun themed morning cafes – Rise & Grind, Guil-Tea Pleasures and even an afternoon Sodapalooza. 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

Desiree Gilbert  
MC Life Enrichment Manager

## ASSOCIATE SPOTLIGHT

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

Guillermina has worked at Waltonwood for 7 years in the housekeeping department cleaning apartments and doing laundry for our memory care residents. Prior to that she worked at the Loudoun Hospital for 12 years cleaning patient's rooms.

Guillermina loves working with seniors and often helps residents even if it's not part of her job responsibilities. She can be seen assisting residents back to their apartments or helping them find meaningful items that they have lost.

Guillermina has lived in Virginia for 36 years. She moved from El Salvador to be with family. She owns her own catering business where she cooks tamales, tortillas and quesadillas to order. In her spare time, Guillermina loves making sure her home is spic and span from top to bottom and spending time traveling and watching Korean movies with her daughter.



## 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 accomodate 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

- 4/3 10:30am Heeling House Service Dog Training Center – FREE (RSVP by 4/1)
- 4/3 1pm DC Trip: Cherry Blossom Scenic Drive – FREE (RSVP by 4/1)
- 4/10 11am Lunch Bunch: Austin Grill – Cost for meal, taxes & tip (RSVP by 4/3)
- 4/11 1pm Riverhawk Productions Theater Show - \$10.00 (RSVP by 4/3)
- 4/17 9:30am National Law Enforcement Museum – \$20 (RSVP by 4/10)
- 4/17 5pm Supper Club: All American Steak House - Cost for meal, taxes & tip (RSVP by 4/10)
- 4/24 10am Odyssey Spring Luncheon Cruise - \$95 (RSVP by 4/10)
- 4/26 1pm Guys & Dolls Senior Theater Show - \$25 (RSVP BY 4/17)
- 4/30 12:30pm Ashburn Senior Center Volleyball Tournament – FREE (RSVP by 4/23)

## APRIL SPECIAL EVENTS

### 4/2

Intergenerational Easter Egg Hunt & Visit with the Easter Bunny

### 4/10

INOVA Ukulele Society Concert

### 4/18

Freedom High School Tri-Music Concert

### 4/27

Sodapalooza Fountain Social



## MARCH HIGHLIGHTS



## FOREVER FIT: Fit & Flexible

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease range of motion in many of the body's most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Here are a few tips and exercises that can help keep your body loose, limber and feeling your best. Identify the joints and surrounding muscles that are in the most need of attention and use that as a starting point. Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training. Move slowly to the point of mild tension, not to the point of pain. Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury. Inhale before the stretch, exhale upon it and breathe normally while holding the movement.

## EXECUTIVE DIRECTOR CORNER

Spring is upon us. The weather is warmer and the days are getting longer. In April, we begin to revive our outdoor areas. The fountains will be turned on, the exterior and courtyard areas will be landscaped and the trees, shrubs and plants will begin to blossom. This spring, make an effort to get outside to enjoy our beautiful property. We have many new residents joining us as well. Please reach out and introduce yourself to our new neighbors and friends. Help acclimate them to community life and welcome them to the Waltonwood family.

