

COTSWOLD CONNECT

MAY 2026

ASSISTED LIVING EDITION



Redefining Retirement Living

SINGH

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May in Motion

May has arrived, bringing warmer days, blooming flowers, and a renewed sense of energy throughout our community. As we welcome the beauty of the season, we're also excited to share a full calendar of engaging programs, special celebrations, and opportunities to connect. This month, we are looking forward to our annual Waltonwood Cotswold prom. It will be held on Wednesday, May 13th throughout the afternoon and early evening. We will begin with prom pictures at 1:30 pm in the living room. We will have a special piano performance by Patrick Hudson at 2:30 pm in the dining room. Residents will be treated to a special prom dinner beginning at 4:30 pm. All residents are welcome to attend these prom-themed events, and we encourage everyone to take the opportunity to get dressed up for the evening. We want all of our residents to be able to look and feel their best.

It's that time of the year again – make sure to mark your calendars for Camp Waltonwood! Our beloved annual intergenerational event is back, bringing together residents and children from their families or the local community for a night of fun and connection. This year's theme is "The Great Outdoors," so join us on Friday, June 5th from 5:30 pm to 7:30 pm for an exciting evening of themed programs. Dinner will be served for all participants and their parents/guardians. Don't miss this special opportunity to create lasting memories across generations.

- Your Waltonwood Family

COMMUNITY LEADERSHIP

Jeff Plummer
Regional Director of Operations

Christine Hames
Executive Director

Sharyn Riddle
Business Office Manager

Donna Eaton
Resident Care Manager

Hadiyyah Hilton
Housekeeping Supervisor

Alexis Spencer
Life Enrichment Manager

Jaynie Segal
Marketing Manager

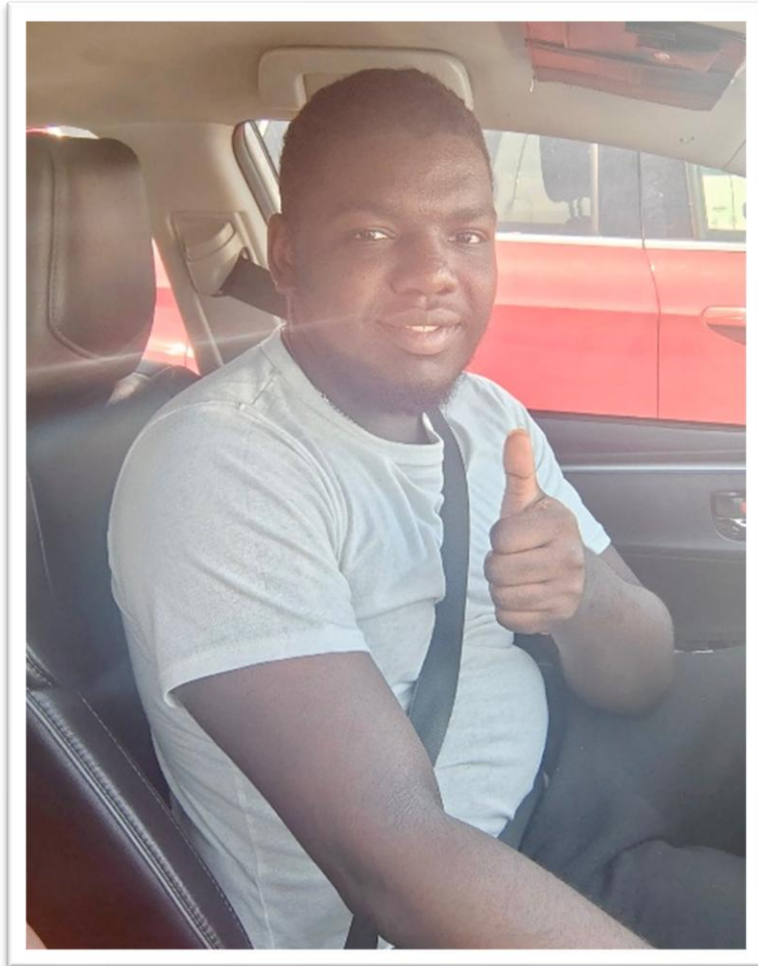
Sierra McKoy
Wellness Coordinator

John Williams
Environmental Services Manager

Dana Price
Culinary Services Manager

ASSOCIATE SPOTLIGHT

KINGSTON STEWART



Kingston has been part of Waltonwood’s culinary team for nearly a year, serving residents with energy and care. Originally from Charlotte, he returned to his hometown after living in other states with his family. As the oldest of three, he takes pride in being a supportive big brother and values the close bond he shares with his family. He’s especially grateful for their constant encouragement—and even has the unique opportunity to work alongside his mother, Kimberly, a caregiver here at Waltonwood.

Outside of work, Kingston enjoys spending time with family, going uptown, and playing video games. His current favorite is Burnout Paradise. He’s also recently started driving and finds it a great way to relax and unwind.

Around the community, Kingston is always ready to help and brings a positive, energetic presence (often powered by coffee!). While he may seem high-energy at work, he values staying relaxed in his downtime so he can give his best to residents, coworkers, and loved ones. We’re grateful to have Kingston as part of the Waltonwood family and look forward to all that’s ahead for him!

APRIL HIGHLIGHTS

April brought renewal, fresh air, and simple joys to Waltonwood. With spring in full bloom, residents enjoyed more time outdoors, soaking up the sunshine and seasonal beauty. Creativity flourished through crafts like terra cotta pot bunnies, umbrella door hangers, wooden birdhouses, 3D flowers, and butterfly wind chimes, adding a cheerful touch throughout the community and giving residents a chance to express their creativity. A highlight of the month was a special presentation by our own resident Emory, a member of the International Speakers Hall of Fame. Her talk, An Ounce of Different, was engaging and inspiring, leaving a lasting impression on all who attended and sparking meaningful conversation afterward. We also celebrated Easter and Passover with fellowship, reflection, and joy. As the weather improved, residents spent time in our refreshed courtyard with new flowers and cushions, enjoying both relaxation and social connection. To top off the month, we enjoyed our first picnic outing of the year at Park Road Park, where residents took in the peaceful surroundings and time together. April was filled with meaningful moments, fresh beginnings, and simple pleasures that make our community feel like home, and we look forward to all that the coming months will bring.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

National Senior Health and Fitness Day by *Shirlena Hucks, Forever Fit Coordinator*

On Wednesday, May 27, join us as we celebrate National Senior Health and Fitness Day. This annual celebration highlights the positive impact that staying active and fit has on our overall health and wellness as we age. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise by encouraging creative ways to incorporate fitness into your daily routine. This year, we have planned a Health Fair with you in mind.

It is never too late to embrace a more active, health-centered lifestyle. Gather a few friends and join us as we celebrate National Senior Health and Fitness Day 2026. Enjoy opportunities to connect with wellness professionals, explore helpful resources, and participate in engaging activities designed for all ability levels. We look forward to supporting you on your journey to staying active, healthy, and strong.

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: Shake Shack, Trio, Eddie's Place

Friday Outings: Dollar Tree, Movie Theater, Target, Picnic at Park Road Park, 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.

MAY SPECIAL EVENTS

13

Waltonwood Prom

May 13th beginning at 1:30 pm

18

Resident Council Meeting

May 18th at 2:00 pm

27

National Senior Health and Fitness
Day Health Fair

May 27th beginning at 2:00 pm

28

Concert in the Courtyard with
Xavier Musique

May 28th at 6:30 pm



EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,

I am excited to share we have several exciting upcoming events on the horizon, including our intergeneration event, Camp Waltonwood. This annual, company-wide event began in 2018 and offers a wonderful opportunity for our residents to invite their children, grandchildren, and great-grandchildren to experience life at Waltonwood. It's a meaningful and fun way to connect across generations and create lasting memories.

Camp Waltonwood is scheduled for June 5th from 5:30pm to 7:30pm. This year, we will be embarking on an adventure through "The Great Outdoors", and have a variety of fun activities planned, along with a delicious menu that both residents and children will enjoy. We hope you'll join us for this engaging and fun-filled annual event.

Warmest Regards,

Christine Hames

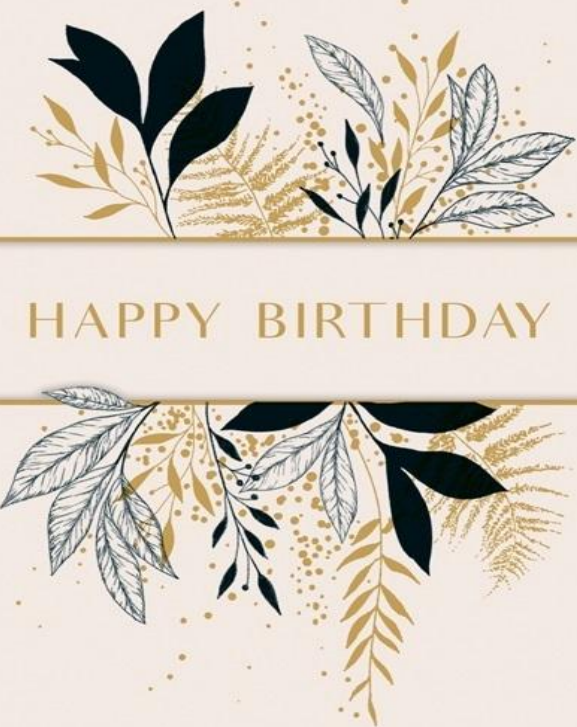
Executive Director

LIFE ENRICHMENT BULLETIN

Residents can access the channel that displays in the hallways on their personal TVs. Use the Spectrum TV remote to turn to **channel 1394** to view daily programs, announcements, birthdays, outing information, photo highlights for the month, and more.

Additionally, here at Waltonwood Cotswold, we have several groups available for residents to attend. These groups meet on a monthly basis. Please see more information below.

- **Executive Director Roundtable**
 - Our Executive Director, Christine Hames, hosts a monthly meeting to give community updates, and also gives the residents an opportunity to ask questions on any topics related to the community.
- **Resident Council** – *Meets Monday, May 18th at 2:00 pm in the Theater*
 - All residents are highly encouraged to attend the Resident Council meeting each month to discuss happenings in the community and provide feedback to the community leadership team.
- **Book Club** – *Meets Monday, May 4th at 2:00 pm in the Library*
 - If you love to read, this is the perfect group for you! Our book club selects one book per month and we get together to discuss it. If you need a book, please see Alexis or Aliyah.
- **Culinary Council** – *Meets Wednesday, May 6th at 2:00 pm in the Café*
 - Our Culinary Services Manager, Chef Dana Price, hosts a monthly meeting to answer questions related to the culinary department and announce the menu for the upcoming month. We encourage residents to please attend and to come prepared with any questions or comments to share.



Celebrating Birthdays in May

- 6th – Joanne M.
- 7th – Ed N.
- 16th – Barbara P.
- 18th – Mary V.
- 23rd – Shayna J.
- 30th – Paula W.

ADVENTURE BY WALTONWOOD

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!



“The longer I live, the more beautiful life becomes.”

-Frank Lloyd Wright



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!