



## RESIDENT BIRTHDAYS

- 5/5: Miriam Thompson
- 5/7: Marilyn Milko
- 5/11: Amelia Taglieri
- 5/13: Roger Lavallee
- 5/17: Carol Warner
- 5/23: Beth Isaac
- 5/24: Rosalyn McKown
- 5/25: Keith Howard
- 5/27: Dave Cunningham



FRIENDS & FAMILY REFERRAL PROGRAM!

## News Tidbits

**APARTMENT IN-HOUSE CHANNEL & APP:** Did you know that you can find out what activities are happening in our community every day right from your TV by going to Channel 1970? You can even download the Intouchlink TV app on your cell phone to have the schedule right at your fingertips. Check out what activities are happening for the day and join all the fun.

**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

5/2 Ashburn Academy of Dance Show	5/14 AI Internals & Internet Security Presentation with Jim
5/2 Run for the Roses Social	5/15 Female Outlaws Presentation
5/4 American Revolution Part 2 Presentation with Blane Amphor	5/16 Bella Ballerina Dance Show
5/5 Cinco de Mayo Concert with Julie Mack Duo	5/16 Spring Break Social
5/6 Lunch & Learn with Dana: Parkinson's Disease	5/18 25 Most Popular Cities to Visit in The USA
5/6 Vocal Piano Concert with Bob Clark	5/18 Physical Training in Ancient Greece Presentation with Jose
5/8 Sacrifices of the Military Spouses & Family Discussion	5/19 Senior Citizen Day Champion for Your Health Social
5/8 Cornerstone Christian Academy Concert	5/19 Classical Piano Concert with the Nguyen Brothers
5/11 Women in Philosophy: Simone Weil Presentation with Jose	5/20 Vocal Guitar Concert with Ewan M
5/11 Sing Along with Bix	5/21 Fun in the Sun Barbeque
5/12 Cancer Immunology Presentation with Kevin Diasti	5/27 Estee Lauder Presentation with Juliet Gilden
5/12 Concert with Carlos Ibay	5/27 Move a Little, Live a Lot Community Chair Yoga Class
5/13 Roy Lichtenstein Presentation with Kimberly Stein	5/27 Ladies BBSop Concert with Vienna Falls Daytimers
5/13 Vocal Instrumental Concert with Bobbe Shore Duo	5/28 Menacing AI Presentation w/ Jimmy
	5/30 Sip & Scoop Rootbeer Float Social

## \$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

MAY 2026



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## UPCOMING EVENT HIGHLIGHTS

It is said that May flowers bring pilgrims, but I say they bring us lots of fun in the sun! The warm spring weather brings many of our favorite activities back again. This month the Dramedy Club is putting on their Spring production of The Tour. We Run for the Roses as we enjoy mint juleps and watch the Kentucky Derby. Come fiesta with a Latin duo as we celebrate Cinco de Mayo. We're honoring our mothers this month with a gift and special dinner. Champion for Your Health at our National Senior Citizens Day social. Enjoy the sunshine during our Fun in the Sun barbeque. Join us for our many themed Memorial Day activities to include a patriotic sing along and honorary social. National Senior Health & Fitness Day is here. This year's theme is Move a Little, Live a Lot. Start the day at our Rise and Grind Café, head to an educational session and then work out at our communitywide yoga class. There is so much to do at our community. 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 Mohammed Rahmani for being selected Employee of the Month! Mohammed was chosen because he goes above and beyond.

Mohammed started working at Waltonwood as a caregiver in 2019. He previously lived in Maine working at another community for 3 years as a caregiver. He and his family decided to move from Maine to Virginia because "there was too much snow!" They chose Virginia because they liked the area and although there was snow, there wasn't as much.

Mohammed loves working with seniors. He primarily works in assisted living and picks up shifts in whatever area is needed. Mohammed helps the residents in a way they want to be helped and strives to make everyone happy with his quick response to their needs. He loves seeing the residents smile which in turn makes him smile and have a great day. Mohammed is looking into attending nursing school in the future. He would like to be a travelling nurse covering all 50 states.

In his spare time, Mohammed enjoys long drives through the mountains and/or countryside. He loves watching action, martial arts and Bollywood movies. Mohammed is very close with his family and they are frequently together doing various activities. He treasures spending time with his wife and two children.



## 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.

**Saturdays:** 9:30 Ashburn Farmer's Market & 1:30 CVS, Giant, Harris Teeter, Lidl, Trader Joes & Whole Foods

**Sundays:** 9:30 St. David's Episcopal, 10am St Theresa Catholic Church, 10:30 Christian Fellowship Non-Denominational & 1:30 CVS, Dollar Store, Target, Walmart & Wegmans

5/2 12pm Pickwick Players Theater Production: Frozen - \$20.00 – RSVP by 5/1

5/8 11am Lunch Bunch: Ozzie's – Cost for meal, taxes & tip – RSVP by 5/1

5/15 9am Women's Military Memorial & Arlington Cemetery – Cost for purchases – RSVP by 5/8

5/16 12:30pm Lopez Studios Theater Production: Beetlejuice - \$25.00 – RSVP by 5/8

5/22 9:30am Reading at Ashburn Elementary School – We are looking for readers – RSVP by 5/15

5/22 Great Falls Scenic Drive – FREE – RSVP by 5/15

5/29 Supper Club: All Go Rhythms – Cost for meal, taxes & tip – RSVP by 5/22

## MAY SPECIAL EVENTS

5/1

Dramedy Club  
Performance: The Tour

5/13

Ladies' Tea Luncheon

5/19

Taco Tuesday Taco  
Town Food Truck (\$\$)

5/25

Memorial Day Sing  
Along & Honorary  
Social



## APRIL HIGHLIGHTS



April Fools



## FOREVER FIT: Keep Moving

Weather this time of the year can wreak havoc on our bodies, especially those battling the aches and pains of arthritis. Cool mornings and hot humid days can trigger arthritis flare ups that leave even the most active seniors bound to their chairs. The good news is there's something you can do to help ease the discomfort. All you have to do is move. While it may seem counterintuitive, getting up and getting moving can actually help keep muscles strong and joints mobile. By incorporating a daily walk, some light resistance training and gentle stretching, you can face those arthritis pains head on and come out stronger and feeling better than before.

## EXECUTIVE DIRECTOR CORNER

We've added many new residents over the last several months. 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. We plan to continue the push to add new residents through the spring and summer months. Please let us know if you have someone you wish to refer. The friends and family referral program will compensate you \$3,500 if your referral moves into Waltonwood Ashburn. Information regarding the friends and family referral program can be located at the front desk.

