



RESIDENT BIRTHDAYS

9/3 Jan Banasik
9/8: Gail Jordan
9/9: Hiroko Parry
9/12: Dave Dame
9/12: Jean Marcotte
9/15: Duff Stepan
9/18: Norma Stepan
9/25: Sheila Weber



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

9/1	Music Appreciation: Classical Era	9/16	Vocal Piano Concert with Will L
9/2	Metabolism Syndrome Presentation with Dana Rizzo	9/18	Dramedy Show: Murder at Moonlight Manor
9/2	Vocal Concert with Ron Howard	9/19	Bethesda Little Theater Show: American Dream Deferred
9/5	Tacy Music Foundation Concert	9/21	Election Security Presentation with Loudoun Voter Registrar's Office
9/5	Coffee Ice Cream/Coffee Float Soc.	9/21	Keiro No Hi Social
9/7	Boredom & Its Impact on the Brain Presentation with Jose	9/22	American Sign Language Pres. with Eliza
9/8	Indonesian Foods & Celebrations Presentation with Indri & Food Truck	9/22	Piano Bar with Yvonne Johnson
9/8	Vocal Instrumental Concert with Medicine Wind	9/23	Cousins Main Lobster Food Truck
9/9	Mid Autumn Festival Mooncakes	9/23	Marilyn Monroe Pres. with Juliet G
9/9	Greeting Card Workshop with Kathy	9/23	Vocal Piano Concert with Darryl N
9/9	Vocal Instrumental Concert with Accidental Red	9/24	Charles Lindbergh Pres. w/ Jimmy
9/10	Echoes of Nature: Animals Not on the Menu Presentation	9/26	Silver Tunes Concert
9/14	Grandparents Day Gran-Tastic Gala	9/26	Resident Arts & Crafts Fair
9/15	Fueling Health to Combat Inflammation Presentation w/ Dana	9/28	Presidential Heroes & Villains of the Press Presentation with Jerry G
9/16	Understanding Abstraction Art Presentation with Kimberly Stein	9/29	Good Neighbor Pres. with Tracy
		9/30	Pain Management Pres. w/ Sundar
		9/30	Sketch Art Class with Kim Richards
		9/30	Vocal Inst. Concert w/ Kathy Davis



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

ASHBURN CONNECT

SEPTEMBER 2026



SINGH

44141 Russell Branch Parkway, Ashburn, VA 20147
www.waltonwood.com | 571 918-4854
Facebook: WaltonwoodAshburn



UPCOMING EVENT HIGHLIGHTS

Remember the poem, "Thirty day hath September?" The harvest month brings us Autumn on the 22nd. Add some forget-me-not flowers to your apartment and sprinkle in some sapphire blue to lift your spirits. This month starts off with us thanking all of our staff for offering their service and "labors of love" to all of our residents. Please stop by our Labor Day table by the 1st floor lobby elevator to fill out a thank you card to express your appreciation to all of our dedicated workers. Football season is upon us. Pick your teams for the Fantasy Football League and win weekly prizes that may win you the big trophy. During the month of September we celebrate as "one community" for Assisted Living Week as we join in on some of their special activities. We kick off the week with a Gran-Tastic Gala for Grandparents Day followed by a Resident Fashion Show and the Dramedy Club presenting their new mystery, Murder at Moonlight Manor. Enjoy music and delicious food at our annual Luau and dance show. We express our respect for the aged at our Keiro No Hi social. We are raising money for the Alzheimer's Association again this year. Our goal is \$2,026. Funds are raised all month long and also during our Resident Arts & Crafts Show. If you would like to sell your artwork and crafts please let us know. All sales proceeds go to the Alzheimer's Association. 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 Yeniz Veliz de Aguilar for being selected Employee of the Month! Yeniz was chosen because she goes above and beyond.

Yeniz attended Universidad de El Salvador where she studied business administration. Six years ago, she relocated to Virginia with her family in pursuit of new opportunities. Yeniz has served as a dedicated dishwasher at Waltonwood for almost two years.

Driven by a passion to deliver exceptional service, compassionate care, and meaningful attention to senior residents, Yeniz chose a career in senior living. She consistently goes the extra mile in her daily duties and reliably assists colleagues across both front-of-house and back-of-house operations whenever support is needed.

Outside of work, Yeniz loves spending quality time with her two children frequently visiting local parks, playing sports, and enjoying action movies together. In her personal downtime, she enjoys watching Korean dramas and reading romantic novels.



AUGUST HIGHLIGHTS



FOREVER FIT: Strength & Balance

September is Fall Prevention Awareness Month and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone, ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.

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

9/3 9am Algonkian Golf Course & Lunch (\$40 plus meal, taxes & tip) RSVP by 9/1
9/4 Supper Club: West End Wine Bar (Cost for meal, taxes & tip) RSVP by 9/1
9/11 11am Lunch Bunch: Gogi 92 (Cost for meal, taxes & tip) RSVP by 9/4
9/18 4:30pm Supper Club: Burton’s Grill (Cost for meal, taxes & tip) RSVP by 9/11
9/25 9:30am DC Trip: National Geographic Museum (\$30 plus cost for purchases) RSVP by 9/18

SEPTEMBER SPECIAL EVENTS

9/3

Fantasy Football Picks
– Pick your teams for the season’s contest

9/15

Resident Fashion Show
– Dress up & strut down the runway

9/12

Hawaiian Luau & Hui
Hula O Na Mele Ahola
Dance Show

9/25

Disco Inferno Happy
Hour – Dress up in your
1970s fashion



EXECUTIVE DIRECTOR CORNER

Labor Day is the 7th, a day to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States of America. Labor Day is a national “day off.” Please have a fun and safe Labor Day holiday weekend. We also celebrate National Assisted Living Week the 13th through the 19th. This annual observance provides an opportunity for residents, their loved ones, staff, volunteers and local communities to celebrate the individuals who live and work in Assisted Living. This years’ national theme is “Shining Through the Years.” We have a full schedule of joyous communitywide activities and events scheduled throughout the week. Please join us in celebrating all those who work at and live in Assisted Living.

