

SEPTEMBER

RESIDENT BIRTHDAYS

1st- Mildred M.

3rd- Ruth W.

6th- Evelyn L.

- George P.

7th- Dennis B.

13th- Rosella Q.

15th- Ann H.

17th- Vivian G.

19th- Harry Mc.

22nd-Esther B.

26th-Judith W.

SEPTEMBER ASSOCIATE BIRTHDAYS

21st-Natasha C.

-LaTonya D.

23rd -Colene C.

26th-Ziyu Z.

28th- Joseph A.

1st -Tracee M.

LIVE ENTERTAINMENT

Thursday with Fred on the piano

3rd- Ethan Uslan

5th-Movie Melodies

7th-Giovanni

10th- David Shoff

16th- Patrick Hudson

24th- David Jennings

28th-Jim Ruth

OUTINGS SCHEDULE

Mondays @ 9:30am- Bank/Pharmacy

Mondays @ 10:30am- Grocery Store

Sundays @ 10:30am Weddington Methodist Church

4th- 11:30am-Carrabba’s Italian Restaurant

2:00pm-Barnes and Noble

7th- 2:00pm-Walmart

11th- 10:30-The Greek Festival

14th-2:00pm-Popshelf

18th -11:30am-Lunch at The Cheesecake Factory

-2:00pm- Macy’s

21st- 2:00pm-Walmart

25th-11:30am-Lunch at Olde Mecklenburg Brewery

2:00pm-Colonel Beatty Park

28th- 2:00pm Trader Joe’s/Library



\$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!

PROVIDENCE CONNECT

SEPTEMBER 2026

WHAT’S HAPPENING THIS MONTH

Fall will be arriving this month along with some cooler temperatures, (hopefully). We will have a decorate your door for fall contest.

On the 5th Claire will be back to give us information about AI scams directed at seniors. We encourage you all to attend, learn, and protect yourselves. Scammers come up with new scams all of the time so it is a good idea to stay up to date.

On the 8th we will hold a Flu Clinic in the Theater, another way to protect yourselves as the colder weather approaches.

On the 11th we will go to The Greek Festival again this year. You can grab some lunch and baklava for dessert.

The Jewish Community Center will be here on the 14th. They will be holding Rosh Hashana celebrations for our Jewish residents in the Theater at 10am.

Football is back! We will be celebrating its return with a special tailgate Happy Hour on the 18th. Wear your team colors or your team shirt and join us for snacks and drinks.

On the 25th we will take a trip to Colonel Beatty Park for an afternoon in the fresh air. Go for a walk, enjoy the pond or watch the little kids play.

Remember Felix and Oscar? They are back in a play entitled The Odd Couple. We will be going to see it on September 27th at the Matthews Playhouse.

Please contribute some wisdom and a photo of your grandchildren for Grandparents Day. Happy Fall Y’all

Redefining Retirement Living

SINGH

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COMMUNITY MANAGEMENT

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Jesus Roman
Culinary Manager

Independent Living Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Cathy Hill
Life Enrichment Manager

Isaac Harris
Environmental Services Manager

ASSOCIATE SPOTLIGHT



Congratulations to Karina, she is our Associate of the Month! Karina is from Nicaragua. She has been working at Waltonwood for two and a half years and she loves her job here. Foremost she loves caring for people and connecting with others.

Karina has one daughter that also works at Waltonwood in the Dining Room. Her dream is to go back to school to further her education.

Thank you Karina for your hard work and dedication. We are fortunate to have you on the Waltonwood team!

TRANSPORTATION INFORMATION

Waltonwood offers transportation for medical appointments on Tuesdays, Wednesdays, and Thursdays. Please notify the Concierge of your appointment 24-48 hours in advance with the time, date & location. After reservations are made, each resident will be advised of a departure time within 24 hours prior to each appointment. Appointments will be scheduled between the hours of 8:30 am and 3:30pm, within a 10-mile radius. A Waltonwood driver will drop off & pick up residents in as timely a manner as possible. Please note appointments that are beyond a 10-mile radius will acquire a \$2.00 charge per mile for every additional mile.

In order to ensure the health and safety of our residents and bus drivers, residents must sanitize their hands before and after boarding the transportation vehicle for their appointment.

Each month we have outings to banks, shopping centers, pharmacies, restaurants, grocery stores, and other places. Please see the calendar for specific dates and times and sign up at the table by the mail boxes.

AUGUST HIGHLIGHTS

- 14th

Whitewater Center
- 16th

Broadway Bound Concert
- 22nd

Nature Talk
- 25th

Voter Assistance

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. 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.

SEPTEMBER HIGHLIGHTS

- 5th

AI Scams with Claire
- 8th

Flu Clinic
- 11th

The Greek Festival
- 27th

The Odd Couple



EXECUTIVE DIRECTOR CORNER

Happy September,

September is a month of transition. The days begin to shorten, the air becomes a little cooler, and we slowly trade the long days of summer for the warmth and beauty of fall. It is also a wonderful time to pause and reflect on the people and experiences that have shaped who we are. We look forward to celebrating the fall together and creating wonderful memories along the way!

Sincerely,
Jeff Plummer Regional Director of Operations