

COTSWOLD CONNECT

OCTOBER 2026

ASSISTED LIVING EDITION



SINGH

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Leaves are Falling, Autumn is Calling

As October arrives, fall is in full swing, bringing cooler days and the beauty of changing leaves. It's the perfect time to embrace cozy moments, enjoy seasonal flavors, and take in the crisp autumn air.

Kick off October by celebrating Active Aging Week with us! We're excited to offer a variety of fun and engaging programs that highlight the vitality of our active residents. The theme of the week is "The Great Outdoors," will include events such as campfire stories, a gardening presentation with Shayna and Julie, a concert in the courtyard with Xavier Musique, Shakespeare in the courtyard, outdoor fitness classes, and a movie under the stars. Check the monthly calendar for a full list of exciting programs. You won't want to miss this!

One of our favorite things about October is Halloween! On Friday, October 30th, we'll start the festivities by welcoming the preschool class from Providence United Methodist Church for reverse trick or treating at 10:30 am. That afternoon, join us for a Halloween Happy Hour at 3:30 pm in the dining room – costumes are encouraged. Get ready for a frightfully fun time!

Finally, we want to invite all residents, associates and guests to participate in our "On Wednesdays We Wear Pink" campaign by wearing their favorite pink attire each Wednesday throughout October to honor National Breast Cancer Awareness Month. Together, we can show our support for those affected by breast cancer and help raise awareness for this important cause.

- 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

Naphtali Lockhart

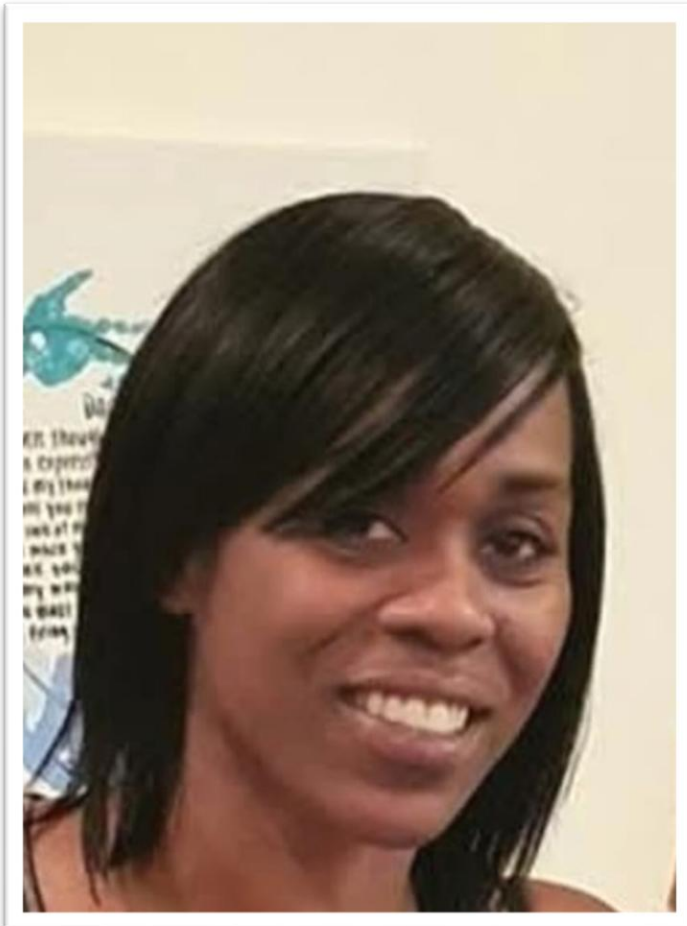
Culinary Services Manager

ASSOCIATE SPOTLIGHT

SHAMIKIA MCGILL

We are excited to introduce Shamikia as our Associate of the Month! Born and raised right here in Charlotte, Shamikia has called the Queen City home her entire life. She joined the Waltonwood Cotswold family in April and has quickly become a fantastic asset to our Culinary team as a cook. Shamikia first began working in retirement communities around Charlotte in 2014 as a server and it did not take long for her to fall in love with working with seniors. Her heart has truly been in this work ever since. One of Shamikia's favorite parts of her job is knowing that she gives it her all each day. She loves knowing that the food she prepares is something our residents will enjoy. Her passion for cooking shines through in the care she puts into every meal and we are so grateful for the joy she brings to our residents through her work.

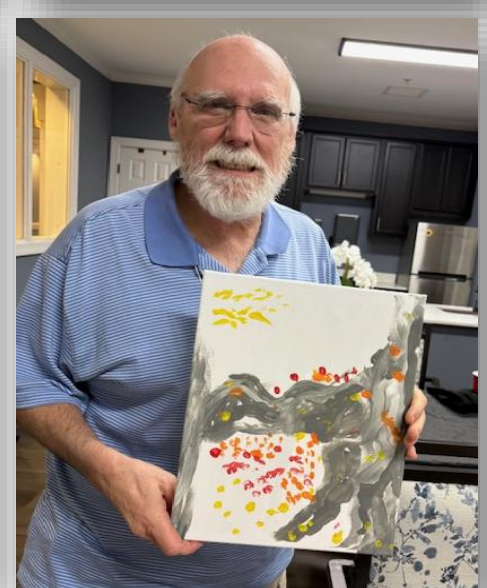
Outside of Waltonwood, Shamikia's love for cooking continues. She enjoys cooking and selling her homemade food and she has exciting dreams for her future! Her son is currently renovating her shed into a fully functioning kitchen where she hopes to start her business called "The Shed" featuring her homemade Southern soul food. Shamikia is also a proud mom of 3 children and a grandmother to 2 grandsons. In her free time, she enjoys listening to R&B and watching thrillers and suspense movies. Shamikia has been such a joy to have as part of our Waltonwood Cotswold family. We are so thankful for the passion, dedication and heart she brings to our Culinary team and to our residents each day!



SEPTEMBER HIGHLIGHTS

September was filled with celebration, connection, and plenty of memorable moments for our residents! The highlight of our month was National Assisted Living Week, "Shining Through the Decades," which brought a variety of fun events and activities. We enjoyed our first ever magic show with Uncle Buck, decades themed trivia and a sing along, a "Shine Bright" craft, and a Decades of Brilliance themed happy hour. We also gathered together to honor the life and legacy of our beloved Phyllis as she approached what would have been her 100th birthday, celebrating the beautiful life and memories she shared with those around her.

Throughout the month, we also enjoyed a meaningful Rosh Hashanah celebration and discussion hosted by Jewish Family Services, as well as a delicious Breakfast Social hosted by Bluebird Homecare. We finished the month on a high note with a wonderful performance by the Joyful Sounds Senior Adult Choir from First Baptist Charlotte. It was a beautiful month filled with music, laughter, meaningful connections, and special celebrations! As the leaves begin to change and the air starts to feel a little cooler, we cannot wait to enjoy all of our favorite fall traditions and make even more wonderful memories together.



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Active Aging Week by Shirlena Hucks, Forever Fit Coordinator

Let's celebrate Active Aging Week! This is an annual week-long event aimed at celebrating and highlighting the positive aspects of aging. There are so many things to explore, including food, religion, physical activities, culture, hobbies, and more. Check your calendar for all the events taking place in our community from October 5th through October 10th. We have a great lineup of events planned around this year's theme, "The Great Inside-Outdoors!" Weather permitting, we'll be hosting events both inside and outside, right here at our community. You can improve your day-to-day life by embracing laughter and a joyful spirit. Stay sharp by learning new things, combat feelings of loneliness by socializing, and work on mobility by moving your body. If you need help coming up with ideas, reach out to me. It's important to get involved in activities that help enhance your quality of life. You're worth celebrating!

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: Longhorn Steakhouse, Imperial Treasure, Red Lobster

Friday Outings: Target, Simpson’s Pumpkin Patch, Early Voting at Southpark Library, 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.

OCTOBER SPECIAL EVENTS

5

Active Aging Week Begins
October 5th

12

Autumn Luncheon
October 12th at 11:30 am

19

Resident Council Meeting
October 19th at 2:00 pm

30

Reverse Trick-or-Treating with
Providence Methodist Preschool
October 30th at 10:30 am



EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,

October is a wonderful time to celebrate the changing season and all the ways we can stay active, engaged, and connected. We have several special events planned this month, and we hope you’ll join us! We are excited to celebrate Active Aging Week from October 5th through October 11th! This special week is all about celebrating the benefits of staying active, healthy, social, and engaged at every age. Be sure to participate in the activities planned throughout the week and take this opportunity to try something new, connect with others, and celebrate all that you can do! Join us for our annual Autumn Luncheon on October 12th as we celebrate the beauty of the season and enjoy good food, fellowship, and wonderful company. Our Flu Clinic will be held on October 13th. Please take advantage of this opportunity to prepare for the upcoming flu season and help protect yourself and those around you. October 24th is a very special day for our community as we come together for the Alzheimer’s Walk. This cause is very dear to our hearts, and we are proud to support those living with Alzheimer’s and their families. If you are unable to participate in this year’s walk, we kindly ask that you consider sponsoring our team. Every contribution, no matter the size, helps support this important cause and means so much to us. Thank you for helping us make a difference and for standing with us in support of families affected by Alzheimer’s.

Warmest Regards,
Christine Hames
Executive Director



Celebrating Birthdays in
October

- 2nd – Pat S.
- 5th – Dot D.
- 7th – Murray H.
- 7th – Virginia W.
- 9th – Ed C.
- 17th – Barry H.
- 17th – Shirley M.
- 25th – Fay H.
- 29th – Wayne W.
- 30th – Bill B.

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

-Frank Lloyd Wright

LIFE ENRICHMENT BULLETIN

We are excited to announce that we will be hosting two hearing aid clinics in October! Offering two clinic dates will give residents more flexibility and, hopefully, help reduce wait times for services. The clinics will be held on Wednesday, October 13th and Thursday, October 22nd at 10:00 AM in the Library. Services are completely free, and residents are welcome to attend either session that works best for them. We look forward to offering this convenient opportunity to our residents!

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.

- **Resident Council** – *Meets Monday, October 19th 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, October 5th 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.
- **Culinary Council** – *Meets Wednesday, October 28th at 10:30 am in the Café*
 - Our Culinary Services Manager 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.

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 Aliyah 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!



\$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!