

OCTOBER Birthdays



Joe R. 10/24



FAMILY & FRIENDS REFERRAL PROGRAM!



COMMUNITY COMMUNICATION

Your Calendar is included with this Newsletter. While we try our best not to make changes, it does happen from time to time. Remember: The most up-to-date programs are always posted in the elevator, on the TV screens & **now you can access on your phone.** If you have any questions, please reach out to the Life Enrichment Team.



\$4000 RESIDENTIAL REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to our community, they'll thank you for it - and then we'll thank you for it too!

If they sign a one-year lease with us, you'll receive a \$4000 Referral Bonus* in the form of a check, rent credit or donation to a charity of your choice! Ask for details!

LAKE SIDE CONNECT

October 2026



October is here, and we're filling the month with plenty of opportunities to move, laugh, connect, compete, and create! We'll kick things off with Active Aging Week, celebrating all the ways we can continue living life with curiosity, movement, creativity, and a little friendly competition. Residents can look forward to special programs throughout the week designed to keep both our minds and bodies active. The excitement continues with the return of our very own Walton-100 Game Show! Get ready for another afternoon of trivia, surprises, big laughs, and some friendly competition as our residents put their knowledge to the test for a chance to become our next Walton-100 champion!

And, of course, we couldn't celebrate October without a little Halloween fun! Our Halloween Door Decorating Contest is back, and residents are encouraged to transform their doors into something spooky, silly, creative, or downright fabulous. We can't wait to see what everyone comes up with! With fall favorites, special events, and plenty of reasons to gather together, October is shaping up to be a frightfully fun month in Assisted Living!

Much Love,
Waltonwood Lakeside Assisted Living



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COMMUNITY MANAGEMENT

Gina Conway
Executive Director

Lisa Kendrick
Business Office Manager

Rene Ruhlman
IL Life Enrichment Manager

Melissa Wright
Lead Marketing Manager

Nick St Onge
Culinary Services Manager

Moriah Dean
AL Life Enrichment Manager

Michael Mcquillen
Environmental Services

Ken McCormick
IL Manager



ASSOCIATE OF THE MONTH -

Tyra has been a dedicated caregiver with us for about four months. Her favorite part of her job is caring for our residents, making sure their needs are met, and being someone they can count on each day.

Outside of work, Tyra loves to relax and recharge by taking vacations and going on trips. Her special message to our residents is, “Just keep doing the best you can, and if you ever need anything, I’m always here to help.” Thank you, Tyra, for the care and support you provide to our residents. We are so happy to celebrate you as our Employee of the Month!

Tyra Griffin



SEPTEMBER HIGHLIGHTS



FOREVER FIT: Active Aging Week

Celebrating its 23rd year, Active Aging Week kicks off Monday October 5th at Waltonwood. The week-long event highlights the need and importance of actively aging as we celebrate older adults’ contributions and promote healthy lifestyles through engaging wellness programs. Wellness looks different to everyone, and each Waltonwood community will uniquely display what Active Aging means to them. Starting Monday October 5th be sure to check your life enrichment and forever fit schedules for classes, programs and events that uniquely capture the many ways we all can age actively.

TRANSPORTATION INFORMATION

Transportation is offered for Assisted Living residents on Fridays for outings and appointments based on availability. The bus is used on Monday, Tuesday and Thursday in Independent Living and Wednesdays in Memory Care. Limited rides on the bus may be available on those days, and residents who are able to transfer into the Cadillac have that option as well. Transportation request slips are available at the front desk. Please give as much notice as possible so our drivers can create their schedule. We will try our best to accommodate last minute requests but cannot guarantee availability.



OCTOBER AT A GLANCE

October 1 – Craft with Carrie: Pumpkin Door Hangs
October 2 – Outing: Friday Flock at Trinity Lutheran
October 3 – Balloon Volleyball
October 4 – Chair Practice with Alexis
October 5 – Active Aging Kickoff
October 6 – Dance Workout with Tammy
October 7 – Midweek Memories: Always a Fan
October 8 – Active Aging Social
October 9 – Door Decorating
October 10 – Active Aging Station: Intellectual
October 11 – Active Aging Station: Spiritual
October 12 – Resident Tea Party
October 13 – Minute to Win It Games
October 14 – Midweek Memories: Fun on a Farm
October 15 – Entertainment: Kelly and Darryl
October 16 – Door Decorating with Families
October 17 – Balloon Volleyball
October 18 – Music with David Brown
October 19 – Color & Cookies
October 20 – Walton-100 Game Show
October 21 – Midweek Memories: Thrill Seekers
October 22 – Entertainment: Carl
October 23 – Outing: White Horse Inn
October 24 – Balloon Volleyball
October 25 – Music with Deep River Music
October 26 – Cider & Stories
October 27 – Matching Game
October 28 – Happy Hour: Monster Mocktails
October 29 – Entertainment: Jeff Breza
October 30 – Halloween Community Party
October 31 – Trick or Treat

Gina Conway, Executive Director

We are very excited to welcome several new members to the Waltonwood Lakeside leadership team! Michael McQuillen joined us as Environmental Services Manager at the end of August and has already made a positive impact, jumping right in with work orders and building improvement projects. Ken McCormack recently joined us as our new Independent Living Manager and looks forward to getting to know our residents and becoming part of the Lakeside community. Next week, we are thrilled to welcome Jackie Weaver as our new Memory Care Life Enrichment Manager, bringing creativity, fresh ideas, and engaging experiences to our Memory Care residents. We are excited to have them all on board and look forward to what they will bring to Lakeside!