


## OCTOBER BIRTHDAYS

Gena S. - Oct. 9th

Gerry A. - Oct. 29th

**Massage Therapy**

Call 1-301-614-6158 to make appointments or reach out to massages222@outlook.com

**SALON**

Call 1-301-543-9140 to make appointments or reach out to wwashburn@southernluxesalons.com

## Getting to Know Your Neighbor: Fran Simone

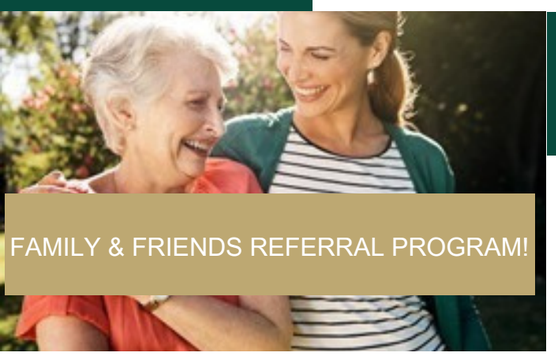


Fran was born in New Jersey, where she attended Montclair State University and began her career as a math teacher. Later, she moved to Horseheads, New York, where she became a supervisor for Adult Education at GST BOCES.

Fran has always enjoyed being involved in her community. Over the years, she has participated in many activities and clubs, including concert band, choir at her church, and math tutoring. Today, she continues to stay active by engaging in community programming and taking her daily walks.

Family is especially important to Fran. She is the proud mother of her daughter, Lynn, and the proud grandmother of her grandson, Daniel. She loves spending time with family, especially when the conversation turns to Italy and cruises!

A few of Fran's favorite things include chocolate pudding, the song God Bless America, and enjoying a meal at McAlister's Deli. With her warm personality, love of family, and enthusiasm for staying active and involved, Fran brings a wonderful spirit to those around her.




## $3,500 RESIDENTIAL 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 - MC

## October 2026




## October Program Highlights

- 10/6 Hidy Ochiai Karate
- 10/7 Pumpkin Painting with Montessori Children Center
- 10/7 El Salvador Presentation with Jose
- 10/9 Active Aging Stars Awards
- 10/15 Coffee & Tea Social
- 10/21 Annual Fall Market
- 10/30 Trick or Treat
- 10/30 Costume Parade

## Brain Teaser

What 1925 horror film based on Gaston Leroux's novel by the same name was made into successful Broadway musical?

A. Jekyll & Hyde

B. The Addam's Family

C. Phantom of the Opera

Answer: C. Phantom of the Opera

WALTONWOOD ASHBURN
*Redefining Retirement Living*
SINGH

44145 Russell Branch Parkway, Ashburn, VA 20147
www.waltonwood.com | 571-918-4854
Facebook: /WaltonwoodAshburn

## COMMMUNITY MANAGEMENT

Christopher Leinauer Executive Director

Audrey Wilson
Business Office Manager

Chelsea Gray
Marketing Manager

Victor Ast
Marketing Manager

Eduardo Villasmil
Culinary Services Manager

Dwayne Johnson Maintenance Manager

Tracy Philemon
Independent Living Manager

Sharon Prior
Resident Care Manager

Kesha Sampson
AL Wellness Coordinator

Sheryl Warren-Graham
MC Wellness Coordinator

Jocelyn Jackson
IL Life Enrichment Manager

Brandy Alexander
AL Life Enrichment Manager

Desiree Gilbert
MC Life Enrichment Mananger

## Employee Of The Month: Meyling Arellano



Congratulations to Meyling Arellano for being selected Employee of the Month! Meyling was chosen because she goes above and beyond.

Meyling loves working with our Waltonwood residents. To her it's not just a job. She truly feels that she was put here to help others and feels in her heart that she is where she is supposed to be. Meyling ensures that the residents are nurtured and well taken care of.

Meyling worked as a general practitioner for 12 years in Nicaragua. When her mom needed assistance, she moved to Virginia to live with her and her sister. She has been in Virginia for almost 3 years and has spent a lot of that time learning English. Meyling enjoys the nursing side of healthcare over being a doctor.

In Meyling's spare time, she goes to the park and the mall with her 2 children, mom and sister.

Meyling is thankful for the opportunity to work at Waltonwood since she doesn't have a lot of experience working with seniors. She is looking forward to continuing to grow in the field.









## 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

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.

### Here's where we're headed this month!

Sign up for the **Lunch Bunch and Shopping Trips** with Desiree Gilbert! Lunch and shopping bills will be added to monthly dues.
10/1 - Outing: Loudounberry @ 1:30pm
10/22 - Scenic Drive Scavenger Hunt @ 1:30pm
10/29 - Lunch Bunch @ 11:30am

## September Flashbacks


















## Executive Director Corner

Active Aging Week is October 5th through October 11th. Please join us as we celebrate all the active and engaging life enriching programs we offer at Waltonwood Ashburn on a daily basis. We have exciting Octoberfest and Halloween parties planned later in the month as well. Unfortunately, we also experience more instances of cold and flu as the weather changes and the days become shorter. Please refrain from participating in life enrichment activities and dining venues when feeling sick. Be safe when navigating outdoor spaces and parking lots in the dark. Enjoy a fantastic Fall!. The Holiday Season is right around the corner and will be here before we know it.

