

RESIDENT BIRTHDAYS

11/8: Terry Watts
11/14: Franki Stuntz
11/14: David Winter
11/15: Lois Barnes
11/21: Terri Mitchell



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 2027. 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

11/2	Popular Americana & Folk Songs
11/3	Casino Night
11/4	How to Build a Stronger Immune System
11/4	Calligraphy Class with Indri
11/4	Vocal Piano Concert with Bob C
11/5	Red Attack Imminent Presentation with Jimmy B
11/7	Tacy Music Concert
11/9	US Army “Pershing’s Own” Concert & Honorary Social
11/10	Essential Connections Between Hydration & Health Pres. w/ Dana
11/10	Piano Bar with Yvonne Johnson
11/11	Card Making Class with Kathy McM
11/11	Veteran’s Day Wall Ceremony, Patriotic Sing Along with Leah & Honorary Luncheon
11/11	Vocal Instrumental Concert with Bobbe Shore Quartet
11/12	Salvador Dali Pres. with Kimberly S
12/13	Veteran’s Discussion with Luckey
11/14	Carol Henry Student Recital
11/16	Recovery from Falls Presentation with Legacy
11/17	State of Rajasthan Pres. w/ Tracy
11/17	Gold Wives Club Cocktail Party
11/17	Harpsicord Concert with Steve H
11/18	Art Class with Juliet Gilden
11/18	Vocal Piano Concert with Bruce G
11/19	Tea Meditation with Indri
11/20	Path to Being a Good Writer Presentation with Janet T
11/20	NOVA Ukulele Society Concert
11/21	Morroy Twins Concert
11/21	Cinnamon & Cider Soiree
11/23	Friendsgiving Luncheon
11/23	Book of Amos Pres. with Jose
11/24	Short Film Viewing & Discussion
11/24	Piano Concert with Matthew M
11/25	Oil Painting Class with Heather C
11/25	Vocal Guitar Concert with Vince B
11/28	Bethesda Little Theater Show: Holidays on the Silver Screen
11/30	Community Holiday Decorating, Cookies & Cocoa



FRIENDS & FAMILY REFERRAL PROGRAM!

$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!

ASHBURN CONNECT

NOVEMBER 2026

WALTONWOOD®
Redefining Retirement Living
SINGH

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



UPCOMING EVENT HIGHLIGHTS

It’s a bird, it’s a plane, it’s … the Andromedids meteor showers. Enjoy the beautifully lit night skies that peak in early November. We get another hour of sleep! Don’t forget to set your clocks back an hour on Saturday October 31st before getting into bed. This month we have many fun concerts scheduled including the show “Holidays on the Silver Screen.” Election Day is here. We’re heading to the polls. One of our favorite November activities, our annual Casino Night is coming up. Play with fake money to win real prizes. We honor our resident veterans with a wall ceremony, patriotic sing along, luncheon and social. Even the US Army’s Pershings Own Band will be here to help us celebrate. We also honor our Gold Star Wives during a special cocktail party for our veteran spouses. Enjoy a fabulous Thanksgving dinner prepared by our very own chefs. Gather as friends and bring something to eat during our Friendsgiving luncheon. The Turkey Bandit is on the loose again. Find him and win a prize. Stop by the Gratitude Tree and place a leaf on the tree reflecting something you are thankful for. Help us decorate the commnunity for the winter holidays and enjoy some cookies and cocoa. 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 Bishnu Marasini for being selected Employee of the Month! Bishnu was chosen because he goes above and beyond.

Bishnu has served as our dedicated Wellness Nurse at Waltonwood for the past four years, bringing with him many years of healthcare experience. Remarkably versatile, Bishnu holds Bachelor's degrees in both Nursing and Physics, as well as a Master's degree in English Literature.

Known for his warm, empathetic, and outgoing nature, Bishnu loves sharing stories with the residents. He firmly believes that building trust and actively listening to residents' concerns are essential to providing great care. Always a team player, he eagerly lends a helping hand across all departments whenever needed. An enthusiastic team player, Bishnu readily assists other departments and appreciates working alongside families and staff to ensure seamless, high-quality care.

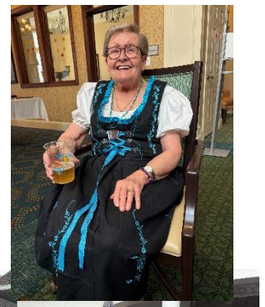
Bishnu relocated to Virginia with his family in 2012. Outside of work, he enjoys reading fiction (Shakespeare's *Hamlet* is his personal favorite), writing poetry, playing cricket and soccer, watching movies, and taking scenic drives or nature walks. Bishnu is excited about a trip home to Nepal in 2027 to visit family.



OCTOBER HIGHLIGHTS









FOREVER FIT: Strong Body & Sound Mind

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and over all well-being. According to the Mayo clinic, researchers have found that a third of dementia diagnosis are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques and healthy social relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that you're always up for the task.

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: 1:30pm CVS, Giant, Harris Teeter, Lidl, Trader Joes & Whole Foods
4th Saturday of the Month: 10am Shop at a different Farmer's Market every month
Sundays: 9:30am St. David's Episcopal, 10am St Theresa Catholic Church
& 1:30pm CVS, Dollar Store, Target, Walmart & Wegmans

11/6 11:30am Lunch Bunch: Gogi 92 – Cost for meal/drink, taxes & tip – RSVP by 11/1
11/13 9:30am DC Mounuments Bus Tour – FREE – RSVP by 11/6
11/14 1pm Pickwick Players Production: 1776 - $20.00 – RSVP by 11/7
11/20 11am Autumn Scenic Drive – FREE – RSVP by 11/13
11/27 4:30pm Supper Club: Il Cappero – Cost for meal/drink, taxes & tip – RSVP by 11/20

NOVEMBER SPECIAL EVENTS

11/3
Election Day

11/9-13
Veteran's Day themed events

11/20
Thanksgiving Dinner

11/30
Community Decorating, Cookies & Cocoa



EXECUTIVE DIRECTOR CORNER

Daylight Saving Time will end this month. Please remember to turn your clocks back one hour on Sunday, November 1st at 2AM. We honor all those who served in the Armed Forces on November 11th. As always, we have a lot planned for Veterans Day! Thanksgiving is Thursday, November 26th. We then begin to festively decorate the community for the holiday season. It's happening so fast! Before we know it, the end of the year will be upon us.

