

LIFE AT PROVIDENCE

RESIDENT BIRTHDAYS

6th-Ester M.

17th-John D.

17th-Betty M.

20th- Barbra B.

28th-Jackie G.





Download the InTouchLink app today! Stay connected to Waltonwood from the comfort and convenience of your smart device. The code to connect is 113573.

InTouchLink Community
Productivity

Do you have questions about how to downlad the app? Please see Bethany, Life Enrichment Manager.





$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!

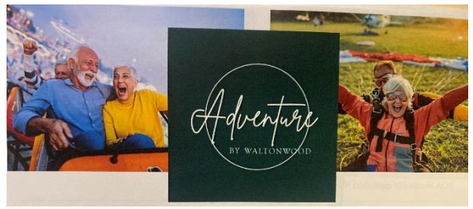
FRIENDS & FAMILY REFERRAL PROGRAM!

PROVIDENCE CONNECT

NOVEMBER 2026

As we welcome November, we're reminded of the importance of gratitude, community, and coming together. With Thanksgiving around the corner, we're especially thankful for the support and dedication of everyone who makes our organization so special. We're also excited to welcome **Meghan Rona as our new Executive Director!** We look forward to this new chapter and all that's ahead. Wishing everyone a happy Thanksgiving filled with warmth, joy, and time spent with loved





At Waltonwood, we pride ourselves in providing residents with exceptional life experiences. Adventure by Waltonwood is a company sponsored program encouraging Waltonwood residents to pursue their life's desire. Whether meeting their great grandchild for the first time, riding in a hot air balloon, hiking a national park, riding in a Corvette or reuniting with their best friend from college, Adventure by Waltonwood is available to support resident ambitions.

Contact Bethany DeGennaro for more information.

WALTONWOOD®
Redefining Retirement Living

SINGH

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MANAGEMENT

Meghan Rona
Executive Director

Jesus Roman
Culinary Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Brittany Hardy
Wellness Coordinator

Issac Harris
Enviornmental Service Manager

Jahmila Hay
Special Care Coordinator

Tina Jones
Resident Care Coordinator

Associate of the Month

Congratulations to Ciria, our November Associate of the Month. Ciria has been a part of the Culinary department as a dishwasher for just over a year. Ciria comes from Acapulco, Mexico and has two children, a boy and girl. Something you may not know about Ciria is that she raises chickens and loves taking care of her baby chicks. Her dream is to one day own a ranch in Mexico. Ciria loves her job at Waltonwood and being part of the culinary team. Thanks for all that you do, we are lucky to have you.



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OCTOBER HIGHLIGHTS

5-9 Active Aging Week

23 Leaves Outing

29 Fall Festival

30 Trick or Treating with Cranield

November Entertainers

6th Magic Show with Uncle Buck
9th Music with Giovanni
11th- Patriotic Music with Carol Kelly
12th Music with David Shoff
13th Music with Patrick Hudson
16th Music with Brian McCarn
17th Music with David Shoff (Family Night)
18th Music with Ethan Uslan
20th-Music with David Jennings
25th-Music with John Lewis
27th-Music with Jim Ruth

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 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

TRANSPORTATION INFORMATION

Waltonwood will provide transportation for medical appointments on Tuesdays, Wednesdays, and Thursdays. Please notify the Concierge of your appointment as far in advance as possible with the time, date and location. After reservations are made, each resident will be advised of a departure time within 24 hours prior to each appointment. We will continue our activities outings on Fridays. Sign up at the table across from the Concierge desk.

NOVEMBER OUTINGS

06 Adela's Mexican

13 Target

20 Charlotte Regional Farmer's Market

27 The Salty



NOVEMBER SPECIAL EVENTS

06 Nacho Day

11 Veteran's Day

13 World Kindness Day

27 Thanksgiving



We are excited to welcome **Meghan Ruona** as our new Executive Director!

Meghan joins our family from Charlotte Memory Care and Assisted Living, bringing her experience, passion, and dedication to serving seniors. She is thrilled to be part of our team, and we are just as excited to have her!

Please join us in giving Meghan a warm welcome. We look forward to all the wonderful things ahead with her leadership. Welcome to the family, Meghan