NOVEMBER

RESIDENT BIRTHDAYS

10th- Gabriella T.

LIVE ENTERTAINMENT



PROVIDENCE CONNECT
NOVEMBER 2026



WALTONWOOD
Redefining Retirement Living
SINGH

11945 Providence Rd.
Charlotte, NC 28277
www.waltonwood.com
704-246-8670
Facebook: /Waltonwood Providence

OUTING SCHEDULE

Mondays @ 9:30am- Bank/Pharmacy
Mondays @ 10:30am- Grocery Store
Sundays @ 10:30am Weddington Methodist Church

2nd- 2:00pm- Walmart

6th- 11:30am-Lunch at the Crust

9th - 2:00pm- Popshelf/Dollar Tree

13th- 11:30am-Lunch at Yama

-2:00pm- Wegmans

16th- 2:00pm-Walmart

20th-11:30am-Lunch at Bradshaw's Social House

-2:00pm-The Southern Lion

23rd- 2:00pm-Trader Joe's/Library

27th- 11:30-Lunch at Charbar 7

2:00pm-Scenic Drive

30th-2:00pm-Walmart

WHAT'S HAPPENING THIS MONTH

The holidays are coming! It is a very busy time around here so keep your calendars handy.

On November the 4th please join us in the game room for Wine Down Wednesday with Meghan and Caitlin. Stop by for a glass of wine and a chance to chat with our new Director and Independent Living Manager.

Claire will be here to discuss and educate us about AI scams on the 7th at 10:30am. Later in the day we will have a trio performing some classical music around the piano.

We will be thanking and honoring our Veterans in the theater on the 11th at 11am. There will be light refreshments after in the garden room, and a table to fill out a postcard to send to those serving overseas. Please show your gratitude by sending some thanks and well wishes.

We will be having our Thanksgiving buffet on the 22nd, please RSVP at the front desk for any family members attending.

This is a time for reflection and gratitude. The Life Enrichment team are grateful to work in such a wonderful community. Our wonderful Fred is retiring and I for one would like to thank him for the years of music and joy he brought to us all. Happy Retirement Fred!

Happy Thanksgiving to you and yours!

COMMUNITY MANAGEMENT

Meghan Ruona
Executive Director

Tammie Weston
Business Office Manager

Jesus Roman
Culinary Manager

Katelyn Miller
Independent Living Manager

Matt Swaney
Marketing Manager

Cara Nirenberg
Marketing Manager

Cathy Hill
Life Enrichment Manager

Isaac Harris
Environmental Services 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!

ASSOCIATE SPOTLIGHT



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

5th — Active Aging Week

20th — Larry Leamy Nature Talk

29th — The Fall Festival

30th — Halloween Party

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 that we are always up for the task.

TRANSPORTATION INFORMATION

Waltonwood offers transportation for medical appointments on Tuesdays, Wednesdays, and Thursdays. Please notify the Concierge of your appointment 24-48 hours in advance with the time, date & location. After reservations are made, each resident will be advised of a departure time within 24 hours prior to each appointment. Appointments will be scheduled between the hours of 8:30 am and 3:30pm, within a 10-mile radius. A Waltonwood driver will drop off & pick up residents in as timely a manner as possible. Please note appointments that are beyond a 10-mile radius will acquire a $2.00 charge per mile for every additional mile.

In order to ensure the health and safety of our residents and bus drivers, residents must sanitize their hands before and after boarding the transportation vehicle for their appointment.

Each month we have outings to banks, shopping centers, pharmacies, restaurants, grocery stores, and other places. Please see the calendar for specific dates and times and sign up at the table by the mail boxes.

NOVEMBER HIGHLIGHTS

6th — Lunch at the Crust

7th — AI scams with Claire and Classical Trio

13th — Wegmans

22nd — Thanksgiving Buffet



EXECUTIVE DIRECTOR CORNER

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.