

LAKE BOONE CONNECT

JANUARY 2019



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New Beginnings

Happy New Year! It's hard to believe 2019 is upon us! 2018 was a time of change and transition. Waltonwood Lake Boone's construction was completed and its doors were opened to residents. You packed, you downsized, you moved, and before the end of the year, found yourself learning new routines amongst new faces and surroundings. What a year!

How will this New Year compare? What do you hope for in 2019? Do you make resolutions and if so, do you stick with them?

In the spirit of new beginnings, let us all hope for a year of calm, good health, love, and happiness. In 2019, let's try new things, enjoy tasty food, turn our neighbors into good friends, make Waltonwood Lake Boone feel like home, and help our community grow as a family.

"For last year's words belong to last year's language; and next year's words await another voice. To make an end is to make a beginning." T.S. Eliot

Here's to new beginnings!

-Your Waltonwood Family

COMMUNITY MANAGEMENT

Allison O'Shea
Executive Director

Katie MacGilvray
Business Office Manager

Bryan Minton
Culinary Services Manager

John Carr
Environmental Services Manager

Lauren Higdon
Independent Living Manager

Shelly Levin
Life Enrichment Manager

Gail Honeycutt
Marketing Manager

Richard Hiatt
Marketing Manager

Ellen Jones
Resident Care Manager

ASSOCIATE SPOTLIGHT

We are thrilled to have Candice Kiefer join our team as the Forever Fit Coordinator! Candice has been providing fitness training for 15 years, and is certified in personal training, nutrition, and performance enhancement with the National Academy of Sports Medicine and is a Senior Fitness Specialist with the American Council of Exercise. Her passion is helping people achieve their health goals and maintain an optimal quality of life by preserving their functional fitness. Candice believes “fitness is not about being better than someone else- it’s about being better than you used to be.”

Candice is excited to be part of the community at Waltonwood at Lake Boone, and looks forward to providing you with fun and effective fitness experiences!



DECEMBER HIGHLIGHTS

06

The Open House was an opportunity for our residents and prospective residents to enjoy a taste of our community!

12

Christmas cards were given an extra special and artistic touch during our cardmaking craft!



13

Residents adorned their own personal Christmas trees for a creative and festive addition to their holiday décor!

20

The Magnolia Dining Room was transformed into a Winter Wonderland for our beautiful Snow Ball!



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Conquer the New Year by joining Candice in the Evergreen Fitness Room for fun fitness classes offered at 9:30 a.m. and 3:00 p.m. daily! These classes are modified for individual fitness levels and designed to improve your balance, strength, endurance, and flexibility. Are you unsure what your current fitness level is? No problem! Schedule a Forever Fit Fitness Assessment with Candice! This assessment will identify areas of fitness in which you thrive and excel, and likewise pinpoint those areas in which you need improvement so that a safe, effective, and enjoyable (yes, enjoyable!) exercise program can be developed for you.

Candice will also begin offering various discussion groups on nutrition, SMART goal setting, and other health & wellness topics throughout the month. These groups will be included on your Life Enrichment calendar. Let's start 2019 on the right foot!

TRANSPORTATION INFORMATION

January will include numerous experiences outside of the community! In addition to our exciting excursions, please note that we make weekly grocery shopping trips as well. Please remember to sign up with the Concierge so you can join us on our outings!

Here’s a taste of the outings to come, and spontaneous outings may surprise you in January as well!

Our Body: The Universe Within will be a riveting and educational experience at Triangle Town Center and lunch out on the town at **The Twisted Fork restaurant!**

Your eyes are in for a treat at the **NC Chinese Lantern Festival** in Cary!

Join us for a docent led tour of **Historic Holy Name of Jesus Cathedral** in downtown Raleigh!

Let’s go shopping in **Cameron Village!**

JANUARY SPECIAL EVENTS

09

Let’s begin a Scrapbook Journal! This is a fun way to record your memoirs!

15

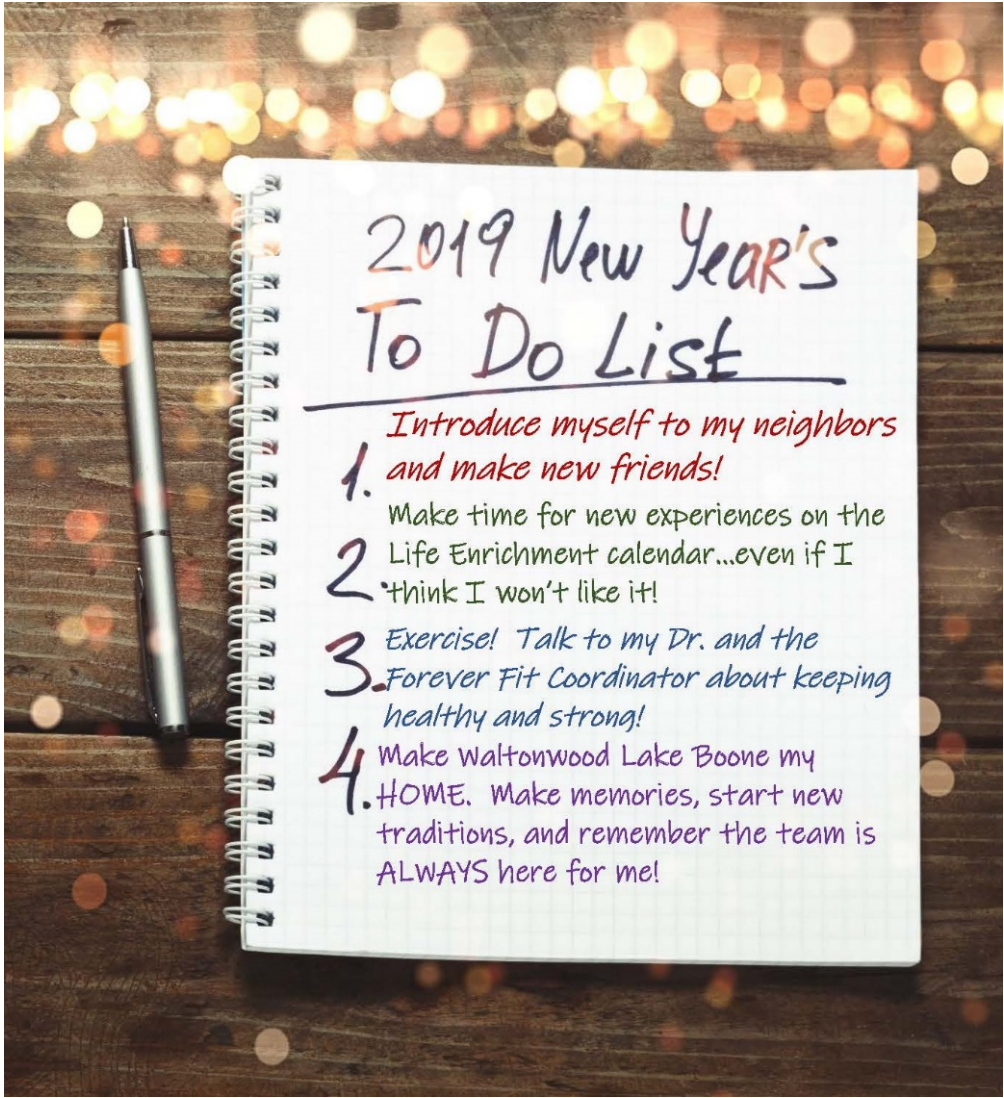
Socrates Café is a meeting of the minds!

24

Our community’s Grand Opening Celebration will be a gala to remember!

31

Enjoy singing and dancing by Chinese performer Ye Feng!



EXECUTIVE DIRECTOR CORNER

Happy New Year! We can’t thank you enough for choosing Waltonwood Lake Boone as your home, and we are very much looking forward to the year ahead! We appreciate the feedback we have received thus far, and hope you feel that we are listening and implementing changes as we are able. Please continue sharing feedback (positive and negative!) with us, and if you prefer to do so anonymously, there are conveniently located Suggestion Boxes in the Juniper Library and Trunk Club.

January will kick off a new year of many more exciting opportunities and experiences and we hope you get involved and participate! The most anticipated upcoming event is our community’s Grand Opening Gala! On January 24th from 4:00-7:30 p.m., we will open our doors to potential new residents, senior living businesses, and our fellow Waltonwood communities. Please join us as we show off our gorgeous community, and partake in the entertainment and delicious food!

I am looking forward to a successful, fun, and experience filled 2019!

-Allison O’Shea, Executive Director

JANUARY 2019



Celebrating Birthdays In January

- Ida Ruth Halsted- 4th
- Liz Rouse- 17th
- Alta Chalmers – 21st

CHEF'S ACTION STATIONS

10

Shrimp & grits appetizer prepared and served in the Magnolia Dining Room!

22

A warm, baked potato soup will be served tableside in the Magnolia Dining Room. Perfect soup for the cold weather!

16

A special dessert in the Magnolia Dining Room will be prepared and plated for you!

31

Classic flambé of bananas and caramel prepared in the Magnolia Dining Room and served over ice cream!

Beef Bourguignon

INGREDIENTS (Yield: 6 servings):

6 ounces bacon, coarsely chopped into strips
3 pounds beef chuck roast, trimmed of excess fat and cut into 2-inch chunks
1 small onion, coarsely chopped
2 cloves garlic, minced
2 tablespoons tomato paste
1/2 bottle (375 milliliters) medium-bodied red wine (Pinot Noir preferred)
2 cups beef stock
Bouquet garni (a bundle of herbs) of 4 sprigs fresh parsley, 6 sprigs fresh thyme, 3 bay leaves
2 tablespoons butter
20 pearl onions, peeled
8 white mushrooms, cut into 1/2-inch pieces
3 carrots, peeled and chopped into bite-size chunks

Step 1: In a Dutch oven, cook the bacon over medium heat for about 5 minutes until crispy, then set aside. Dust the chuck roast with rice flour.

Step 2: At medium heat, add the beef pieces to the bacon grease and brown until crusted, 3 minutes per side, in batches if needed. Remove and set aside. Add the onion and sauté until softened, about 5 minutes. Add the tomato paste and garlic and sauté until aromatic, about 1 minute.

Step 3: Add the beef, bacon, and wine to the pot and enough stock to cover the beef pieces, about 2 cups. Tie together the bouquet garni with kitchen twine and add to the pot. Bring to a simmer, then cover and reduce heat to low. Simmer until the beef is tender, about 2 hours, adding vegetables to the pot as detailed in step 4.

Step 4: About an hour before the beef is tender, warm the butter over medium heat in a separate pan. Add the pearl onions and sauté until aromatic and just tender, about 4 minutes. Add the carrots and sauté for 1 minute, then add the vegetables to the pot. When there are 20 minutes of cooking left, add the chopped mushrooms.

Step 5 Once the meat is tender and the vegetables are done, remove all of the solids from the pot with a slotted spoon and set aside; discard the bouquet garni. Increase the stovetop heat to medium-high and reduce the sauce to about 3 cups. Once the sauce is reduced, remove it from the heat and gently stir in the meat and veggies. Season to taste and serve with mashed or boiled potatoes.

-Chef Bryan Minton, Culinary Services Manager

\$1,000 RESIDENT REFERRAL BONUS

FRIENDS & FAMILY REFERRAL PROGRAM!

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!