

NEWS FROM THE MAGNOLIA DINING ROOM

DATES

Sunday, October 17 | 11am-2pm

Brunch

Dining Room

Tuesday, October 26 | 11:30am

October Birthday Luncheon with Allison

Dining Room

October birthdays, look for your invite!



- OCTOBER BIRTHDAYS
- 5th - Jane Knox
 - 5th - Bill Longnecker
 - 6th - Shirley Scott
 - 6th - Anita Tessier
 - 12th - Philip Boyle
 - 14th - Jo Anne Hoggard
 - 19th - Jerry White
 - 26th - Mary Jo Thomas
 - 29th - Carol Reilly



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 Lauren or Chelsea for details.

LAKE BOONE CONNECT

OCTOBER 2021



Redefining Retirement Living

SINGH

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COMMUNITY MANAGEMENT

Allison O'Shea
Executive Director

John Carr
Environmental Services
Manager

Heather Rook
Independent Living Manager

Shelly Levin
Life Enrichment Manager

Chelsea Gray
Marketing Manager

Lauren Higdon
Marketing Manager

J'mi Walker
Resident Care Manager

Natalie Dixon
Assisted Living Wellness
Coordinator

ASSOCIATE SPOTLIGHT

Lauren, is such a valuable member of the concierge team. Her positive attitude is contagious! She is originally from the small town of Princeton, NC and now lives in the “big city.”

She was looking for a part-time position and, in her words, she found a passion in caring for seniors and gained a wonderful work family! When asked what Lauren loves the most about her job, she responded, “I enjoy talking to and helping the residents. I love listening to their stories, each one has a unique background. Whether it is helping fill out menus, making coffee, or simply engaging with everyone... I love what I do and it brings me so much joy!

At home, Lauren has two black cats - Hallie and Dragur - they are her whole world! Watching true crime shows or listening to podcasts with her cats on her lap is a perfect way for her to unwind. Something we didn't know about Lauren is she attempted to make it as a professional singer by starting a YouTube channel. We all want to see that channel! 😊

Thank you, Lauren, for finding your way to Waltonwood. We are lucky you're part of the team!



SEPTEMBER HIGHLIGHTS



Building Better Bones.

While many of us exercise to keep strong and healthy muscles, the benefit to our bones is just as important. Weight bearing exercises, or those movements in which our body works against the forces of gravity, and resistance training both work to increase bone density and improve overall bone health. As bones weaken with age, the need to combat the decline becomes more essential. A regular exercise program including activities like walking, hiking, and strength training is the perfect formula for better bones at any age.

OCTOBER HAPPENINGS

OUTINGS

October 2: Men are from Mars; Women are from Venus; NC Theatre

October 6: Pumpkin Picking

October 13: Ladies Lunch at Irregardless Café

October 15: Museum of History - Downton Abbey History in Fashion

October 20: Quail Ridge Books

October 22: NC Symphony

EVENTS

October 4 - 8: Active Aging Week

October 7: Flu Clinic

October 7: Inaugural Spelling Bee

October 14: Veterans Coffee & Camaraderie Club

October 16: Monthly Bingo with Prizes

October 21: Breast Cancer Awareness Bake and Art Sale

October 27: Masquerade Ball & Costume Show

October 28: Annual Trunk or Treat

October 29: Ken Grant Storytelling

EXECUTIVE DIRECTOR CORNER

I know everyone has been curious and anxious about getting the COVID-19 booster shot. Back in the early part of 2021, Walgreens provided our community with the Moderna vaccine. As of right now, there has not been recommendation for those who received the Moderna vaccine to get a booster. Walgreens continues to be our vaccine support and they will be our guide through the most current recommendations regarding Covid -19 vaccine boosters. If the recommendations are updated to include those who received the Moderna vaccine, Walgreens will contact us to schedule a clinic. While we wait and see, we hope everyone enjoys all the fun fall programming that is coming your way this month!

Allison O'Shea, Executive Director