



RESIDENT & BIRTHDAYS

RESIDENTS

- C. Wainwright 6/3
- M. Cornachia 6/4
- R. Grissom 6/4
- F. Lado 6/5
- Rosalie Groth 6/18
- M. Overholt 6/30
- ASSOCIATES
- Diane Shallal 6/4
- Dan Shallal 6/14
- Deborah Mangum 6/20
- Sarah Owens 6/22
- Karetha Clive 6/27

Health & Wellness



Highlight from Waltonwood National Senior Health and Fitness Day. The residents participated in an obstacle course, that included fitness challenges, strengning and much more.

John our fitness trainer provides a weekly Forever Fit Classes four times day through with differents times to fit the resident's schedule.

Please, find a way to stay motivated and fit exercise into your life.

June is Alzheimer's and Brain Awareness Month, an annual observance raising awareness on Alzheimer's disease and other dementias. For years the Waltonwood family has partnered with the Alzheimer's Association to support the mission of a world without Alzheimer's and other dementia. While there still may not be a cure, taking proactive steps and developing healthy lifestyle habits have been shown to slow the onset of the disease and delay its debilitating effects. Much like heart heath, cognitive health can benefit greatly from increasing physical activity and exercise, eating a well-balanced nutrient rich diet and effectively managing stress. It's never to early or to late to start taking better care of ourselves and small changes today can help lead to healthy years to come.

LAKE BOONE CONNECT

JUNE 2022



Redefining Retirement Living

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3550 Horton Street, Raleigh, NC 27607
www.waltonwood.com | (919)-569-5444
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COMMUNITY MANAGEMENT

- Shanelle Armas
Executive Director
- Yvette Evita-Gunter
Business Office Manager
- Shelly Levin
Independent Life Enrichment Manager
- John Carr
Environmental Services Manager
- Heather Rook
Independent Living Manager
- Linda White-Grier
Assisted Living Life Enrichment Manager
- Jean McDermott
Memory Care Life Enrichment Manager
- Chelsea Gray
Lauren Higdon
Marketing Managers
- J'Mi Walker
Resident Care Manager
- Missy Robbins
Assisted Living Wellness Coordinator
- Towana Murrell-James
Memory Care Wellness Coordinator



\$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!

Save the Date for Camp Waltonwood at Lake Boone

Join us as we host Camp Waltonwood on Saturday, July 23, 2022 from 11am-1pm. This intergenerational event will be filled with music, games and even horses! Look for more information on our Kicking it Country Camp Waltonwood in the weeks to come!



Butterfly Presentation

Resident's thoroughly enjoyed the butterfly presentation learning about the lifecycle of a butterflies.

Visit Us
On
Facebook!



ASSOCIATE SPOTLIGHT

Beth, Life Enrichment Assistant



June HIGHLIGHTS

14



Piano Concert
with Christian



17



Dad's Rootbeer
Float Social

Technology For Seniors

As more and more of the world becomes interconnected with smart phones and social media, knowing and understanding how to use technology is becoming an increasingly important skill. Many Seniors may feel left behind as things become digital, but that doesn't mean that they can't start learning how to use technology. After all, everyone starts with no knowledge of how to use a computer or a cell phone.

The community will start a Technology Program that will assist our residents with help on how to use smart phones, computers, and social media. Its **TECH-TUESDAY!** Monitor your events calendar for dates and times.

June

June is a summer Month in the northern half of the world and winter month in the southern half. It is Juni, the goddess of youth. June's birth flower is the "ROSE". June is the sixth month in the Gregorian calendar and has 30 days.



Father's Day in the United States is on the third Sunday of June. It celebrates the contribution that fathers and father figures make for their children's lives. Its origins may lie in a memorial held for a large group of men, many of them fathers, who were killed in a mining accident in Monongah, West Virginia in 1907.



EXECUTIVE DIRECTOR CORNER

It's June! Our days are growing longer and summer will soon be upon us! Waltonwood Lake Boone residents will be enjoying our North Carolina sunshine and blue skies with picnics in the park, music in the courtyard, and lovely scenic drives. Our kitchen will be cooking up some lighter fare as the weather heats up. Watermelon and ice cream are sure to be a part of the summer fare! And of course we will be honoring our men for Father's Day! While we all enjoy lazy summer days, you can be sure that our staff is working hard to serve our beautiful residents! As always, we look forward to seeing you as you visit!