



RESIDENT BIRTHDAYS

- Frances Barrett - 4/3
- Stephen Purich - 4/9
- Carolyn May - 4/11
- Susan Peoples - 4/11
- Nancy Cook - 4/12
- Doug Wilson - 4/20
- Joe Most - 4/24
- Jackie Davidson - 4/28

EVENTS TO SIGN UP FOR AT FRONT DESK

The following are upcoming events to **RSVP** for in the **RED** binder:

- April 4th at 9:30am – Outing: Shopping at Food Lion
- April 4th at 1pm – Outing: WRAL Azalea Garden
- April 9th at 11am – In House: Birthday Cards with Crystal
- April 11th at 9:30am – Outing: Shopping at Harris Teeter
- April 18th at 11am – Outing: Shopping at Food Lion
- April 18th at 1pm – Outing: Tour of Duke Chapel & Organ Demo
- April 19th at 1pm – Outing: Gregg Museum of Art and Design
- April 21st at 1:15pm – Outing: Walk to De-Feet Dementia
- April 23rd at 12N – Outing: Ladies' Lunch at Firebirds
- April 25th at 9:30am – Outing: Shopping at Harris Teeter
- April 25th at 11:30am – Outing: Men's Lunch at Red Robin
- April 26th at 12:30pm – Outing: LB Nail Salon
- April 29th at 1pm – Outing: Shopping at Shops at Brier Creek
- April 30th at 11am – In House: Mother's Day Cards with Crystal

Please remember not to use White-Out or write over someone's name who has been crossed out; please add your name to the Waitlist and you will be moved up the list accordingly.

Please remember to return wagons to the 1st floor lobby after you are done using them so others may do the same.

Don't forget to check **Channel 1340** for information!



\$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!

LAKE BOONE CONNECT

APRIL 2024



SINGH

3550 Horton Street Raleigh, NC 27607
www.waltonwood.com | 984-232-0528
Facebook: /WaltonwoodLakeBoone



Our Annual Intergenerational Event

SAVE THE DATE!

Hosted by the Residents of Waltonwood Lake Boone
for Children Ages 4-11

Saturday, June 22nd from 1-3pm

3550 Horton Street Raleigh, NC 27607

For more information follow us on Facebook:

www.Facebook.com/WaltonwoodLakeBoone

or contact Christina Ryerson, Life Enrichment Manager, 984-232-0528

Camp Waltonwood is Coming!

Spread the word!

Camp Waltonwood will be back on

June 22nd from 1-3pm for children ages 4-11!

Our theme this year will be **"Under the Sea"** and we can't wait to start transforming our community into an underwater wonderland that will truly dazzle our guests! We will be looking for volunteers to assist us with making ocean décor, assist with running activities the day of the event and more! Stay tuned to see how you can get involved!

COMMUNITY MANAGEMENT

Shanelle Armas
Executive Director

Yvette Gunter
Business Office Manager

Kimani Hines
Culinary Manager

Donald Cook
Dining Room Supervisor

Shane Beebe
Dining Room Supervisor

Andre Vaughn
Environmental Services
Manager

Mark Alexander
Independent Living Manager

Christina Ryerson
Life Enrichment Manager

Beth Dobbie
Life Enrichment Assistant

Niya Stafford-Hooks
Marketing Manager

Tiffany Ashton
Marketing Manager

John King
Forever Fit Coordinator

ASSOCIATE SPOTLIGHT – DONNY COOK

Donny was born in Manhattan and moved to Raleigh from Syracuse, New York in 1992. He graduated from the Culinary Institute of America in Hyde Park, NY in 1987 and has worked in several senior living communities in New York and Raleigh as a Culinary Service Manager. Donny came to Waltonwood Lake Boone looking for a way to keep doing what he loves with less stress than his former position. Donny has a niece and 2 nephews as well as 14 great nieces and nephews in the Raleigh area. Being the youngest of 7, he has 29 nieces and nephews in all.

In his free time, Donny loves to garden, play the piano, and walk and bike around local lakes. Someday he would love to travel to Scotland.

Donny said he has enjoyed working with our management team and staff, and loves the residents of Waltonwood Lake Boone! He truly enjoys bringing smiles to resident faces with great food and great service! Donny, your passion for our residents is evident, and we are happy to have you on our Waltonwood Lake Boone team!



MARCH HIGHLIGHTS

06

Our March Madness Competition against Cary Parkway began! Let's go team!

07

Flower Pounding craft during "Taste of Waltonwood"! They came out beautiful!

19

We tried dyeing Easter Eggs with shaving cream & food dye! We had a blast!

19

Mark Thomas spoke during the NC State Wolfpack Group meeting! What a treat!



FIT AND FLEXIBLE

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use them as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension not to the point of pain
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breathe normally while holding the movement.

LINE DANCING FOR BEGINNERS!

Please join us on April 20th at 1pm in the Evergreen Fitness Room for our first "Line Dancing for Beginners" class with the amazing Rich Hensley! You may know or recognize Rich from Movercize classes, which is wonderful as he already knows some of us and our abilities!

There is no need to be embarrassed or intimidated, we will be starting out with the most basic steps! Rich will also make modifications to dances so as many people can participate as possible. If you are a seasoned dancer, please come and make your friends and neighbors more comfortable by helping them out or be a cheerleader!

Based on class attendance and interest, we can continue these dance lessons and maybe put them to good use on the dance floor in a few months!

APRIL SPECIAL EVENTS

05

RSVP with Concierge by 4/3 for "Understanding & Managing Lower Back Pain" Special Presentation

08

Join us in the Garden Room before the eclipse to get your glasses, Moon Pies and Sun Chips!

11

Come and drum with Triangle Drumming & Wellness! It's always a good time!

22

Attend our 1st "Kindness Council" Interest Meeting to discuss ideas and opportunities to spread joy!



EXECUTIVE DIRECTOR CORNER

Hello Waltonwood Lake Boone Family and Friends,

April finds our community in the midst of a Spring spruce up! From our gardens to indoors, we are looking our best for our residents and guests. Waltonwood residents are also taking full advantage of warmer weather to be out and enjoying our beautiful Lake Boone community as well as our Raleigh community at large with fun and engaging outings. Please come by our Waltonwood table on April 21st at the annual Walk to De-feet Dementia at Fred Fletcher Park in Raleigh and say hello!

Best Regards, Shanelle Armas