



RESIDENT BIRTHDAYS

- John D – 5/2
- Sheila P – 5/8
- Linda F – 5/11
- Jane D – 5/17
- Marilyn P – 5/18
- Mary K – 5/20

EVENTS TO SIGN UP FOR AT FRONT DESK

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

- May 2nd at 9:30am – Outing: Shopping at Food Lion
- May 7th at 11am – In House: Paper Jewelry with Crystal
- May 9th at 9:30am – Outing: Shopping at Harris Teeter
- May 9th at 11am – In House: Teacup Garden
- May 13th at 10am – Outing: Lowe’s Garden Center
- May 15th at 10am – Outing: Spelling Bee at Cary Parkway
- May 16th at 11am – Outing: Shopping at Food Lion
- May 9th at 11am – In House: Teacup Garden
- May 16th at 11:30am – Outing: Rudy Theatre – Sounds of Summer
- May 17th at 1pm – Outing: Farmer’s Market
- May 21st at 11am – In House: Cardmaking with Crystal
- May 22nd at 1:15pm – Outing: LB Nail Salon
- May 23rd at 9:30am – Outing: Shopping at Harris Teeter
- May 24th at 11am – Outing: Holy Name of Jesus Cathedral Tour
- May 29th at 9am – Outing: Art Walk at NCMA
- May 29th at 3:30pm – In House: Audiologist Visit
- May 30th at 11:30am – Outing: Ladies’ Lunch at Winston’s
- May 30th at 9:30am – Outing: Shopping at Food Lion
- May 31st at 1pm – Outing: Hobby Lobby



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 for details!

LAKE BOONE CONNECT

MAY 2024



SINGH

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www.waltonwood.com | 984-232-0528
Facebook: /WaltonwoodLakeBoone



One Day University is now “Curiosity U”

- May 3rd at 1:30pm
Uncle Sam Wants You! American Soldiers in the Great War
- May 10th at 1:30pm
Women in the Civil War: How they Shaped America’s Most Important War
- May 17th at 1:30pm
Alzheimer’s and Dementia: What We Know Now
- May 24th at 1:30pm
Alchemy, Astrology, and Magic: The Occult Origins of Science
- May 31st at 1:30pm
When Weather Changed the Course of History

COMMUNITY MANAGEMENT

- Jared Dicks
Associate 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 – VINCE BREWTON

Vince grew up in Henderson, Nevada and Irvine, California. He came to Raleigh 2 years ago and to Waltonwood Lake Boone’s Culinary department just over a year ago. Vince says he loves our residents and loves to brighten their days when they are struggling.

In his free time, Vince loves good food, and a great action or comedy movie. Future goals are buying a car and identifying a career that will allow him to make a difference in people’s lives. Eventually, he would love to go to school to assist with that career choice.

Vince says our residents are like family. We are thankful he is a part of our team at Waltonwood Lake Boone.



Things of Note:

The sign-up sheets for outings and select in-house activities will be available starting the 1st of the calendar month, regardless of when the calendar is distributed. This way there will be no confusion as to when you are able to sign up for activities. Please only sign up if you have the intention of going, otherwise please put your name on the waitlist.

Puzzles in the Trunk Club are for ALL to enjoy! Please do not remove an incomplete puzzle that is currently being worked on, please wait for it to be completed or put away before starting a new puzzle!

A very special thank you to Joni B. for taking on the enormous undertaking of keeping the libraries in the Trunk Club and Juniper Library organized so that we can find the books we want to read! Please drop off finished books in the designated “Book Return” receptacles that have been provided or simply leave on the ledge so that they can be put back in their proper place for others to find and enjoy!

For May, Teresa Smith will be joining us for a monthly “Sing-along” on the 2nd Tuesday from 3-4pm and will then play light, instrumental music from 4-5pm to accompany dinner. This way those who want to sing can sing as loudly and proudly as they’d like and the Happy Hour and dinner crowd will be able to converse.

APRIL HIGHLIGHTS

02

Roger Montague treated us to a honey tasting! It was delicious!

08

Our eclipse Party was out of this world!



17

Lake Boone won our March Madness competition against Cary!

20

We had our first Line Dancing Class for Beginners! We learned 2 dances in an hour!



MAY SPECIAL EVENTS

03

Join us for our Kentucky Derby Social! There will be games, prizes and refreshments!

08

Join us for a stand-alone “Sing-along” with Teresa from 3-4pm!

10

Put on your Sunday best and hat and join us for Mother’s Day Tea!

22

Join us for “Fire and Fall Prevention for Seniors”, a presentation by the Raleigh Fire Department!



NATIONAL SENIOR HEALTH & FITNESS DAY

On Wednesday May 29th join Waltonwood and over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day. The annual celebration highlights the impact that staying active and fit has on our overall health and wellness as we age. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise by finding creative ways to incorporate fitness into your daily routine. This year’s theme is “Make Fitness Your Friend for Life”, because it’s never too late to start a more active lifestyle. On May 29th, lace up your walking shoes gather a few of friends and join us as we celebrate National Senior Health and Fitness Day 2024.

EXECUTIVE DIRECTOR CORNER

As the vibrant colors of spring bloom around us, I'm delighted to welcome May with open arms here at Waltonwood Lake Boone! With the warmth of the shining sun, our community is buzzing with gardening and outings to engage in this beautiful season before the heat of the summer comes upon us! We are taking full advantage of the pleasant weather and inviting residents to talk with us about gardening and help us plant flowers for the warm season ahead. Please stop in and see our lovely courtyards come to life. Also, feel free to pick up a calendar and newsletter for May to see the activities and engagement we have planned for our residents at Waltonwood Lake Boone!

Regards,

03 Jared Dicks, Associate Executive Director