

LAKE BOONE CONNECT

OCTOBER 2024

ASSISTED LIVING EDITION



Redefining Retirement Living

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COMMUNITY MANAGEMENT

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Executive Director

Starr Smith

Assisted Living Life Enrichment

Taylor Rountree

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Business Office

Andre' Vaughn

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Heather Church

*Memory Care Wellness
Coordinator*

Make It an OCTOBER to Remember

Dear Residents and Families,

Welcome to Our October Newsletter! As the leaves begin to change and the crisp air of autumn sets in, we're reminded of the beauty that comes with every season—just like the wonderful changes and growth within our own community. October brings a time for cozy gatherings, festive events, and moments to savor the warmth of friendship and connection.

In this edition, we'll be sharing all the exciting happenings for

the month, from our fall festivals to Halloween fun, as well as heartwarming stories and resources to make the most of the season. We look forward to spending this colorful and vibrant month together!

Warm wishes to all,

Starr Smith

Life Enrichment Manager

Associate Spotlight

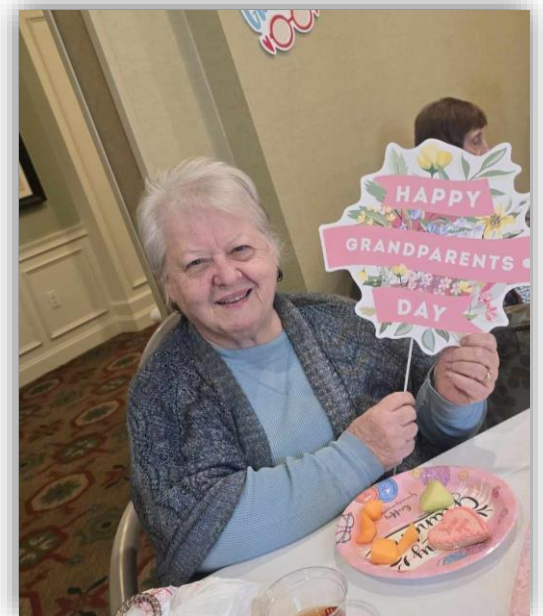
Lori Harvey

Lori is one of our amazing concierges here at Waltonwood Lake Boone. She has been on the team for two years and she says she LOVES it. She loves the community; she loves working with her team and she especially loves helping the residents. In her spare time Lori likes to go bowling, although she says she's not that good. Her favorite color is purple and her favorite food is spaghetti. She shares the love of her husband and her nineteen-year-old cat named Smokey. Lori grew up in Burlington N.C with both her parents in the medical field. Her mother being a nurse and her father being a doctor she was destined to help people and that she does every single day. Lori, thank you for being an integral part of the Waltonwood team. We appreciate all that you do.



SEPTEMBER HIGHLIGHTS

September was so much FUN! We started off strong with a heart-warming celebration for grandparents' day. We learned about the history of Friday the 13th and tested our luck with a few games. We made fall necklaces, bracelets, pens and door décor all uniquely beautiful and festive. We had some great outings to I hop, museums, and art places. We had some great performances from our favorite entertainers such as Amanda, Luke and Teresa. We partied hard at our First day of fall social. We really made the most out of September and I cannot wait to experience all the good that October has to offer. Most of all it is just good to be together!



Active Aging Week

As we once again transition from September to October, it also means it's time for Active Aging Week. In its 21st year, the week-long event highlights the need and importance of actively aging as we celebrate older adults' contributions and promote healthy lifestyles through engaging wellness programs. Each Waltonwood community will display what Active Aging means to them, and if there's anything we know active aging can look very different to different people. Starting Monday September 30th be sure to check your life enrichment and forever fit schedules for classes, programs and events that uniquely capture the many ways we all can age actively.

OCTOBER COMMUNITY OUTINGS

Sign-up at Front Desk

(Please refer to the calendar for specific times)

<u>10/4</u> Lunch at Dairy Queen	<u>10/11</u> Shopping at T.J Maxx	<u>10/16</u> Page-Walker Arts and History Center	<u>10/22</u> Treats at Breco tea
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To reserve transportation services, please contact the front desk at (984) 232-0528.

You may also contact our driver directly at (919) 271-7507.

OCTOBER SPECIAL EVENTS

3rd

Pastries with Police

9th

Oktoberfest Social

16th

Family Game Night

31st

Happy Halloween



EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,



Fall is officially here! October is shaping up to be a great month. The team has some exciting events planned throughout the month including some special fun around Halloween. Be sure to check your newsletter calendar for the dates and times of those special events.

Thank you for making Waltonwood Lake Boone your home. I hope everyone has a wonderful month and enjoys the fall weather.

Sincerely,
Matt Towler, Executive Director

OCTOBER ANNOUNCEMENTS



Celebrating Birthdays in OCTOBER

Philip B. 10/12

Carla B. 10/17

“The longer I live, the more beautiful life becomes.”

-Frank Lloyd Wright



Halloween October 31st

Get ready for some spooky fun! Halloween is just around the corner, and we're excited to celebrate with our community. Join us for festive activities, delicious treats, and plenty of fun in costume. Whether you're dressing up or simply enjoying the season, it's the perfect time to come together for a little bit of frightful delight! Stay tuned for event details.



Embrace Active Aging Week!

Active Aging Week is here, and it's the perfect time to celebrate life at every age! From September 30th to October 6th, we'll be offering a range of activities to inspire everyone to live their best lives through wellness, learning, and social engagement. Join us for fitness classes, educational workshops, and fun social events that encourage a vibrant and active lifestyle. Let's make the most of this week by staying engaged, healthy, and connected!



\$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!