



RESIDENT BIRTHDAYS

- Betty L - 10/2
- Bill P - 10/5
- Anita T - 10/6
- Sharon G - 10/10
- Alta K - 10/11
- Hubert S - 10/11
- Nancy H - 10/19
- Robert K - 10/21
- Arleen H - 10/25
- Mary Jo T - 10/26
- Barbara V - 10/28
- Barbara M - 10/31

EVENTS TO SIGN UP FOR AT FRONT DESK

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

Sign-Up sheets will be in the book starting the morning of the **FIRST DAY OF THE MONTH.**

- October 1st at 11am – In House: Art with Crystal
- October 3rd at 9:30am – Outing: Shopping at Food Lion
- October 4th at 1pm – Outing: Aldi
- October 8th at 11am – In House: Art with Crystal
- October 10th at 9:30am – Outing: Shopping at Harris Teeter
- October 11th at 1pm – Shopping: DORCAS Thrift Shop
- October 16th at 11:30pm – Outing: Ladies' Lunch – Zest
- October 17th at 9:30am – Outing: Food Lion
- October 23rd at 10:30am – Outing: LB Nail Salon
- October 24th at 9:30am – Outing: Shopping at Harris Teeter
- October 25th at 1pm – Outing: Farmer's Market
- October 29th at 11am – In House: Art with Ali - Chysanthemums
- October 31st at 9:30am – Outing: Shopping at Food Lion

Don't forget to check your **InTouch App** or **Channel 1340** for information!



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

OCTOBER 2024



Redefining Retirement Living

SINGH

3550 Horton Street Raleigh, NC 27607
www.waltonwood.com | 984-232-0528
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COMMUNITY MANAGEMENT

Matt Towler
Executive Director

Mark Alexander
Independent Living Manager

Ben Hollinger
Culinary Service Manager

Andre Vaughn
Environmental Services Manager

Yvette Gunter
Business Office Manager

Donald Cook
Dining Room Supervisor

Christina Ryerson
Life Enrichment Manager

Beth Dobbie
Life Enrichment Assistant

Niya Stafford-Hooks
Marketing Manager

Tiffany Ashton
Marketing Manager

John King
Forever Fit Coordinator

Updates to Program Locations:

Due to the Resident Art Gala on 10/4 and our desire to see the pieces on display as long as possible, Men's Coffee and Ladies' Tea will be held in the Juniper Library on 10/5 at their normal times. Games at 3:30pm will be held in the Garden Room on 10/5 as well.

On 10/10 Veteran's Coffee will be held in the Juniper Library at 11am as Triangle Drumming and Wellness will be performing in the Trunk Club during this time frame. We thank you in advance for your understanding and flexibility!

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.



Three Timeless Comedies from Almost 100 Years Ago (10/4/2024)

Professor Cramer will examine 3 classic 1930s comedies that fall into what is often called the "screwball" genre. Screwball Comedies were characterized by their fast, witty banter and unconventional romantic plots. And yet, these films were not by any means only about romance: they often deal with other major social questions, such as women's freedom to choose their own partners (It Happened One Night), the increasing presence of women in traditionally male professions (His Girl Friday), and class antagonism (My Man Godfrey). In each case, the individual story provides a resolution that holds broader, often metaphorical, social implications, and the romantic couplings that end each function as down-to-earth fairytales for a modern world.

Victor Hugo: The Man Behind 'Les Misérables' (10/11/24)

Countless audience members have been moved to tears by Les Misérables' "I Dreamed a Dream" or "Do You Hear the People Sing." However, only some of them know that the story behind the much-loved show is based on a novel by a Frenchman born in 1802. This lecture will provide an introduction to Victor Hugo, who is sometimes said to be France's greatest writer. Hugo was famous in his time as a poet, novelist, and dramatist. He was also an active political campaigner on issues like child labor and hanging. But what makes Victor Hugo a great writer? Who did he admire, and how did personal tragedy impact his works? What links his writing and his political activism, and what led him to be exiled from France, on the one hand, and granted a state funeral at his death, on the other?

The Trial of Socrates: Fact, Fiction, Reality, Myth (10/18/24 – Not shown last month)

Of all the great "trials of the century" in history, the first—and maybe most influential—was the one that sentenced a grumpy philosopher to death. But we can't understand the trial of Socrates without understanding the context. Athens had recently lost a long war to its bitter rival, Sparta, and was looking to take its anger out on someone. But Socrates wasn't having it: he turned the accusations around and put Athens on trial. Was it a case of free speech, or Athenian vengeance on the most annoying person in the city—and what are its implications for whistleblowers today?

The Future of Lying: The New Rules of Deception and Trust (10/25/24)

Let's face it: people lie. We lie to each other and to ourselves. Certainly, politicians on both sides of the aisle simply seem far less truthful these days. How is the rewiring of communication in the digital revolution changing how we lie? How can we trust that online review, or that text message about someone being on their way? In this talk we'll go over the state-of-the-art in deception detection research on how to spot a liar online, explore some new forms of deception, and examine how different technologies affect both how we lie and how we trust online. The talk reveals several key principles that can guide how we can think about deception and truth – and why people have been lying for literally thousands of years.

SEPTEMBER HIGHLIGHTS

19

Project Pillowcase was a wonderful way to show our appreciation!

20

We visited the NC State Dairy Museum!

23

KINDness Doll Dropoff for WakeMed Cary was a success!

24

Volunteering at the food bank was wonderful!



OCTOBER SPECIAL EVENTS

04

We will be hosting our 2nd annual Resident Art Gala from 7-9pm. Submit a piece or come and admire!

09

We will have an Oktoberfest themed Happy Hour! Come and enjoy!

16

Our first Bible Study with Brooks Avenue Church of Christ! Come and check it out!

31

We will be celebrating Halloween all day! Whether you decorate your door or yourself, we want to see!



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.

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