



LIFE ENRICHMENT TREATS

Treats for the Pallet:

10/1 - Picnic at the Park

10/3 - Coffee with a Cop

10/15 - Farmer's Market Restaurant

10/21 - Caramel Apple Nachos

10/22 - Treats at Breco tea

OCTOBER
BIRTHDAYS!

Katherine B. 10/4



LAKE BOONE CONNECT

October 2024



Redefining Retirement Living

SINGH

3550 Horton St, Raleigh, NC 27607
www.waltonwood.com | 919-569-5444

Hello October!



COMMUNITY MANAGEMENT

Mark Alexander
Independent Living Manager

Yvette Evita-Gunter
Business Office Manager

Christina Ryerson
Independent Living Life Enrichment
Manager

Andre' Vaughn
Environmental Services
Manager

Starr Smith
Assisted Living Life Enrichment
Manager

Ben Hollinger
Culinary Services Manager

Tiffany Ashton
Niya Stafford-Hooks
Marketing Managers

Heather Church
Memory Care Wellness Coordinator

Willette Bailey
Assisted Living Wellness
Coordinator

Taylor Rountree
Memory Care Life Enrichment
Manager

Matt Towler
Executive Director

\$3,500 RESIDENTIAL REFERRAL BONUS

FAMILY & FRIENDS REFERRAL PROGRAM!

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!

SEPTEMBER REFLECTION

This past September we've enjoyed a taste for what fall will bring! From the first day of fall social to the fresh apple cider and cinnamon donuts, we are ready! While we are prepping for the new season, we were still hanging on to the last days of summer. We spent lots of time on the porch with the beautiful weather, enjoyed delicious milkshakes, and nice scenic drives around our home! We cannot wait to see what October brings!

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.



FUN FACTS ABOUT OCTOBER:

When we think about October, the first thing that comes to most of our minds is Halloween. And we definitely agree, October 31st is one of the best days of the year! But what about the other 30 days leading up to the spookiest of holidays? We want to shine a light on all the awesomeness that October has to offer!

Some of the fun facts about October we have discovered include a unique birthstone that was even found on Mars, the travels of Christopher Columbus, and of course, the wild German celebration of beer that is Oktoberfest! We also have two zodiac signs that may share a month but are polar opposites in personality. The calm and collected Libra and the frenetic and passionate Scorpio. And why is the 10th month of the year named after the number 8?

SEPTEMBER HIGHLIGHTS

6 Grandparents Day
12 Chocolate Milkshakes



20 Lunch outing to IHOP
26 Apple Cider and Donuts



OCTOBER SPECIAL EVENTS

1 Picnic at Dorthea Dix park

3 Coffee with a Cop



18 Breast Cancer Awareness Event

31 Truck or Treat



FOREVER FIT: FOCUS ON FITNESS

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