



LIFE ENRICHMENT TREATS

Treats for the Pallet:

- 12/11 - Christmas Cookie Decorating
- 12/18 - Milk and Cookies with Santa
- 12/19 - Holiday Happy Hour
- 12/24 - Christmas Carol sing-a-long with Hot Chocolate



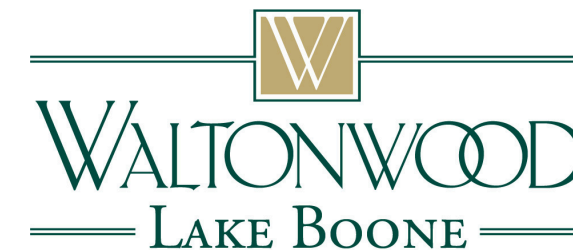
DECEMBER BIRTHDAYS!

Diane Barnella
12/4

Joy Stokes
12/24

LAKE BOONE CONNECT

December 2024



Redefining Retirement Living

SINGH

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

Hello December!



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

Willette Bailey
Assisted Living Wellness Coordinator

Taylor Rountree
Memory Care Life Enrichment Manager

\$3,500 RESIDENTIAL 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!

FAMILY & FRIENDS REFERRAL PROGRAM!

NOVEMBER REFLECTION

This past November we had so much to be thankful for! With themed crafts, Veterans Day remembrance, outings to Brecotea for coffee and treats, Thanksgiving celebrations, and more! We enjoyed having the Museum of Life and Science bring their live animals and reptiles for us to see and even touch! We have thoroughly enjoyed this season and cannot wait for the celebrations to continue in December!

ASSOCIATE SPOTLIGHT:

Tatiana Powell

Tatiana has been a member of the Waltonwood Family for 3 years, starting as a Concierge in 2022. A few months in this role, she was promoted to lead Concierge and Scheduler. One year later she transitioned into the Move-In Coordinator position, which has been a highly rewarding career advancement for her. When asked about her favorite part about working at Waltonwood, Tatiana said it is forming connections with the residents and family members that has been a highlight of her experience. When she is not here helping out at Waltonwood she enjoys her free time at home relaxing. We are so happy to have you here, Tatiana!



FUN FACTS ABOUT DECEMBER

December was originally the tenth month of the year in the Roman calendar. It gets its name from the Latin word "decem" which means tenth. However, when the Romans added January and February to the calendar, it became the twelfth month. They still kept the name, though. The Wright Brothers made the first successful flight with their powered aircraft on December 17. They flew over the dunes of Kitty Hawk in North Carolina for 12 seconds. This achievement meant that Wilbur and Orville Wright were the first to fly a heavier-than-air machine. It could take off and stay in the air using its own power. The first recorded Christmas celebration happened on 25th December 336, under the first-ever Christian Emperor – Constantine I. However, most experts believe that the tradition has a far longer history. For instance, some references mark the presence of the Three Wise Men in Bethlehem in Didascalia, an ancient text from 250 CE. A book of the biographies of Popes also refers to celebrations for the birth of Christ as far back as 125-136 CE. Many experts believe that Christmas celebrations have existed since as long ago as 2 century CE.

NOVEMBER HIGHLIGHTS

- 7** Thanksgiving Bark Bash
- 11** Veterans Day tribute
- 19** Pastries at Brecotea
- 21** Museum of Life & Science Animal Encounter



DECEMBER SPECIAL EVENTS

- 11** Christmas Cookie Decorating
- 12** Holiday cards for the Military
- 18** Milk and Cookies with Santa
- 23** Christmas Lights outing



FOREVER FIT: FOCUS ON FITNESS

Navigating The Holidays

The holidays are a wonderful time of the year filled with friends, family and gatherings. It's also a very stressful time packed with events and obligations that pull you from your current routine and into a space that can feel completely overwhelming. So, take this as gentle reminder that the holiday stress is normal and OK, in fact use this opportunity to acknowledge it and find positive ways to work through it. How we manage this stress will directly impacts how our bodies and minds feel in the weeks to come. When you day starts to get too stressful try these simple tips to help you navigate the hectic holiday season. - Meditation, Breathing exercises, Exercise, Eliminating stressors, Aromatherapy, Healthy diet, Hug someone

EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,
As we move into December, I am reminded of the importance of gratitude. This month offers us a special opportunity to reflect on the many blessings we share here in our community. From our dedicated team to the vibrant friendships that brighten each day, we have so much to be thankful for.
As we prepare for the holiday season, let's continue to support one another, embrace the spirit of togetherness, and make the most of this time with loved ones.
Wishing you all a warm and joyful December! Merry Christmas!!