



## RESIDENT BIRTHDAYS

Frances B - 4/3  
Carolyn M - 4/11  
Susan P - 4/11  
Nancy C - 4/12  
Marion C - 4/14  
Julia B - 4/17  
Doug W - 4/20  
Joe M - 4/24  
Bonnie K - 4/25  
Jackie D - 4/28  
Janice C - 4/28  
Sandra H - 4/29

Happy Birthday  
to all of you!

## 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.**

- April 1<sup>st</sup> at 11am – In House: String Spring Nests
- April 3<sup>rd</sup> at 9:30am – Outing: Shopping at Food Lion
- April 3<sup>rd</sup> at 11:30am – Men's Lunch: Jose & Sons
- April 4<sup>th</sup> at 1:00pm – Outing: Whole Foods
- April 8<sup>th</sup> at 11am – In House: Cards By Crystal
- April 9<sup>th</sup> at 10:30am – Outing: LB Nail Salon
- April 10<sup>th</sup> at 9:30am – Outing: Shopping at Harris Teeter
- April 10<sup>th</sup> at 11:30am – Ladies' Lunch: Cape Fear Seafood
- April 11<sup>th</sup> at 1pm – Outing: WRAL Azalea Garden
- April 15<sup>th</sup> at 11am – In House: Art w/ Ali T
- April 16<sup>th</sup> at 10am – Outing: Executive Mansion Tour
- April 17<sup>th</sup> at 9:30am – Outing: Shopping at Food Lion
- April 18<sup>th</sup> at 1pm – Outing: Target, Marshall's, Popshelf & World Market
- April 22<sup>nd</sup> at 11am – In House: Acrylic Paint Pouring with Ellen
- April 24<sup>th</sup> at 10am – Outing: Docent-Led Tour of Executive Gardens
- April 25<sup>th</sup> at 9:30am – Outing: Shopping at Harris Teeter **\*\*NOTE DAY CHANGE\*\***
- April 25<sup>th</sup> at 12:30pm – Outing: NCMA Docent-Led Tour
- April 29<sup>th</sup> at 11am – In House: Cards By Crystal

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

APRIL 2025



SINGH

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Facebook: /WaltonwoodLakeBoone



## "The Senior Exchange: Wisdom Across Generations"

Have some sage-like wisdom you would like to impart on the youth of today? As senior classes of 2025 are graduating from various programs and schools, we would like to present said classes with a compilation of the written responses from YOU, sharing your thoughts on some of life's big questions! Feel free to take a packet from the round table in the parlor (near the calendars) and answer as few or as many prompts as you would like. Feel free to write on the back of the page if needed. You can choose to leave your name and age or remain anonymous. Please return your responses to Concierge, Christina or Beth by **April 18<sup>th</sup>** so that they can be typed up to be distributed in time for students to receive them.

Thank you for sharing your wisdom!

## COMMUNITY MANAGEMENT

Jared Dicks  
Acting Executive Director

Mark Alexander  
Independent Living Manager

Ben Hollinger  
Culinary Service Manager

Andre Vaughn  
Environmental Services  
Manager

Yvette Gunter  
Business Office Manager

Christina Ryerson  
Life Enrichment Manager

Beth Dobbie  
Life Enrichment Assistant

Tiffany Ashton  
Marketing Manager

Niya Stafford-Hooks  
Marketing Manager

Valencia Smith  
Marketing Manager

Ashley McClellan  
Culinary Supervisor

John King  
Forever Fit Coordinator



ASSOCIATE SPOTLIGHT – RACHEL WALTERS

Rachel is a MedTech/Resident Caregiver here at Waltonwood Lake Boone! She has been with us now for over 4 years and takes such pride in her job and caring for our residents. Her favorite thing about working at Waltonwood is that every day is a new adventure! Rachel has one daughter and a grandson whom she loves dearly! Some of Rachels favorite things include reading & watching horror movies, and crime documentaries. We are so blessed to have Rachel on our team here at Waltonwood Lake Boone!



MARCH HIGHLIGHTS

04

We had a very festive Mardi Gras themed Happy Hour!

13

We were entertained by Illusionist Josh Farley! He was wonderful!



17

We had a great time running around looking for pots of gold during our scavenger hunt!

25

We made beautiful dried flower suncatchers in our Hobby Room!



The Perfect Pair

A strong body starts from the ground up and choosing the right shoes is key part of keeping our feet healthy. Correctly fitting shoes can help to reduce foot, knee, hip and back pain and promote healthy circulation. Shoes with low-padded heel drops, proper arch support and wide bases with good traction can also drastically help to reduce the risk of falls. As we age it’s not uncommon for our feet to also get wider and flatter. Nearly 1/3 of seniors will suffer from chronic foot pain much of which is caused by ill fitted footwear. Having your feet accurately measured by professionals who specialize in shoes for seniors can help to ensure a well fitted shoes and feet that will feel the difference.

Curiosity University Lectures:

The 10 Greatest Baseball Players (plus others...) (4/4/25)

Any such list of “greatest players” is entirely subjective – and this one is no different – but this lecture will provide a historical context needed for any discussion of how to measure and evaluate players over time. We will also discuss various statistical measurements used to evaluate players, comparisons of different eras of baseball history, and other factors that go into evaluating and comparing players over time. Baseball fans love to argue, so join Professor Cannato for this fun and entertaining lecture. See where baseball greats Babe Ruth, Hank Aaron, Ty Cobb, Willie Mays, and Ted Williams end up on the list.

Eleanor Roosevelt: A Defining First Lady (4/11/25)

Eleanor Roosevelt is shrouded in stereotypes: she was FDR’s eyes and ears, an idealist who did not do or understand policy, a woman scorned who sought the public’s love, and many more. All are convenient hooks to put this complex, influential woman in a box — and one that strips her of her vision, power, and influence. In this presentation, leading Roosevelt historian, Allida Black, will discuss Eleanor Roosevelt as both a domestic and an international power broker: from her early days as an activist, to her days as a member of the U.S. United Nations Commission on Human Rights.

Literary Genius of Shakespeare (4/18/2025)

Where would we be without Shakespeare? Shakespeare’s surviving works consist of 38 plays, 154 sonnets, two long narrative poems, and several other poems embedded into the plays themselves. It is indeed impossible to imagine the English language and Western literature without Shakespeare, who many believe to be the greatest writer of all time. However, we rank him, one thing is certain: when we read Shakespeare we encounter genius; an inventiveness and intellectual energy that will change our understanding of language – and literature – forever.

Ancient Egypt: Drama, Spectacle, and Remarkable Characters (4/25/25)

This remarkable new class will examine how Egypt is utterly unique on this planet, a protected realm full of riches beyond reckoning and agricultural resources that allowed an unassailable divine kingship to develop. We will examine the spectacle of monumental statuary, of pyramids, of coffins made of hundreds of pounds of solid gold, and of granite and sandstone pillared halls – the supports of a totalitarian regime with a veritable God-King at the helm. We will ask why the ancient Egyptians preserved so many bodies, carefully embalming the wealthy and elite into mummies, while preserving so little of the private information from their minds. Ancient Egypt remains for us a place of mystery, fascination, and contradictions, but if we pierce the carefully woven veil before our eyes, we can also see the humanity of these extraordinary people.

APRIL SPECIAL EVENTS

03

Join us for weekly Bible Study with Anna Parrish on Thursdays evenings at 7pm.

17

Easter Egg Hunt for the kids at 2pm in the IL Courtyard!

22

Come listen to saxophonist Bill Mann at 2:30pm in front of The Grove Café!

29

Come hear apiarist Roger Montague talk about bees at 2:30pm in The Trunk Club!



EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Associates,

April brings the beauty of spring – a time of renewal, hope and fresh beginnings. In our community, it’s a reminder of the joy found in simple moments and the strength we share together. I’m continually inspired by the kindness, resilience and warmth that fills our halls. Here’s to blooming friendships and brighter days ahead.

Jared Dicks