



## RESIDENT BIRTHDAYS

Sheila P - 5/8  
Linda F - 5/11  
Margaret G - 5/14  
Jane D - 5/17  
Marilyn P - 5/18  
Mary K - 5/20  
Maggie W - 5/23  
John L - 5/26

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**.

- May 1<sup>st</sup> at 9:30am – Outing: Shopping at Food Lion
- May 6<sup>th</sup> at 11am – In House: Cards By Crystal
- May 7<sup>th</sup> at 10am – Outing: Executive Mansion Tour
- May 8<sup>th</sup> at 9:30am – Outing: Shopping at Harris Teeter
- May 9<sup>th</sup> at 1pm – Outing: Farmer's Market
- May 12<sup>th</sup> at 10:30am – Outing: LB Nail Salon
- May 13<sup>th</sup> at 11am – In House: Cards By Crystal
- May 14<sup>th</sup> at 11:30am – Ladies' Lunch: Zest
- May 15<sup>th</sup> at 9:30am – Outing: Shopping at Food Lion
- May 16<sup>th</sup> at 1pm – Outing: Hamrick's
- May 20<sup>th</sup> at 11am – In House: Art w/ Ali T
- May 21<sup>st</sup> at 9am – Outing: Docent-Led Tour of Executive Gardens
- May 22<sup>nd</sup> at 9:30am – Outing: Shopping at Harris Teeter
- May 23<sup>rd</sup> at 1pm – Outing: Talbots, TJ Maxx & Home Goods @ Brier Creek
- May 29<sup>th</sup> at 9:30am – Outing: Shopping at Harris Teeter
- May 30<sup>th</sup> at 1pm – Outing: Walmart & Dollar Tree @ Brier Creek

Check your **InTouch App** or **Channel 1340** for information! Please **RETURN** wagons you borrow to the parlor area for others to use. Also, if you borrow a book please **RETURN** the book to the same library you borrowed it from; if you borrowed it from the Trunk Club, please return it there...do not bring it to the 2<sup>nd</sup> floor Juniper Library. **A special thanks goes to Jonie B.** for all of her hard work and time keeping the libraries organized so we can use them!



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

MAY 2025



SINGH

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## "Sprinkle Joy"

The Kindness Council is excited to announce a new project called "Sprinkle Joy"! We will be collecting donations, decorating and assembling birthday boxes to donate to a local food bank. These special kits will be distributed to local families with a child celebrating an upcoming birthday. We are asking for donations of boxed cake mixes (vanilla or chocolate), cans of icing (Funfetti, vanilla, or chocolate), and birthday candles. If you're able, please pick up an item during your next shopping trip and drop it off in the collection boxes located near the front door. Christina will purchase any additional supplies needed to complete the kits. Once enough donations are gathered, we'll announce a fun assembly day! Please check expiration dates if donating from your pantry. Thank you for helping us sprinkle joy within our community!

## 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 – KEASHA JOHNSON

Since joining Waltonwood in March 2019 and helping open the community, I've brought my lifelong passion for healthcare to everything I do. Born in Newark, NJ, I'm a proud mom of two daughters—one about to graduate from Winston-Salem State University with a degree in Healthcare Management, and the other pursuing a career as an Ultrasound Technician. My career began in the hospital setting and has included roles such as recruiter for Maxim Healthcare, where I opened the Wilmington, DE office, and a Med Tech at Brookdale Senior Living. I moved to Wilmington, NC, to care for my mother-in-law after her stroke, putting nursing school on hold to be there for family—a choice I'll always treasure. These days, I find joy in Sunday dinners with my daughters, filled with love and laughter. And I still say—it's never too late to go back for my RN.



APRIL HIGHLIGHTS

08

We made these GORGEOUS card lanterns with Crystal! Check out a class!

15

We saw the beautiful blooms at the WRAL Azalea Garden!



18

We read to the students of Exploris School for Reading Across America!

29

Roger Montague paid us a visit to talk about honey bee swarms!



National Senior Health and Fitness Day

On Wednesday May 28th join Waltonwood as we celebrate the 32nd annual National Senior Health and Fitness Day. The yearly celebration highlights the impact that staying active and fit can have on our overall health and wellness as we age. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise by finding creative ways to incorporate fitness into your daily routine. Whether you're already an avid exerciser or someone new to fitness who's looking to feel their best, NSHFD is the perfect opportunity to get involved with your communities Forever Fit Program.

Curiosity University Lectures:

Pastrami on Rye: The History of Jewish Delis (5/09/25)

For much of the 20th century, the New York Jewish deli was an iconic institution in both Jewish and American life—a kind of homeland for the soul...with pickles on the side. As a social space, it rivaled the synagogue as the primary gathering place for the Jewish community. Today, after decades of decline, the deli is experiencing a nostalgic resurgence. In addition, delis are featured in a plethora of plays, films, TV shows, songs and stand-up routines. From John Belushi's "Samurai Deli" skit on SNL to Rob Reiner's 1989 romantic comedy, "When Harry Met Sally," the deli and its fare have been embraced by Jews and non-Jews alike as a delicious emblem of Jewish culture in America.

Unearthing the Hidden History of America's Cemeteries (5/16/2025)

Cemeteries offer an unfiltered perspective on American history, regarding race, religion, art, economics, public health, war, culture, and pop culture. But in many respects, they're dying — due to the rise of cremations, demand for space, lack of resources, and even erasure. This course will take students on a through-the-centuries tour of American burial grounds, from Jamestown in Virginia to the future, infinite realm of digital immortality.

One Season Too Many: Superstar Athletes Who Stayed Too Long (5/23/25)

Just as Tom Brady experienced week after week of disappointment, he did, in fact, follow in the footsteps of many other superstar athletes who played a final season they wish had never happened. Joe Namath, Johnny Unitas, Willie Mays, Michael Jordan, Wayne Gretzky, Muhammad Ali and many more finished with a whimper, rather than a bang...and may have tarnished their reputations. So why did they continue to play? Sports historian Matt Andrews picks some fascinating superstar athletes from a few different sports to illustrate the concept of players who played on too long.

How World War II Changed America (5/30/2025)

In three years, the United States transformed itself into the world's largest industrial economy, capable of supplying air, naval, and ground forces that could fight simultaneously in two immense battle fronts on opposite sides of the world. This transformation had long-lasting consequences for American society, politics, and economic strength, as well as its own perception of itself as a global power. In this lecture, Professor Hitchcock will examine some of the major changes—some welcome and some unwelcome—that came to America as it fought and won the world's great and most costly war.

JUNE SPECIAL EVENTS

08

Please join us for a Parisian Mother's Day Tea in the Bistro at 3pm!

14

Join us for Razzmatazz, a senior dance troupe, in the Magnolia Dining Room!

20

Come cheer on Lake Boone's spelling competitors in our annual Spelling Bee vs Cary!

27

Curious about escape rooms? Let's try one together! Work together to solve clues & the puzzle!



EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,

May is a month of growth, celebration, and sunshine—a time when the world feels full of possibility. In our community, it's a wonderful reminder of the joy we find in each other's company and the strength we build together. I'm continually inspired by the kindness, resilience, and warmth that fill our halls. Here's to new adventures, lasting friendships, and the beautiful days ahead.

Jared Dicks