



"October, baptize me with leaves! Swaddle me in corduroy and nurse me with split pea soup. October, tuck tiny candy bars in my pockets and carve my smile into a thousand pumpkins".

– Rainbow Rowell, Attachments



FAMILY & FRIENDS REFERRAL PROGRAM!

OCTOBER EVENTS

Active Aging Week

Active Aging Week began in 2003, created by the International Council on Active Aging® to celebrate the vibrant lives and contributions of older adults. This annual, weeklong campaign shines a spotlight on the positive side of aging, showcasing the talents, resilience, and leadership of older individuals across our communities.

The core mission of Active Aging Week is to break down outdated stereotypes about aging. It sends a powerful message: life after 50 can be full of energy, growth, and purpose. The week highlights how older adults can thrive—physically, socially, emotionally, intellectually, spiritually, vocationally, and environmentally—regardless of age or health challenges. By offering safe, inclusive wellness activities and opportunities for movement, connection, and learning, Active Aging Week encourages healthy, active living at every stage of life.



\$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!

LAKE BOONE CONNECT

OCTOBER 2025



Active, Engaged & Embracing Fall

Dear Residents, Families, and Friends,
October is here, bringing with it the beauty of fall - cooler temperatures, golden leaves, and the cozy comforts of the season. It's a time for reflection, connection, and celebration as we enjoy all the simple joys autumn has to offer.

At Waltonwood Lake Boone, we're embracing the season with festive events, warm gatherings, and plenty of opportunities to stay active, engaged, and inspired. From pumpkin-themed programs and fall crafts to cozy socials and Halloween fun, there's something for everyone to enjoy this month.

As we welcome October, let's take time to appreciate the changing season, share laughter with friends, and make lasting memories together. Happy Fall!



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

COMMUNITY MANAGEMENT

Cameron Gregory
Executive Director

Mark Alexander
Independent Living Manager

Yvette Evita-Gunter
Business Office Manager

Andre' Vaughn
Environmental Services Manager

Ben Hollinger
Culinary Services Manager

Niya Stafford-Hooks
Valencia Smith
Marketing Managers

Rosanna Nguyen-Anwar
Resident Care Manager

Jazman Williams
Assisted Living Wellness Coordinator

Christina Ryerson
Independent Living Life Enrichment Manager

Molly Holden
Assisted Living Life Enrichment Manager

Taylor Rountree
Memory Care Life Enrichment Manager

ASSOCIATE SPOTLIGHT:

Angela Brooks

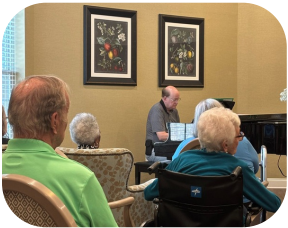
Angela Brooks has been a valued member of the Waltonwood family for seven years. As part of our housekeeping team, she takes great pride in her work, especially keeping our residents' laundry fresh and clean.

Originally from Brooklyn, NY and raised on Long Island, Angela brings warmth and dedication to everything she does.. Outside of work she enjoys gardening and caring for her indoor plants. In her downtime, you'll often find her listening to her favorite gospel music or watching Little House on the Prairie.

We're so grateful for all that Angela does to make Waltonwood Lake Boone feel like home!



MAY HIGHLIGHTS



FOREVER FIT: FOCUS ON FITNESS

If nothing else we are creatures of habit. The schedules and routines that we've developed over the years help us to be effective, efficient and comfortable. Sometimes however, in order to see the improvements we need we have to make that awkward step outside our comfort zone. As fragile as our bodies can be they are equally resilient and adapt to the stresses we place upon it. By failing to regularly add new stimuli, we often find ourself making little to no progress. If you find yourself at a bit of a plateau it may be the perfect time to try a new or more challenging exercise. Remember exercise should never be painful, rather taxing enough to test your ability so you can make the small incremental steps to a stronger healthier version of you.

HALLOWEEN

Halloween is just around the corner, and here at Waltonwood Lake Boone, we're getting into the spirit of the season with decorations, treats, and a lineup of fun-filled events for all to enjoy!

But before the costumes and candy, Halloween actually began over 2,000 years ago with the ancient Celtic festival of Samhain (pronounced "sow-in"). It marked the end of the harvest and the beginning of the darker half of the year. The Celts believed that on the night of October 31st, the boundary between the living and the spirit world was blurred, and spirits could roam the earth. Later, as Christianity spread, the holiday evolved into All Hallows' Eve, the night before All Saints' Day—a time to honor saints and departed loved ones. Over time, traditions blended with folklore, and Halloween became a festive occasion involving costumes, jack-o'-lanterns, and of course, treats!

OCTOBER OUTINGS



Sign up at the concierge

10/3

Brecotea
Bakery

10/10

Pumpkin
Picking

10/15

New Hope
Valley Railway

10/24

Gregg
Museum of Art
and Design

10/31

Shopping Trip -
Target

To reserve transportation services, please contact the front desk at (984) 232-0528.
You may also contact our driver directly at (919) 271-7507.

EXECUTIVE DIRECTOR CORNER

Dear Residents and Families,

Happy October! Fall is going to be a special time here at Waltonwood as we enjoy cooler days, seasonal activities, and time together as a community. I hope you'll join us for the events we have planned this month and take a moment to enjoy the season with friends and family. Thank you to everyone who came out for our Oktoberfest family night, it was an honor to get a chance to get to know some of you more! Thank you for letting us share these moments with you. We look forward to the opportunity to continue serving you