



OCTOBER ANNOUNCEMENTS

Active Aging week - Oct 6-12



Active Aging Week celebrates older adults' contributions and promotes healthy lifestyles through engaging wellness activities

Active Aging Week, which was first launched by the International Council on Active Aging® in 2003, is an annual weeklong campaign aimed at celebrating and highlighting the positive aspects of aging. The event showcases the abilities of older adults and their valuable contributions to society while also emphasizing the role models who lead the way.

The overarching goal of Active Aging Week is to challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, including physical, social, spiritual, emotional, intellectual, vocational, and environmental domains, regardless of age or health status. The campaign seeks to provide older adults with opportunities to engage in wellness activities and exercise in a safe, supportive environment, promoting the benefits of healthy, active lifestyles throughout the lifespan.

"Ah, Lovely October, as you usher in the season that awakens my soul, your awesome beauty compels my spirit to soar like a leaf caught in an autumn breeze and my heart to sing like a heavenly choir."

— Peggy Toney Horton



\$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!

LAKE BOONE CONNECT

October 2025

Hello October!



A Month of Transformation

Dear Residents, Families, and Friends,

October is here, and that means crunchy leaves underfoot, cozy sweaters, and pumpkin-spiced everything! It's the month where the air turns crisp, porches get a spooky makeover, and neighbors come together for fall festivals, hayrides, and trick-or-treating fun. Whether you're carving jack-o'-lanterns, sipping hot cider, or just enjoying the golden glow of autumn, October is the perfect time to slow down and soak up the magic of the season.



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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
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Marketing Managers

Rosanna Nguyen-Anwar
Resident Care Manager

Jazman Williams
Assisted Living Wellness Coordinator

Rosalind Wilson
Memory Care 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, New York, and raised in 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 feel like home!



SEPTEMBER HIGHLIGHTS



FOREVER FIT: FOCUS ON FITNESS

Making the Change

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 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.

Happy Halloween!

Halloween is creeping up! As the leaves turn and the air gets crisp, it's the perfect time to embrace the spooky spirit of the season. Whether you're planning to carve pumpkins, dress up in costumes, or indulge in sweet treats, Halloween offers a fun and festive way to connect with your community. Don't forget to keep an eye out for local events, haunted happenings, and safe trick-or-treating tips. However, you choose to celebrate, have a safe and spooktacular Halloween!



OCTOBER SPECIAL EVENTS

7
Pullen Park picnic

10
Rorschach Test



23
Pumpkin Art

31
Trunk or Treat



EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Friends,

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 for letting us share these moments with you. We look forward to the opportunity to continue serving you.