

"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 ToneyHorton



OCTOBER ANNOUNCMENTS

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.

\$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



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

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.

COMMMUNITY MANAGEMENT

Cameron Gregory
Executive Director

Mark Alexander
Independent Living Manager

Yvette Evita-Gunter
Business Office Manager

Andre' Vaughn
Environmental Services
Manager

Ben HollingerCulinary Services Manager

Niya Stafford-Hooks Valencia Smith 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

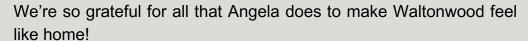
Molly Holden
Assisted Living Life Enrichment
Manager

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.





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-ortreating tips. However, you choose to celebrate, have a safe and spooktacular Halloween!



OCTOBER SPECIAL EVENTS

Pullen Park picnic

Rorschach Test



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.