



DECEMBER EVENTS

12/2 - Watercolor Cards with Ali T Arts

12/3 - Music Therapy with Amanda

12/11 - Waltonwood Lake Boone Holiday Open House

& Performance by Luke Lowe

12/17 - A visit from Santa Andy

& Holiday Family Dinner

12/23 - Christmas Movie Extravaganza!

12/24 - Holiday Sing-Along with Teresa

New Year's Eve Family Night

Join us for a New Year's Eve celebration on Wednesday, December 31st at 6pm. We will end the year with a bang with good food, drinks, and live music.

Performance by Matt from Boston at 6:30pm
Champagne toast at 8pm



\$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!

FAMILY & FRIENDS REFERRAL PROGRAM!

LAKE BOONE CONNECT

DECEMBER 2025



A Time for Spreading Joy

Dear Residents, Families, and Friends,
December marks the beginning of the winter season! As the days get shorter and the temperatures drop to freezing, we get a glimpse of a calmer, cozier version of our day to day lives. We can spend this time finding new hobbies, or rediscovering old passions. There are many opportunities this month to come together as a community and spread cheer.

Whether it is a cozy happy hour or caroling with a group of friends, we will find ways to connect with each other this holiday season. Keep an eye on the activity calendar for surprise guests and seasonal art projects. We plan to end the year with a bang at our New Year's Eve party! We all look forward to spending this special time of the year with you and your families.

COMMUNITY MANAGEMENT

Cameron Gregory
Executive Director

Jared Dicks
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

Jazman Williams
Assisted Living Wellness
Coordinator

Rosalind Wilson
Memory Care Wellness
Coordinator

Jennifer Noyd
Independent Living Life
Enrichment Manager

Molly Holden
Assisted Living Life
Enrichment Manager

Taylor Rountree
Memory Care Life Enrichment
Manager

ASSOCIATE SPOTLIGHT:

William Dingle

My name is William Dingle, but around Waltonwood most residents affectionately call me “Pastor Will.” I work third-shift concierge, and every other Sunday I lead a short service here at Waltonwood. Outside of work, I enjoy cooking, traveling, and spending time with my family. My favorite part of Waltonwood is the people: the late-night conversations, the laughs with residents, and the sense of community this place has.



NOVEMBER HIGHLIGHTS

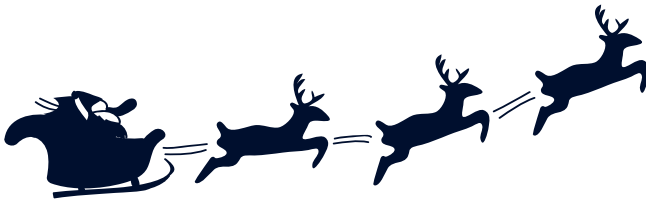


FOREVER FIT: FOCUS ON FITNESS

The holidays are a wonderful time of the year filled with friends, family, parties and gatherings. It's also some of the more stressful week on the calendar filled with schedule changes and obligations that pull you from your current routine and into a space that can feel somewhat overwhelming. So, take this a gentle reminder that the holiday stress is normal and OK, in fact use this opportunity to acknowledge it and find positive ways to work through it. How we manage this stress will directly impacts how our bodies and minds feel in the weeks to come. This December try adding a morning meditation to your daily routine. Each morning take some quiet time for yourself to slow the body, calm the mind and allow yourself to connect with how you feel. It could be something as simple as a 5-minute gratitude meditation giving thanks for what you have in your life or something longer like a 10-minute body scan allowing yourself to acknowledge how you physically feel today. No matter the time or type this daily practice of mindfulness is the perfect way to quiet the stress and connect to the world around you.

THE HOLIDAY SEASON

This month, people across the globe will be celebrating the holidays with their loved ones. Every country celebrates a little differently, but the heart of the season shines through no matter the culture. Common themes around the world include singing carols, decorating the home, large family meals, and exchanging gifts. The Jewish faith celebrates Hanukkah, an eight night celebration with gift exchanges and the lighting of the menorah. Kwanzaa honors African-American culture and heritage with a week long celebration starting December 26th. Many cultures celebrate Christmas, which over the years has become a celebration of family and the Christian faith. No matter how you celebrate this year, take time to look within and remember what is most important to you.



DECEMBER OUTINGS

Sign up at the concierge

12/5
Holy Name
of Jesus
Cathedral
Tour

12/16
Scenic Drive
to View
Holiday Lights

12/19
Farmer's Market
Restaurant
Lunch

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,

As we welcome December, I encourage everyone to take advantage of the wonderful programming and celebrations planned this month. It's a time to connect, share traditions, and enjoy everything the season has to offer. Thank you for making our community such a vibrant and uplifting place—we look forward to closing out the year with you.