



Joy S.
December 24

Lea D.
December 30

DECEMBER ANNOUNCEMENTS

Family & Friends Christmas Dinner

Waltonwood Lake Boone invites residents and their guests to join us for our Christmas Celebration Buffet on
Wednesday, December 17th.

Seating times are by RSVP only, with Independent Living and Assisted Living offered at 4:00 p.m. or 6:00 p.m., and Memory Care at 4:00 p.m.. Guest tickets are \$25.00 per person. Please contact the Culinary Department to make your reservation. Payment may be made through a resident account or by cash or credit card in the café.

For questions, please call the Concierge at 984-232-0528, you may need to leave a voicemail message.



\$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

DECEMBER 2025



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

Hello December!



A Season of Joy

Dear Residents, Families, and Friends,

As December arrives, our community is filled with the warmth and wonder of the holiday season. It's a month for celebrating traditions, sharing joy, and appreciating the connections that have supported us throughout the year. From cheerful gatherings to acts of giving, there are many ways to come together and spread kindness during this festive time. Let's embrace the spirit of the season, look forward to the year ahead, and continue strengthening the bonds that make our community such a welcoming place.

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

Many of you know me as Pastor Will, though my name is William Dingle. I serve as the third-shift concierge here at Waltonwood, and every other Sunday I have the joy of leading a short service for our community.

Outside of work, I love cooking, traveling, and spending time with my family. But what truly makes Waltonwood special to me is the people—the late-night conversations, the shared laughter, and the everyday moments that make this community feel like home.

Thank you William for all you do at Waltonwood!



NOVEMBER HIGHLIGHTS



FOREVER FIT: FOCUS ON FITNESS

Morning Meditation

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.

New Years Eve Family Night

Ring in the New Year with us at our special New Year’s Eve Family Night! We’re bringing together residents, families, and friends for an evening filled with laughter, games, music, and plenty of festive fun. Enjoy refreshments, make memories, and share in the excitement as we count down to 2026 together. This is a wonderful opportunity to celebrate the year we’ve had and welcome the one ahead—side by side as a community. We can’t wait to celebrate with you!



DECEMBER SPECIAL EVENTS

2

Vintage Frame
Ornaments

11

Holiday Cards for the
Troops

17

Santa Claus visits

31

New Years Eve
Family Night



EXECUTIVE DIRECTOR CORNER

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.

-Cameron Gregory, ED