



RESIDENT BIRTHDAYS

- Howard P. - Dec 2
- Frank B. - Dec 7
- Sue E. - Dec 8
- Bill C. - Dec 10
- Rosy Y. - Dec 10
- Elizabeth S. - Dec 2
- Mary Elise C. - Dec 29



EVENTS TO SIGN UP FOR AT CONCIERAGE

The following are upcoming events to **RSVP** for in the **RED** binder. Sign-Up sheets will be in the book starting the **MORNING** of the **FIRST DAY OF THE MONTH.**

- December 2<sup>nd</sup> at 11am - In House: Art with Ali
- December 4<sup>th</sup> at 9:30am - Outing: Shopping at Harris Teeter
- December 4<sup>th</sup> at 11:30am - Outing: Christmas Jubilee at Rudy Theater
- December 5<sup>th</sup> at 1pm - Outing: Homewood Nursery and Gift Shop
- December 11<sup>th</sup> at 9:30am - Outing: Shopping at Food Lion
- December 11<sup>th</sup> at 11:30am - Outing: Ladies’ Lunch at Vivo
- December 12<sup>th</sup> at 11am - Outing: NC Symphony Friday Favorites
- December 13<sup>th</sup> at 10am- Outing: Cinderella at Raleigh Little Theater
- December 16<sup>th</sup> at 11am - In House: Cards with Crystal
- December 18<sup>th</sup> at 9:30am - Outing: Shopping at Harris Teeter
- December 18<sup>th</sup> at 11:30am - Outing: Men’s Lunch at El Dorado
- December 19<sup>th</sup> at 1pm - Outing: Shopping at Hamrick’s
- December 23<sup>rd</sup> at 11am - In House: Art with Ali

Check your InTouch App or Channel 1340 for information! Please **RETURN** wagons you borrow to the parlor area for others to use. Also, if you borrow a book please **RETURN** the book to the same library you borrowed it from; if you borrowed it from the Trunk Club, please return it there...do not bring it to the 2nd floor Juniper Library.

\$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](http://www.waltonwood.com) | 919-569-5444

Hello December!



A Message from Jennifer: Life Enrichment Manager

I am delighted to introduce myself as your new Life Enrichment Manager. It is truly an honor to join this wonderful community, and I’m looking forward to getting to know each of you.

I come to this role with a passion for creating meaningful, engaging, and enjoyable experiences. Whether it’s music, games, crafting, exercise, lifelong learning, or simply sharing good conversation, my goal is to offer activities that bring joy, connection, and a sense of purpose to our days together. I am excited for the fun, laughter, and memories ahead, and I look forward to shaping a program together that reflects the spirit and creativity of each of you!

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

07  
We enjoyed a docent-led tour of the Book of Esther!

11  
Veterans Day with Broughtan High schools’ band and choir



17  
We enjoyed having our family and friends join us for a yummy Thanksgiving dinner

28  
Our very own Barbara Mitchell taught us to make beautiful clay Christmas trees!



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-mintute 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 was to quiet the stress and connect to the world around you.

Curiosity University Lectures

Christmas at the Movies: The Classics, The Best, and a Few of the Worst - 12/3

From the many incarnations of the Charles Dickens classic, *A Christmas Carol*, to Frank Capra’s perennially televised *It’s a Wonderful Life*, these beloved stories remind us (or at least try to) that there is much more to Christmas than over-commercialization and extravagant gift-giving. Sort of an ironic message, as the Christmas-themed films rolled out each year by the major studios the day after Thanksgiving have the sole mission of selling as many tickets as they can, while fiercely competing against other holiday films with a vengeance! But irony and sarcasm aside, feel-good movies that remind us that our families and loved ones are the greatest gift of all do serve an important purpose. Christmas is ultimately a time to think beyond personal needs and go out of our way to think about others: family members, friends and colleagues.

Christmas in America: What’s Going on Here? - 12/17

Was Christmas really banned in Massachusetts until the 1850s? How did the eight reindeer get their names? Why do we bring pine trees into our houses at Christmas? How did Santa go from a 4<sup>th</sup> century Turkish bishop, to a tiny elf, to a life-size grandfatherly figure dressed in red? What role did Coca-Cola play in this? Where does the Yule log fit into Christmas? Why are so many Christmas songs like “Rudolph” written by Jewish composers? What’s with the recent trend of upside-down Christmas trees? And is there really a “War on Christmas?” During this talk, Professor O’Donnell will take on these and many more Christmas-related questions.

DECEMBER SPECIAL EVENTS

04  
Join us for the Christmas Jubilee at the Rudy Theater!

12  
Come learn about Christmases around the world with Dr. Amy O’Keefe

17  
Be sure to sign up for Friends & Family Christmas dinner!

22  
Come out to enjoy the Acapella group - Oak City Sound



EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Friends,

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.