



## EVENTS TO SIGN UP FOR AT CONCIERAGE

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

- February 3<sup>rd</sup> at 11am - In House: Cards with Crystal
- February 5<sup>th</sup> at 9:30am - Outing: Food Lion
- February 10<sup>th</sup> at 11am - In House: Art with Ali
- February 11<sup>th</sup> at 11am - In House: Paper Weaving with Cathy B.
- February 12<sup>th</sup> at 9:30am - Outing: Harris Teeter
- February 17<sup>th</sup> at 11am - In House: Baking Mardi Gras Pretzels
- February 18<sup>th</sup> at 10:30am - Outing: LB Nail Salon
- February 19<sup>th</sup> at 9:30am - Outing: Food Lion
- February 19<sup>th</sup> at 11:30am - Outing: Ladies' Lunch at Simply Crepes
- February 20<sup>th</sup> at 1pm - Outing: Brecotea (Tea, Pastries, Dessert)
- February 24<sup>th</sup> at 11am - In House: Art with Ali
- February 26<sup>th</sup> at 11:30am - In House: Men's Pizza Lunch
- February 27<sup>th</sup> at 1pm - Outing: Home Goods, Tj Maxx, Dollar Tree

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.

### RESIDENT BIRTHDAYS

- Crystal T. - Feb 1st
- Jackson C. - Feb 5th
- Thomas B. Feb 6th
- Susan L. - Feb 7th
- Bob C. - Feb 8th
- Bob S. - Feb 11th
- Doug W. - Feb 12th
- Jack W. - Feb 12th
- Doris B. - Feb 15th
- Terry S. - Feb 20th
- Zack L. - Feb 20th
- Caro F. - Feb 22nd
- Barbara R. - Feb 23rd
- Pat P. - Feb 27<sup>th</sup>



## LAKE BOONE CONNECT

Independent Living



SINGH

3550 Horton St, Raleigh, NC 27607  
[www.waltonwood.com](http://www.waltonwood.com) | 919-569-5444

### FEBRUARY, 2026



### February Highlights

We are starting the month of February by celebrating heart health with **Go Red Day on Friday, February 6<sup>th</sup>**! Join us in celebrating by wearing some radiant red tones on the 6th and by attending any of our Forever Fit classes led by our wonderful instructor, John!

Throughout the month, we will be highlighting and reflecting upon the important contributions of Black Americans in celebration of **Black History Month**. Check your calendar for themed discussion, a documentary, and more!

Join us in participating in **Random Acts of Kindness week** from **February 16<sup>th</sup> through the 20<sup>th</sup>**! We will be hosting several kindness programs and keeping a tally of Kindness Acts completed throughout the week!

And lastly, please join us for many more celebrations during the month such as **Superbowl Sunday, Valentine's Day, and Mardi Gras!**

### COMMUNITY MANAGEMENT

- Cameron Gregory**  
Executive Director
- Jared Dicks**  
Independent Living Manager
- Yvette Evita-Gunter**  
Business Office Manager
- Andre' Vaughn**  
Environmental Services Manager
- Alex Smith**  
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
- Taylor Rountree**  
Memory Care Life Enrichment Manager

### \$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!



## ASSOCIATE SPOTLIGHT: Tatiana Powell

Tatiana Powell has been a valued member of the Waltonwood Senior Living team for four and a half years. She began her journey as our Lead Concierge before stepping into the role of Move-In Coordinator, a position she has proudly held for the past three and a half years. Tatiana's favorite part of her job is meeting new residents and their families—being the first friendly face they see and helping to build lasting relationships from day one. She finds great fulfillment in supporting families through the transition process, taking time to bond with residents, and ensuring clear, compassionate communication. Her best advice to anyone considering a career at Waltonwood is to always be patient and understanding with both residents and their families. Outside of work, Tatiana enjoys listening to all kinds of 80s music, from country to pop and R&B, watching classic 80s movies, and especially relaxing with her favorite show, Law & Order. Originally from Wallace, North Carolina near Wilmington, Tatiana moved to the Raleigh area in 2016 and has been making a positive impact ever since.



## JANUARY HIGHLIGHTS

08

We had our monthly Ladies' Lunch at Salt and Lime Cabo Grill!

16

We celebrated Dolly Parton's birthday with a craft and fashion show party!



19

We honored Martin Luther King Day with trivia, a documentary, and a Kindness Council Interest Meeting!

30

We attended a cello performance by our Life Enrichment Manager, Jennifer.



## FOREVER FIT: FOCUS ON FITNESS

### In the Moment

Strengths, weaknesses, abilities and limitations all act to shape our overall health and wellness. While previous experiences often influence our perception of how we "should" be when assessing our current state, don't let them be the defining factor in your overall success. Having our focus on things too far in the past create an unfair comparison between our current self and a younger version. When we look too far ahead at our future goals, we can forget to establish the smaller steps necessary to create the foundation from which healthy habits are built. While both instances will be part of the bigger picture, they are only some of the steps in our overall journey. By focusing on today rather than how you felt 1, 5, or 10 years ago, you can better identify your current baseline and design a routine that works for you today. Like most things, progress in fitness is rarely linear, rather a series of ebbs and flows that are constantly challenging us. By recognizing these changes and finding ways to reframe our approach we better set ourselves up for success in the moment.

## Curiosity University/Lectures

### Mummies of the Silk Road (Part 3)

Dr. Amy O'keefe

February 13<sup>th</sup>

China's Three Gorges Dam holds the world's record for annual electricity output from a hydroelectric dam. Built between 1994 and 2015, this massive dam has had an immense impact on the physical and human landscape of the Yangtze River basin. Come learn more at this talk, which examines the dam's history and impact.

### Curiosity U: The Five Most Important Civil Rights Cases You've Never Heard Of

Marcia Chatelain

February 18<sup>th</sup>

"Most people recognize Thurgood Marshall for his groundbreaking work as founder of the NAACP Legal Defense Fund, one of the civil rights attorneys behind the landmark Brown v. Board of Education of Topeka, Kansas case in 1954, and for his appointment to the Supreme Court in 1967. Yet, his path to the Supreme Court and the annals of American history included some forgotten, yet critical legal cases that helped advance the cause of African American justice. This lecture will highlight a variety of Marshall's legal cases, including: Murray v. Pearson (1936), Adams v. United States (1943) and Smith vs. Allwright (1946)."

## FEBRUARY SPECIAL EVENTS

06

Wear your best red outfit and gear up for some heart-healthy exercise with John!

08

Join us for a pre-game Superbowl Party with tasty treats and fun times with friends!

16-20

Join us in celebrating Random Acts of Kindness week! Share any acts of kindness with Life Enrichment to help meet our goal!

17

Join us in celebrating Mardi Gras with a party in the Trunk Club!



## EXECUTIVE DIRECTOR CORNER

Dear Residents, Families, and Friends,

February is a month that reminds us of the importance of connection, kindness, and community. As we settle into the heart of the winter season, our focus remains on creating meaningful moments, maintaining high standards of service, and ensuring our community continues to feel like home. Your feedback and engagement play an important role in helping us grow and improve, and I always welcome your thoughts or suggestions. Thank you for being such an integral part of what makes our community special.