



FEBRUARY ANNOUNCEMENTS

Happy Hours!

SUPERBOWL SUNDAY
2pm - AL Theater



CUPIDS HAPPY HOUR
3:30pm - MC Hobby Room

MARDI GRAS
3:30pm - MC Hobby Room



PLEASE JOIN US
— For —
DRINKS

“No winter lasts forever; no spring skips its turn.”
— Hal Borland



LAKE BOONE CONNECT

FEBRUARY 2026



Redefining Retirement Living

SINGH

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

Hello February!



The Month of LOVE

February is a month that reminds us to celebrate love, kindness, and connection. As winter continues to paint the world in calm shades of white and gray, our community stays bright with friendship and warmth. Valentine’s Day gives us a wonderful reason to share appreciation for our neighbors and staff, while Presidents’ Day invites us to reflect on the history and leadership that shaped our nation.

Whether enjoying a cozy cup of cocoa, attending one of our fun group activities, or simply sharing stories with friends, let’s embrace the spirit of togetherness that makes our community so special.

COMMUNITY MANAGEMENT

Cameron Gregory
Executive Director

Jared Dicks
Independent Living Manager

Yvette Evita-Gunter
Business Office Manager

Andre’ Vaughn
Environmental Services Manager

Alexander Smith
Culinary Service 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.



DECEMBER HIGHLIGHTS



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.

Presidents Day - February 16

Presidents' Day is a U.S. holiday that honors the nation's presidents—most notably George Washington and Abraham Lincoln—and reflects on leadership, history, and civic values. It's celebrated on the third Monday of February and can be marked in simple, meaningful ways: learning about past presidents, visiting a museum or historic site, watching a documentary, or reading a short biography. Many people also celebrate by taking part in community service, discussing current civic issues, or spending time with family while reflecting on what good leadership looks like today.



FEBRUARY SPECIAL EVENTS

3
Black History
Documentary

8
SuperBowl Sunday

11
Valentines Cookie
Decorating

23
Homemade Dog
Biscuits



EXECUTIVE DIRECTOR CORNER

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.

Cameron Gregory