



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.**

- April 2nd at 9:30am - Outing: Food Lion
- April 2nd at 11am - In House: Easter Egg Dyeing Craft
- April 3rd at 1pm - Outing: Paris Baguette
- April 7th at 11am - In House: Cards with Crystal
- April 9th at 9:30am - Outing: Harris Teeter
- April 9th at 12pm - In House: Ladies' Pizza Luncheon
- April 10th at 1pm - Outing: WRAL Azalea Garden
- April 14th at 11am - In House: Art with Ali
- April 16th at 9:30am - Outing: Food Lion
- April 17th at 1pm: Outing: Farmer's Market
- April 21st at 11am - In House: Advanced Art w/ Cathy: Fabric Art
- April 22nd at 11am - In House: Art with Ali
- April 23rd at 9:30am - Outing: Harris Teeter
- April 23rd at 11:30am - Outing: Men's Lunch at San Marcos
- April 28th at 11am - In House: Spring Craft with LE
- April 29th at 10:30am - Outing: Art Class at WW Cary
- April 30th at 12pm - Outing: Duke Chapel Tour and Organ Demo

Check your InTouch App or Channel 1340 for information!

RESIDENT BIRTHDAYS

- Frances B. - April 3rd
- Carolyn M. - April 11th
- Susan P. - April 11th
- Nancy C. - April 12th
- Brenda C. - April 14th
- Brenda M. - April 16th
- Doug W. - April 20th
- Bonnie K. - April 25th
- Janice C. - April 28th
- Jackie D. - April 28th
- Sandra H. - April 29th



Please return any cart or wagon you borrow to the Lobby (under the staircase).

Please return library books to the original library you borrowed them from.

Thank you for your understanding!

\$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

Independent Living
APRIL, 2026



April Highlights

Spring is in full bloom, and April promises to be a vibrant month filled with celebration, creativity, and connection here in our community!

We begin the season with a meaningful **Passover Seder** celebration on Wednesday, April 1st at 2:30 PM in the Juniper Library. The festivities continue with a delicious **Easter Dinner Buffet** on Thursday, April 2nd, served by our management team. On Friday, April 3rd at 10:30 AM, bring the joy of spring to life at our **Easter Egg Hunt**—and please invite your grandchildren! Get ready to show off your most outrageous style for **Tacky Day** on Wednesday, April 8th! Whether it's bold patterns, mismatched colors, or over-the-top accessories, dress to impress (or amuse!). As we celebrate the beauty of our world, join us for an **Earth Day Sing-Along** on Wednesday, April 22nd. Lift your spirits and your voice as we honor the planet through music. April is truly a month of renewal, inspiration, and togetherness. We look forward to sharing these memorable moments with you!



SINGH

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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

Clarissa Cook
Assisted Living Wellness Coordinator

Rosalind Wilson
Memory Care Wellness Coordinator

Jennifer Noyd
Independent Living Life Enrichment Manager

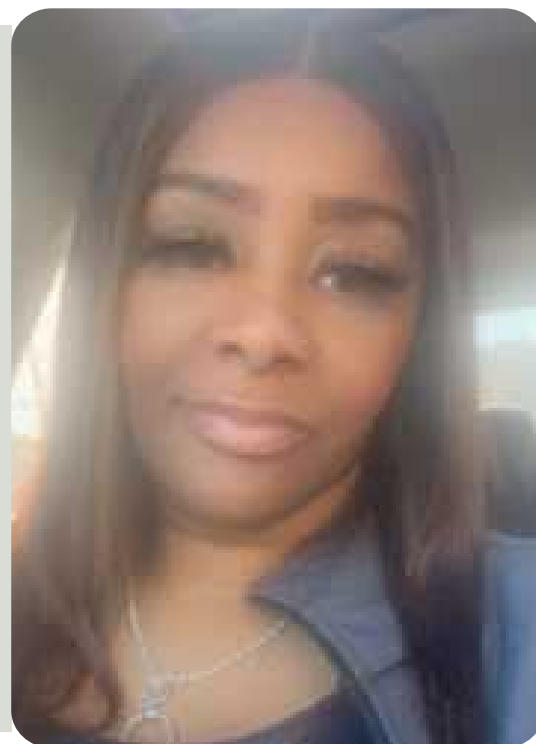
Holly Bryant
Assisted Living Life Enrichment Manager

Taylor Rountree
Memory Care Life Enrichment Manager

ASSOCIATE SPOTLIGHT: Portia Pollock

We are proud to recognize Portia as our Employee of the Month as she approaches her one-year anniversary on April 11! Over the past year, she has made a meaningful impact through her dedication and compassion in her role as a caregiver. Her favorite part of her job is the direct interaction she has with residents, where she provides comfort, encouragement, and exceptional care each day.

Originally from Wilmington, NC, she has called Raleigh home for the past seven years. She is a proud mother of three wonderful adult children and is excitedly awaiting the arrival of her first grandchild. In her free time, she enjoys cooking, decorating, and planning parties. She also loves R&B music and watching Tyler Perry movies and shows. When she's not at work, she cherishes spending time with family, traveling, shopping, and relaxing. We are grateful to have her as part of our team and celebrate her well-deserved recognition!



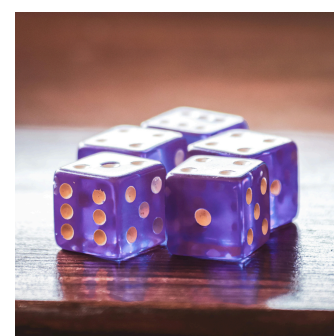
MARCH HIGHLIGHTS

04

We went to the Goddard School for Read Across America and read to a wonderful pre-k class!

12

We hosted our first Bunco game party with snacks, laughs, and prizes.



17

We celebrated St. Patrick's Day with friends, good food, green beer, and riddles with Jennifer!

5-31

We got to know our neighbors throughout the month during our Floor Block Parties.



FOREVER FIT: Fit and Flexible

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use them as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension not to the point of pain
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breathe normally while holding the movement.

Curiosity University Lecture

Women Who Ruled the World (3,500 Years Ago): Tuesday, April 7th, 2:30PM

Kara Cooney, UCLA

A woman's power in the ancient world was always compromised from the outset.

Complex societies are inherently based on masculine dominance, forcing the ancient female rulers to resort to familiar methods to gain power. Some ancient female rulers, like Cleopatra, used their sexuality to gain access to important men and bear them children. Many, like Cleopatra, only ruled at the end of a dynasty, after the male line had run out, or, like Britain's Boudica, in the midst of civil war.

Sometimes, a woman was the only effective leader left after drawn-out battles against imperial aggression. Some ancient female rulers, like Hatshepsut, gained their position as the regent and helper of a masculine king who was too young to rule.

APRIL SPECIAL EVENTS

02

Join us for our Easter Dinner Buffet as your community management team serves the meal!

08

Join us for Tacky Day! Wear your boldest and tackiest clothing all day and to Happy Hour to possibly win a prize!

22

Join us for an Earth Day sing-along in the IL Theatre! We will sing songs celebrating our beautiful world.

29

Join us for an outing to WW Cary for a class making Art Trading Cards!



EXECUTIVE DIRECTOR CORNER

April doesn't ask for perfection—it invites a reset. So this month, consider this your permission slip to try something new, start a conversation with someone you don't know well yet, or revisit something that brings you joy. Around here, the best moments aren't always on the calendar—they're the ones we create together along the way. It's truly an honor to serve as your Executive Director, and I'm always open to your suggestions and feedback as we continue shaping this community together.

-Cameron Gregory, Executive Director