

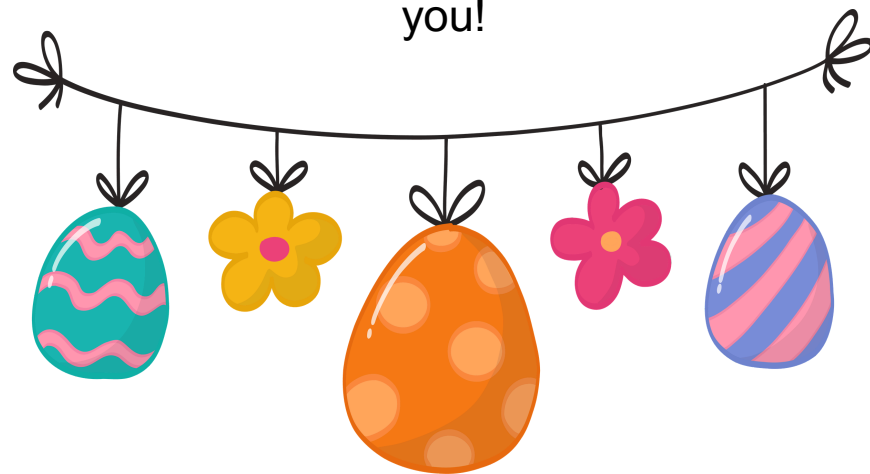


APRIL ANNOUNCEMENTS

Easter Dinner Buffet

Join us for a delightful Easter Dinner Buffet on Thursday, April 2nd, hosted by Waltonwood Lake Boone. We warmly invite all residents and their guests to attend this special celebration. Tickets are \$25 per person, and an advance RSVP is required. To reserve your spot, please contact the Culinary Service team. Payment can be made through your Resident Account or via cash/credit card in the Café. Please note that Assisted Living has two reserved dining times available: 4:30 PM and 6:00 PM. We look forward to celebrating with

you!



April Birthdays!

Ann G.
April 22nd

Martha M.
April 25th



\$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

April 2026



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Hello April!



The month of growth

April arrives with a fresh sense of possibility, bringing longer days, warmer breezes, and the unmistakable energy of spring in full bloom. It's a time when communities come alive with outdoor events, gardens burst into color, and people feel inspired to reset and recharge. Whether it's celebrating seasonal traditions, enjoying nature, or simply soaking up the sunshine, April offers the perfect opportunity to embrace growth, renewal, and a brighter pace of life.

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

Clarissa Cook
Assisted Living Wellness Coordinator

Jennifer Noyd
Independent Living Life Enrichment Manager

Taylor Rountree
Memory Care Life Enrichment Manager

Holly Bryant
Assisted Living Life Enrichment Manager



ASSOCIATE SPOTLIGHT:

Portia Pollock

We are proud to recognize 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. Her favorite part of her role is the direct interaction she has with residents, where she provides comfort, encouragement, and exceptional care each day. She values being part of the Waltonwoods team, where she continues to grow, showcase her full potential, and build lasting relationships with both residents and colleagues. 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



FOREVER FIT: FOCUS ON FITNESS

Fit & Flexible

As we age, muscles lose their elasticity, becoming more rigid and stiff. This age-related decline can cause pain, stiffness, and decreased ROM in many of the body's most used joints. While factors such as inactivity, decreased muscle strength, and osteoarthritis can impact our body's 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 losing, 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.

New Program for Life Enrichment!

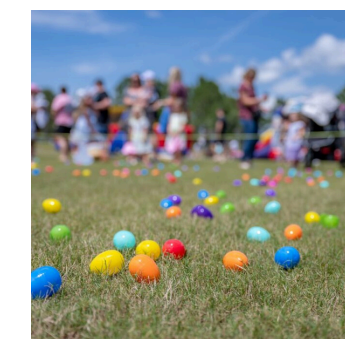
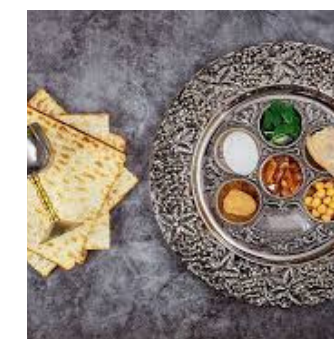
We're excited to introduce a brand-new Life Enrichment Program: a hands-on Cooking & Baking Class for our community! This engaging program invites residents to come together in the kitchen to create delicious dishes, share stories, and celebrate the joy of food. Participants will have the opportunity to bring in cherished family recipes to recreate, keeping traditions alive while making new memories with friends. Residents can also submit special requests for dishes they've always loved or wanted to try. Whether it's baking sweet treats or cooking comforting classics, this class is all about connection and creativity



APRIL SPECIAL EVENTS

1
Passover Celebration

3
Easter Egg Hunt



16
Outing: Picnic with
Waltonwood Cary
Parkway

27
Blue Grass Band



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