



APRIL ANNOUNCEMENTS

Community Easter Buffet!

Waltonwood Lake Boone invites residents and their guests to enjoy a special Easter Dinner Buffet on Thursday, April 2nd. Seating is available by RSVP only, with multiple dining times offered: Independent Living at 4:00 PM or 5:30 PM, Assisted Living at 4:30 PM or 6:00 PM, and Memory Care at 4:30 PM. Guest tickets are \$25.00 per person, and reservations must be made by Sunday, March 29th. To reserve your spot, please contact the Culinary team, with payment accepted via resident account or cash/credit card in the café. For assistance, you may call the concierge at 984-232-0528 and leave a voicemail if needed.



Fern D.
Judith J.
April 25



\$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

APRIL 2026



Redefining Retirement Living

SINGH

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

Hello April!



Springing into April!

April has arrived, bringing with it a refreshing sense of renewal, growth, and new beginnings. As the days grow longer and the sunshine lingers just a little bit more each evening, we're reminded of the beauty that comes with change. Flowers begin to bloom, trees regain their vibrant color, and the world around us feels full of life and possibility. It's the perfect time to step outside, take in the fresh air, and appreciate the simple joys that this season has to offer.

This month also invites us to embrace new opportunities, strengthen connections, and create meaningful moments together. Whether it's through community events, shared laughter, or quiet moments of reflection, April encourages us to slow down and truly enjoy the present. We're excited for all that this month holds and look forward to celebrating, growing, and making wonderful memories with you along the way.

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

Holly Bryant
Assisted Living Life Enrichment
Manager

Taylor Rountree
Memory Care 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 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.

National Garden Month

April is celebrated as National Garden Month, a time to embrace the beauty, creativity, and wellness benefits of gardening. As spring begins to bloom, it's the perfect opportunity to refresh outdoor spaces, plant new flowers or vegetables, and reconnect with nature. Gardening not only enhances the appearance of our surroundings but also promotes relaxation, reduces stress, and encourages physical activity. Whether tending to a backyard garden, planting in containers, or simply enjoying the vibrant colors of the season, National Garden Month reminds us of the joy and growth that comes from nurturing something with care.



APRIL SPECIAL EVENTS

1

Passover Celebration

4

Easter Sunday

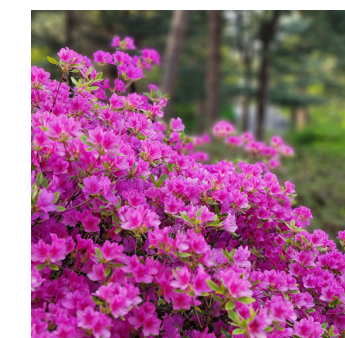


16

March Madness lunch at Cary Parkway!

23

WRAL Azalea Garden tour



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