



RESIDENT BIRTHDAYS

Henry F. - Sept. 8
Jeanette C. - Sept. 8
LaRose S. - Sept. 9
Sheila B. - Sept. 12
Bob C.- Sept. 14
Jo Anne S. - Sept. 15
Jimmy L. - Sept. 16
Barbara J. - Sept. 19
Carol H. - Sept. 23
Jody H. - Sept. 24
Alice B. -Sept. 25
Mary M. - Sept. 25



Check your InTouch App or Channel 1340 for daily programs and information!

EVENTS TO SIGN UP FOR AT CONCIERAGE

The following are upcoming events to **RSVP** for in the **BLACK** binder located at the Concierge.

Sign-Up sheets will be in the book starting the **MORNING** of the **FIRST DAY OF THE MONTH.**

These events are also Starred (**) on your monthly calendar.

September 3rd at 9:30am- Food Lion Grocery Run

September 4th at 1pm- TJ MAXX, Home Goods and Dollar Tree

September 8th at 11am- Cards with Crystal Art Class

September 9th at 11am- Art with Ali

September 10th at 9:30am- Harris Teeter Grocery Run

September 11th at 1pm- North Carolina Museum of Natural Sciences

September 15th at 11am- Cards with Crystal Art Class

September 17th at 9:30am- Food Lion Grocery Run

September 18th at 11:30am- National Cheeseburger Day. Lunch Outing to Bad Daddy's Burger Bar

September 23rd at 11am- Art with Ali

September 24th at 9:30am- Harris Teeter Grocery Run

September 24th at 11:30am- Ladies' Lunch: Bella Monica

September 25th at 11am- Friday Favorites Symphony

September 30th at 4:30pm- Captain's Table Dinner

LAKE BOONE CONNECT

Independent Living

September, 2026



SINGH

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



Suddenly September is here, bringing with it the gentle transition from the warmth and carefree days of summer into the crisp, colorful days of fall. September can be a wonderful time to slow down, enjoy familiar traditions, and welcome the changing season. The cooler temperatures make it perfect for spending time outdoors, enjoying a morning cup of coffee, taking a leisurely walk, or gathering with friends and neighbors. There is something special about seeing the leaves begin to change and feeling the excitement of a new season beginning.

September is also a wonderful reminder to appreciate the memories and moments that make each season of life special. It is a time to reconnect with friends, try a new activity, share stories, and enjoy the simple pleasures of everyday life. As summer suddenly becomes September, let's embrace the beauty of change, celebrate the friendships around us, and look forward to all the wonderful experiences that autumn has in store.

COMMUNITY MANAGEMENT

Cameron Gregory
Executive Director

Jennifer Noyd
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

Nancy Urbanowicz
Independent Living Life Enrichment Manager

Holly Bryant
Assisted Living Life Enrichment Manager

Sheridan Schoen
Memory Care Life Enrichment Manager

Clarissa Cook
Assisted Living Wellness Coordinator

Rachel Walters
Memory Care Wellness Coordinator

\$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: Jimmy Dickens

Jimmy has been a Maintenance Technician at Waltonwood Lake Boone since August 17 of last year. His favorite part of working at Waltonwood is the support and teamwork he receives from his manager, Andre; supervisor Kiki; Bob; and the Environmental Services team. Jimmy believes his success reflects those around him and is grateful to work with a team that supports and trusts one another.

Outside of work, Jimmy enjoys fishing and owns a restaurant in Georgia with his wife, Cassandra, where their oxtail pizza went viral on social media! He is also passionate about giving back to his community and served as a civil rights leader before becoming the first Black city council member in Kennesaw, Georgia, in 2016. Most importantly, Jimmy is proud of his six children and his family.



AUGUST HIGHLIGHTS

01

Camp Waltonwood 2026. What a Blast! Friends, Family and a whole lot of FUN!



12

August may have been the Dog Days of Summer but nothing makes us happier than Happy Hour.

14

Waltonwood went to the Dogs! We had our annual donation drive to Wake County Animal Shelter.



FOREVER FIT: Strength and Balance

September in Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.

Recognizing Rosh Hashanah and Yom Kippur

Rosh Hashanah and Yom Kippur are important Jewish holidays that hold deep meaning for reflection, renewal, forgiveness, and new beginnings. Rosh Hashanah, the Jewish New Year, is a time to reflect on the past year and look ahead with hope and intention. Yom Kippur, the Day of Atonement, follows and is a solemn day dedicated to forgiveness, reflection, and making amends. This September 12th and 21st, we recognize these dates as an important way to honor and respect the diverse cultural and religious traditions of our residents, families, and community. By acknowledging these meaningful occasions, we create a more inclusive environment where everyone feels seen, respected, and welcomed.

SEPTEMBER SPECIAL EVENTS

11

A visit to the North Carolina Museum of Natural Sciences, the largest natural history museum in the southeast.

14, 21 & 28

Who said Mimosas are for weekends only? Not us! We kick off every week with style and happiness with Monday Mimosas!

18

Celebrate National Cheeseburger Day with an outing to Bad Daddy’s Burger Bar.

24

Sign up for ladies Lunch. A delious visit to Bella Monica.



EXECUTIVE DIRECTOR CORNER:

As we welcome September, I’m reminded that one of the best things about Waltonwood Lake Boone is the sense of community we share. As summer winds down and we look toward the fall season, I hope you’ll take time to enjoy the many opportunities to connect with your neighbors, participate in activities, and make new memories together. Thank you for continuing to make Waltonwood Lake Boone more than just a place to live. Your stories, friendships, laughter, and involvement are what truly make this community feel like home. I’m looking forward to all that September has in store and to enjoying the season with each of you. As always, please know that my door is open. I appreciate your feedback, your ideas, and the opportunity to serve this wonderful community. Here’s to a happy and memorable September!

Cameron Gregory, Executive Director