



RESIDENT BIRTHDAYS

- Don T. -Oct 1
- Brenda C. -Oct. 3
- Rebecca L. -Oct 6
- Stew H. -Oct 6
- Sharon G. -Oct 10
- Debbie H. -Oct 11
- Hubert S. -Oct 11
- Arlene H. -Oct 25
- Mary Jo T. -Oct 26
- Barbara M. -Oct 31



EVENTS TO SIGN UP FOR AT CONCIERGE

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.

October 1 at 9:30am- Food Lion Grocery Run

October 6 at 11:00am- Cards with Crystal Art Class

October 8 at 9:30am- Harris Teeter Grocery Run

October 8 at 11:00am- Visual Arts with Anne

October 13 at 11:00am- Cards with Crystal Art Class

October 14 at 11:00am- Art with Ali

October 15 at 9:30am- Food Lion Grocery Run

October 15 at 11:00pm- Dancing Man Theater Production: Singing in the Rain

October 16 at 11:00am- Friday Favorites/Syphony Rhapsody in Blue/Wait List Only

October 21 at 11:00am- Art with Ali

October 22 at 9:30am- Harris Teeter Grocery Run

October 22 at 11:30am- Ladies Lunch Falls River Cafe

October 23 at 11:30am- Lunch Outing Relish Craft Kitchen & Bourbon Bar

October 28 at 4:30pm- Captains Table Community Dinner

October 29 at 12:00pm- Men's Lunch In House

October 29 at 1:00pm- POP UP Crafts

LAKE BOONE CONNECT

Independent Living

October, 2026



October is the perfect month to gently let go of the warmer days of summer and welcome the beauty of fall. The days feel calmer, and the trees offer a breathtaking collection of colorful leaves in shades of gold, amber, orange, and reds.

As the air shifts crisp and cool, it invites a cozy shift toward sweater weather, hot apple cider and comforting traditions like pumpkin carving and apple picking. The month is also anchored by a sense of celebration building up to spooky excitement of Halloween and the official start of the holiday season.



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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
Marketing Manager

Latasha Archie
Resident Care Manager

Rachel Walters
Memory Care Wellness Coordinator

Nancy Urbanowicz
Independent Living Life Enrichment Manager

Holly Bryant
Assisted Living Life Enrichment Manager

Sheridan Schoen
Memory Care Life Enrichment Manager

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



\$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: VICTORIA PEREZ

Victoria has been a valued member of the Waltonwood team for the past year, serving as a Caregiver. She is dedicated to supporting our residents and appreciates being part of a team where everyone works together and departments are always willing to lend a helping hand. Victoria says that the teamwork and sense of community at Waltonwood are some of the things she enjoys most about working here.

Outside of work, Victoria enjoys baking and listening to music. She also has some very exciting news to share—she became engaged on September 26, 2026! We are so happy for Victoria and her fiancé, all the love and happiness as they begin this exciting new chapter together. Congratulations, Victoria!



SEPTEMBER HIGHLIGHTS

14

Monday Mimosas!
We toast each week
in style!

18

We celebrated
National
Cheeseburger Day at
Bad Daddy's Burger
Bar



23

Kicking off the Fall
Season with watercolor
pumpkins in Art with Ali.

25

Took a Historic
Raleigh Trolley tour,
exploring the
greatness of our City.



FOREVER FIT: FOCUS ON FITNESS

Celebrating its 23rd year, Active Aging Week kicks off Monday October 5th at Waltonwood. The week-long event highlights the need and importance of actively aging as we celebrate older adults' contributions and promote healthy lifestyles through engaging wellness programs. Wellness looks different to everyone, and each Waltonwood community will uniquely display what Active Aging means to them. Starting Monday October 5th be sure to check your life enrichment and forever fit schedules for classes, programs and events that uniquely capture the many ways we all can age actively.

Active Aging Week

Join us for Active Aging Week, from October 5 to October 9. It is an annual international celebration dedicated to highlighting the positive aspects of aging and promoting the benefits of active living at every age.

As we celebrate the week, it is designed to showcase that aging is not a period of decline, but an opportunity for continued growth, health, and engagement.

Participating is beneficial for several key reasons:

- **Promotes Wellness:** The week highlights BASEket Ball and Drumming that help seniors maintain or improve their functional ability.
- **Encourages Social Connection:** One of the most significant benefits is the opportunity to combat social isolation. By participating in group activities, you can build good habits and strengthen social ties, vital for overall well-being.
- **Showcases Accessibility:** A core goal of the week is to demonstrate that "aging" looks different for everyone.
- **Boosts Confidence and Independence:** Engaging in activities that challenge the body and mind can help you to become more engaged and lower the risk of functional decline.
- **Celebrates Contributions:** The week serves as a platform to honor the wisdom, experience, and ongoing contributions that older adults make to their families and communities, fostering a sense of purpose and self-worth.

OCTOBER SPECIAL EVENTS

13&26

Halloween Thriller
Theater. Just the right
amount of spooky for a
movie matinee.

16

Catch the Bluegrass
Bug. History of NC
Bluegrass, celebrating
it's people, places and
traditions.



23

Ghost Stories of Asia
with Dr. Amy O'Keefe

30

BOO BASH!
Halloween Fun and
Costume Contest!

EXECUTIVE DIRECTOR CORNER:

October is one of my favorite times of year, as we begin to see the change of seasons and enjoy all that fall has to offer. There is something special about this time of year—the cooler weather, familiar traditions, and the many opportunities to gather together with friends and neighbors.

As we move into the final months of the year, I want to thank each of you for the role you play in making Waltonwood Lake Boone such a welcoming and connected community. Whether you are participating in an activity, enjoying a meal with friends, welcoming a new neighbor, or simply sharing a conversation in the hallway, these everyday moments are what make our community special.

I'm looking forward to enjoying the many events and activities planned for October and seeing all of you throughout the month. As always, my door is open, and I welcome your questions, ideas, and feedback. Thank you for continuing to make Waltonwood Lake Boone a wonderful place to call home.

Cameron Gregory, Executive Director