

Resident Birthdays

Don H.	11/5
Wayne B.	11/9
Gerry W.	11/11
Jerry D.	11/11
Pam M.	11/13
Rosanne F.	11/13
Bibi R.	11/19
Lanny J.	11/20
Jackie T.	11/21
John E.	11/21
Sandy E.	11/23
Lucia S.	11/25
Frances H.	11/29

Associate Birthdays

Noreen M.	11/3
Kendra B.	11/4
Angela J.	11/5
Edward D.	11/8
George K.	11/10
Shay B.	11/13
Carrie B.	11/16
Sarah H.	11/19
Edmond M.	11/21
Emily H.	11/25
Shantel C.	11/26
Steven J.	11/29

Associate Anniversaries

Jackeline G.	11/4	2 yrs
Isabella D.	11/5	1 yr
Aylin A.	11/7	3 yrs
Annie S.	11/11	1 yr
Joy T.	11/14	2 yrs
Thalia M.	11/19	1 yr

FRIENDS & FAMILY REFERRAL PROGRAM!

OUTING SCHEDULE

Tuesday, November 4th
- 9:30am, 10:45am, 1:00pm - Ride to Voting Site

Friday, November 6th
- 9:30am Southern Seasons Fruitcake Factory & Best Foods Cafeteria
- 2:30pm Lowe's Foods

Friday, November 13th
- 9:30am Trader Joe's
- 10:30am Lowe's Foods
- 1:00pm Chocolate Smiles

Friday, November 20th
- 9:00am Wal Mart & Harris Teeter
- 10:00am Lowe's Foods
- 1:00pm Barnes & Noble and Hallmark

Tuesday, November 24th
- 9:30am Lowe's Foods
- 11:45am Rudy Theater "Christmas Jubilee" Show



$3,500 RESIDENT 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!

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NOVEMBER 2026

INDEPENDENT LIVING

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THANKFUL FOR THE SEASON

Happy November! With the holiday season in full swing, there is so much to celebrate in our community! First, we will honor our veterans during our annual Veterans Day Ceremony. Join us on Tuesday, November 11th, at 2:00 PM in the Independent Living Café as we recognize and give thanks to those who have served our country. Following the ceremony, we will enjoy a special performance by the ladies of Razzmatazz Senior Dance Troupe. You won't want to miss this dazzling performance!

Next, we will take time to reflect on all we are grateful for during our Grateful Afternoon Tea on November 12th at 2:00 PM. Join us as we express our appreciation for the special people who make our lives brighter while enjoying tea and themed treats. Please RSVP at the front desk or by calling the community.

Our Thanksgiving festivities will continue on Thursday, November 19th, with our Thanksgiving Dinner in the Dining Room. During dinner, families are invited to capture special holiday memories with family photos from 5:00 PM to 7:00 PM in our Independent Living Theater. Please be on the lookout for more information on how to sign up!

We look forward to celebrating with you and your families as we reflect on the many things that we are thankful for this holiday season. Wishing everyone a wonderful November filled with gratitude, joy, and special moments together!

COMMUNITY MANAGEMENT

Noreen Mohit
Executive Director

Tina Forsythe
Business Office Manager

Aylin Altintop
IL Life Enrichment Manager

Shantel Carr
AL Life Enrichment Manager

Ashleigh Wood
MC Life Enrichment Manager

Dionna Daniels
Independent Living Manager

Harry Castro
Environmental Services Manager

Doug Thurston
Marketing Manager

Shay Barnett
Marketing Manager

Kristen Gallaro
Move-In Coordinator

Hilda Williams
Resident Care Manager

Victoria Wheeler
Assisted Living Coordinator

Stacy McNeill
Memory Care Coordinator

ASSOCIATE OF THE MONTH – JILLIAN



Please join us in celebrating Jillian, a valued member of our Waltonwood concierge team! Jillian has been with Waltonwood for nearly a year and loves the opportunity to connect with our residents each day. As Jillian shares, *“I love getting to know all of our residents. They are all so sweet and have interesting backgrounds and history.”*

A NC State graduate, Jillian earned her degree in psychology. Outside of work, she’s an animal lover who enjoys spending time with her dog, Shelby. When she’s not at Waltonwood, you can often find her curled up with a good book or enjoying a vintage horror movie!

Jillian is recognized for her warm and friendly interactions with residents and fellow associates, her excellent attendance, and her positive, team-player attitude. Her kindness and dedication make her a wonderful part of our Waltonwood family. Thank you, Jillian, for all that you do! We appreciate you and are so happy to celebrate you as our Associate of the Month!

OCTOBER HIGHLIGHTS

1

Art with Ali

Residents always enjoy creating and these friendly jack-o-lanterns were no exception!



7

Active Aging Week

Residents had a laugh the whole week and putt-putt was no exception!



14

Rosanne’s Adventure!

A sunny day on Oak Island visiting the Seabiscuit Wildlife Sanctuary, walking barefoot on the beach, releasing a gannet and much more!



19

Cheers to Octoberfest!

Residents enjoyed getting competitive during the Octoberfest Beer Stein Holding Competition!



FOREVER FIT: STRONG BODY & SOUND MIND

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and over all well-being. According to the Mayo clinic, researchers have found that a third of dementia diagnoses are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques, and healthy social relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that residents are always up for the task.

-Chris G., Senior Forever Fit Manager





EXECUTIVE DIRECTOR CORNER

Welcome November!

There is so much to celebrate as we enter this season of gratitude and togetherness! I’m looking forward to seeing everyone for our Family Holiday Photo shoot and Thanksgiving Dinner on Thursday, November 19th.

Let’s make beautiful memories, share some delicious food, and celebrate the joy of family this holiday season!

Thank you, Noreen Mohit