

November Birthdays!

Bill H.
November 7th

Marlene B.
November 20th

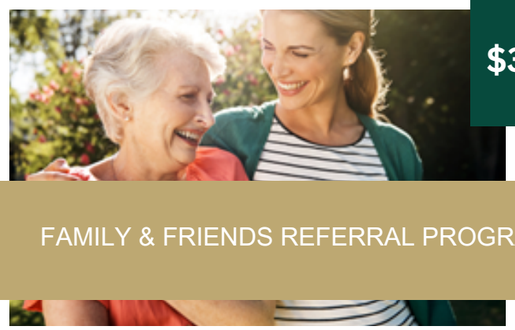
Richard B.
November 26th



THANKSGIVING FAMILY BUFFETT

Join us on Thursday, November 19th, at 4:30 p.m. for our Thanksgiving Celebration Buffet at Waltonwood Lake Boone Assisted Living! Residents are invited to enjoy a delicious holiday meal featuring traditional Thanksgiving favorites, including roasted turkey, honey-baked ham, savory sides, and seasonal desserts. We welcome residents and their guests to gather for an afternoon of gratitude, fellowship, and holiday cheer. Guest tickets are $25 per person, and reservations are required by November 18th. Please RSVP to Culinary at 984-232-0528. You may need to leave a voicemail. We look forward to celebrating the season of thankfulness with you!





$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

November 2026

WALTONWOOD
LAKE BOONE
Redefining Retirement Living
SINGH

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

Hello November!!



Gratitude, Giving, and Togetherness

November is a special time of year filled with crisp autumn days, colorful leaves, and opportunities to reflect on all we have to be thankful for. As we welcome the season of gratitude, we look forward to celebrating Thanksgiving, enjoying seasonal activities, sharing delicious treats, and creating meaningful moments together. From festive gatherings and fall crafts to music, games, and opportunities to connect with friends and loved ones, there will be plenty of ways to embrace the beauty of the season. November also reminds us to appreciate the little things, cherish the relationships we have built, and celebrate the wonderful community we share. We look forward to filling the month with warmth, laughter, friendship, and lasting memories for our residents, families, and team members!

COMMMUNITY MANAGEMENT

Cameron Gregory
Executive Director

Yvette Gunter
Business Office Manager

Andre Vaughn
Environmental Services Manager

Alexander Smith
Culinary Service Manager

Niya Stafford-Hooks
Paisly Valeri
Marketing Managers

LaTasha Archie
Resident Care Manager

Rachel Walters
Memory Care Wellness Coordinator

Jennifer Noyd
Independent Living Manager

Nancy Urbanowicz
Independent Living Life Enrichment Manager

Holly Bryant
Assisted Living Life Enrichment Manager

Sheridan Schoen
Memory Care Life Enrichment Manager

ASSOCIATE SPOTLIGHT:

Meet Vivian Brown



Vivian has been a special part of the Waltonwood family for five years as our Bistro Manager, bringing warmth and care to our community each day. Her favorite part of working at Waltonwood is the residents and the meaningful connections she has built with them through daily interactions. Vivian's dedication goes beyond her role, as she truly values the relationships she shares with those around her. Outside of work, Vivian has a big heart for family, enjoying caring for her parents and spending precious time with her four daughters and 20 grandchildren. We are so thankful to have Vivian as part of our Waltonwood family and appreciate the kindness, love, and personal touch she brings to our community. Congratulations, Vivian

NOVEMBER SPECIAL DATES

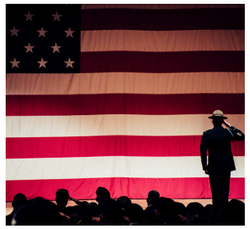
1
Daylight Saving Time Ends

11
Verterans Day

16
Ronnie and Friends Bluegrass Band

26
Happy Thanksgiving!









FOREVER FIT: FOCUS ON FITNESS

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 the Mayo clinic, researchers have found that a third of dementia diagnosis 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 always up for the task.

Honoring Our Veterans



Veterans Day is a special time to honor and thank the brave men and women who have served our country and protected our freedom. We recognize their courage, dedication, and sacrifices, while also honoring the spouses, families, and loved ones who have stood beside them throughout their lives. Their unwavering love, patience, and support have played an important role in every veteran's journey. This Veterans Day, we are grateful for all who have served and for the families who have supported them along the way. We thank you for your service, your strength, and your lasting contributions to our country and our community.

OCTOBER HIGHLIGHTS









EXECUTIVE DIRECTOR CORNER

As we enter November, a season of gratitude and reflection, I am especially thankful for my time as Executive Director at Waltonwood Lake Boone. It has been a privilege to lead this community, work alongside a dedicated team, and build meaningful relationships with our residents and families.

As I prepare to begin a new chapter in my professional journey, leaving this community is not an easy decision. Waltonwood Lake Boone has become much more than a workplace, and I am incredibly proud of what we have accomplished together.

Thank you for your kindness, support, and trust throughout my time here. I will always cherish the memories and relationships I have made and will continue cheering this community on. Wishing you and your families a wonderful Thanksgiving filled with love, laughter, and gratitude.

Cameron Gregory