

RESIDENT BIRTHDAYS

Robert S.	-Nov. 3
Lynn M.	-Nov. 5
Doug W.	-Nov. 9
LaRose S.	-Nov. 9
Aubrey J.	-Nov. 10
Joe J.	-Nov. 10
Bob S.	-Nov. 11
Dotty H.	-Nov. 13
Suester S.	-Nov. 13
Donna N.	-Nov. 14
Grace G..	-Nov. 14
Claudette T.	-Nov. 19
Geri J.	-Nov. 20
Ken D.	-Nov. 22
Alice S.	-Nov. 25
Judy S.	-Nov. 28
Leonard D.	-Nov.28
Libby H.	-Nov. 30

EVENTS TO SIGN UP FOR AT CONCIERGE

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

These events are also starred (*) on your monthly calendar:

TUESDAY, NOVEMBER 3 AT 11:00AM-
CARDS WITH CRYSTAL

THURSDAY, NOVEMBER 5 AT 9:30AM-
HARRIS TEETER GROCERY RUN

FRIDAY, NOVEMBER 6 AT 1:00PM-
OUTING HOLIDAY SHOPPING AT CRABTREE MALL

TUESDAY, NOVEMBER 10 AT 11:00AM-
CARDS WITH CRYSTAL

THURSDAY, NOVEMBER 12 AT 9:30AM-
FOOD LION GROCERY RUN

FRIDAY, NOVEMBER 13 AT 11:30AM-
OUTING TO CRACKER BARREL

THURSDAY, NOVEMBER 19 AT 9:30AM-
HARRIS TEETER GROCERY RUN

FRIDAY, NOVEMBER 20 AT 11:30AM-
LADIES LUNCH: TRUE FOOD KITCHEN

FRIDAY, NOVEMBER 20 AT 2:00PM-
OUTING TO NORTH CAROLINA MUSEUM OF ART

TUESDAY, NOVEMBER 24 AT 2:00PM-
OUTING HOLIDAY SHOPPING AT HAMRICKS

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 PROGRAMI

LAKE BOONE CONNECT

Independent Living

November, 2026



November is the perfect month to pause and give thanks for all that we have. The season invites us to appreciate the warmth of home, the kindness of family and friends, the beauty of changing leaves, and the simple moments that bring us joy.

As the year begins to wind down, November reminds us to notice life's blessings, share gratitude generously, and cherish the people and memories that make each day meaningful.

WALTONWOOD
Lake Boone
Redfiling Retirement Living

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

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

Niva Stafford-Hooks
Marketing Manager

Latesha Archie
Resident Care Manager

Rachel Walters
Memory Care Wellness Coordinator

Nancy Urbanowicz
Residential Living Life Enrichment Manager

Holly Bryant
Assisted Living Life Enrichment Manager

Sheridan Schoen
Memory Care Life Enrichment Manager

ASSOCIATE SPOTLIGHT: 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 to enjoying caring for her parents and spending precious time with her four daughters and her 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!



Welcome Lauren Long: Life Enrichment Assistant

Lauren is thrilled to be joining the Life Enrichment Team here at Waltonwood Lake Boone. She was born and raised in Charlotte, North Carolina and graduated from NC State this last May. She just returned from an unforgettable summer working on a ranch in Montana. Lauren enjoys spending time with friends and family, going to sporting events and concerts, and long walks. Lauren is passionate about and wants to encourage everyone to step out of their comfort zone and try new things.
Welcome Lauren!

OCTOBER HIGHLIGHT SPIRIT WEEK 2026

October 5-9

Active Aging Spirit Week was a ton of FUN! Monday's Endless Spirit Games crowned a new winner in BASEketball. Tuesday, Jon had us moving to a new beat with Rock'n'Roll Drumming. Wednesday, we enjoyed "Endless Spiirts" with a fantastic Happy Hour. Thursday, was our Spirit of Service day, creating 10 Birthday Boxes for Charity. Spirit Week concluded with My Spirit, My Story, My Next Chapter Resident Art Gallery, celebrating the amazing talents of our residents. Great Memories and even better Friendships!







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 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.

NOVEMBER HEALTH & WELLNESS

3
Hearing Life: Hearing Aid Cleaning and Fittings.

5
Tar Heel Foot Drop In Clinic

5
Dr. Rarbar on Pelvic Health and Gastric Therapies.

10
Low Vision Rehab Solutions



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 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, Executive Director