JANUARY 2020

CARY PARKWAY CONNECT

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Redefining Retirement Living® SINGH

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COMMUNITY MANAGEMENT

Tina Forsythe Business Office Manager

Andrew Fetzer Culinary Services Manager

Mercedes Richards Independent Living Manager

Zoe Taylor IL Life Enrichment Manager

LaQuita Dunn AL Life Enrichment Manager

Allison Whitaker MC Life Enrichment Manager

Niya Hooks Marketing Manager

Chelsea Gray Marketing Manager

Dottie Wallin Resident Care Manager

ReRe Artis AL Wellness Coordinator

Andi Vogel MC Wellness Coordinator

Marvin Forry Environmental Services Manager



New Beginnings

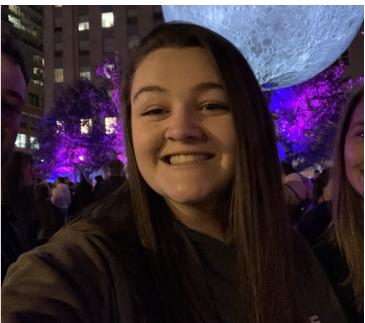
The new year is finally here, and we are eager to start a new chapter with you at Waltonwood Cary Parkway. We are so fortunate to cherish the memories that this past year has held. 2019 was filled with celebrations, socials, special events, performances, and much more, but the most important part of the year was the time spent with our loved ones and the memories those experiences produced. We are looking forward to the new experiences and memories that 2020 will create, and we are so thankful that we can be a part of that journey with you.

We will have new programs starting with the new year! Join us for our Club Fair on Wednesday, January 15 at 2:00 PM to find out more information on clubs and programs offered at Waltonwood.

ASSOCIATE SPOTLIGHT

Julia Thompson

Julia is going to school for architecture and interior design. Her hobbies include playing various instruments and taking road trips. She has three dogs, Dunkin, Daphne, and Thor who she enjoys spending time with. She likes working at Waltonwood thanks to the welcoming environment and also the ability to talk to and bond with the residents.



DECEMBER HIGHLIGHTS

03

04

Bell Ringers Performance. Stockings of Joy Decorating.

11

Civil War Presentation.

Sugar Cookie

Decorating.

16



FOREVER FIT/WELLNESS TOPIC/ARTICLE

January Journal

Every January millions of Americans resolve to move more, eat better and stress less. In fact, nearly 55% of all New Year's resolutions focus on improving our overall health & wellness and while that's an encouraging number, only 8% actual stick to their plan. There are certain tactics however that make it much more likely you'll have success in staying on track and reaching your goals. This January try a resolution journal. A quick entry of daily activity provides a 24-hour snapshot showing if the choices you've made took you closer too or further from your ultimate goal. Whether a short note or lengthy paragraph keeping a journal helps to create the accountability necessary to achieve success now and for the months to come.

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<u>Transportation</u>

Beginning this month, we are including a Saturday morning outing to take your recyclables to the dump! We ask that all recyclables be separated prior to the outing. Please be in the lobby with your items at 9:00 AM on the first and third Saturday of the month.

- Friday, January 3– Shopping at Hammricks
- Friday, January 10– Temple Theater– The Last Five
- Thursday, January 16– Dinner at Luganos
- Thursday, January 23– Lunch at Panera

JANUARY SPECIAL EVENTS

06

15

Wii Bowling League Club Fair! kicks off!

20

Martin Luther King Jr. video presentation.

29

Spelling Bee Competition.



EXECUTIVE DIRECTOR CORNER

Greetings,

We would like to thank you all for being patient during this time of transition. We are on the hunt for an executive director who will be the perfect fit for our community here at Cary Parkway. We will continue to update everyone as we continue to fill this position. Have a happy holiday season!

Best regards, Your Waltonwood Family

JANUARY 2020



CHEF'S COOKING DEMONSTRATIONS

07

Fried Scallops over pesto cream.

21

French Venison rack.

14

PEI Blue Mussels Appetizer.

28

Seabass en Papillote.

Celebrating January Birthdays

Gloria G.
Dorothy E.
Roy B.
Frank Y.
Mary M.
Nadine W.
Yvonne J.
Lois L.

CHEF'S SIGNATURE RECIPE

Seabass en Papillote

Seabass Fillet 8oz Onions, Julienne – 1oz Butter – 1 tbsp Lemon – 1 lemon sliced Capers – 1oz Tarragon – 1oz Parchment Paper

1. Cut a large circle shape from parchment paper, approximately 12" diameter

- 2. Place Seabass Fillet off center on the parchment
- 3. Place lemon slices and onion on top of the fish
- 4. Place Tarragon sprigs and butter over the lemon, sprinkle capers
- 5. Top with Butter
- 6. Add salt to taste
- Fold the edges of the paper to form a seal
- Bake at 400 degrees for 7-10 minutes
- Serve the parcel whole, slit open at the table



FRIENDS & FAMILY REFERRAL PROGRAM!

\$1,000 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!