



Celebrating Resident Birthdays in January

Beverly S. 1/21

TRANSPORTATION

Outing Schedule

- Wednesday January 5th
- 10:00am Scenic Ride
 - 1:30pm Barnes and Noble
- Wednesday January 12th
- 10:00am Scenic Ride
 - 11:00am Wendy's
- Wednesday January 19th
- 10:00am Scenic Ride
 - 1:30pm Duck Donuts
- Wednesday January 26th
- 10:00am Scenic Ride
 - 1:30pm Barnes & Noble



\$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

**CARY PARKWAY
CONNECT**

JANUARY 2022



750 SE Cary Parkway, Cary, NC 27511
www.waltonwood.com | 919-460-7330
Facebook: /WaltonwoodCaryParkway



JANUARY: NEW YEAR

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. 2021 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 ready to start off the new year with New Year Resolutions party, a birthday celebration with Elvis, and more fun!

**COMMUNITY
MANAGEMENT**

- Jeff Sylvester
Executive Director
- Tina Forsythe
Business Office Manager
- Jon Koppe
Environmental Services Manager
- Andy Fetzer
Culinary Services Manager
- Jamie Cornwell
Independent Living Manager
- Kaitlyn Duffy
MC Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Kathy Burroughs
IL Life Enrichment Manager
- Niya Hooks
Marketing Manager
- Nick Long
Marketing Manager
- Juanita McArtan
Resident Care Manager
- ReRe Artis
Special Care Coordinator
- Korin Kreiser
AL Wellness Coordinator



FOREVER FIT: FRIENDLY FITNESS

If you're like many, finding the motivation to exercise during the cold dark days of winter can be a real struggle. Staying active when your mind and body aren't in sync can be a major roadblock to creating a consistent fitness routine. A great way to beat this barrier is to grab a friend, or two, and tackle those winter workouts together. Exercising with a buddy creates a sense of accountability that has been shown to greatly improve your chances of long-term success. By adding a social element to your routine also helps manage stress, improve emotional wellbeing and increases overall enjoyment when compared to exercising alone. So, the next time you like skipping a workout and you need that extra motivation get some friends and get moving because there's strength in numbers.

— Chris, Senior Fitness Instructor

EXECUTIVE DIRECTOR CORNER

Welcome 2022!

The beginning of every year brings with it the hope of improvement, whether that be self-improvement or otherwise. Here at Waltonwood at Cary Parkway the team and I are looking forward to the beginning of the best of our service. We have been very busy throughout 2021, despite the many challenges the world brought before us, and now we are ready to take our vision, performance, and overall residential experience to greater heights. Everywhere, in every department, our team has been gearing up to make improving your experience with us better than promised. This is our New Year resolution!

Jeff Sylvester