



TRANSPORTATION

Outing Schedule

- Thursday October 6th
- 9:00am Walmart & Harris Teeter
 - 10:00am Lowes Food
- Friday October 7th
- 9:30am Buffalo Farms
- Friday October 14th
- 9:00am Walmart & Harris Teeter
 - 10:00am Lowes Food
 - 1:00pm Ashworth Drug Store & Plaza
- Friday October 21st
- 9:00am Walmart & Harris Teeter
 - 10:00am Lowes Food
 - 12:00pm, 1:30pm, 3:00pm Early Voting Runs
- Wednesday October 26th
- 4:45pm Skippers Seafood Dinner
- Friday October 28th
- 9:00am Walmart & Harris Teeter
 - 10:00am Lowes Food
 - 1:30pm Scenic Ride Halloween Decorations Tour

Resident Birthdays

| | |
|--------------|-------|
| Cynthia W. | 10/1 |
| Dorothy H. | 10/4 |
| Nick S. | 10/4 |
| Ruth B. | 10/13 |
| Lesile G. | 10/14 |
| Brenda W. | 10/20 |
| Elizabeth M. | 10/25 |



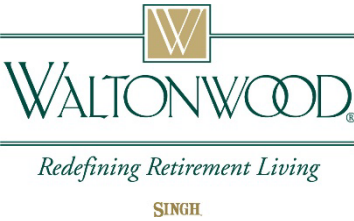
\$3,500 RESIDENT REFERRAL BONUS

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

OCTOBER 2022



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



FALL FESTIVITIES

October is filled with fun festivities! To kick the month off we'll be celebrating Active Aging Week! Legacy will host a balance test event with fresh smoothies! We are also introducing a Parkinson's Support Group this month. For those with loved ones or yourself affected by Parkinson's please come and attend.

Next, we'll be traveling all the way to Germany for our 2nd Annual Oktoberfest! German games, music, and plenty of delicious food will all be on the agenda.

Lastly, to close out the month we'll celebrate Halloween with a Fall Fest! Costumes, candy, pumpkin painting and fall games! And make sure to dress to impress for our Costume Contest! We'll have haunting good time!

COMMUNITY MANAGEMENT

- Nadia Awah
Executive Director
- Tina Forsythe
Business Office Manager
- Andy Fetzer
Culinary Services Manager
- Kaitlyn Duffy
IL Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Niya Hooks
Marketing Manager
- Nick Long
Marketing Manager
- Shelly Hodges
Resident Care Manager
- Shuvayi Vereen
MC Wellness Coordinator

LIFE ENRICHMENT CONNECT

Hello everyone! I wanted to formally introduce myself, my name is Kaitlyn Duffy and I will be taking over as the Independent Living Life Enrichment Manager. I'm so excited to join the Independent Living team. A little about me...I've been working at Waltonwood for almost 2 years as the Memory Care Life Enrichment Manager. I grew up in Cary and I'm an East Carolina graduate with a bachelor's in Recreational Therapy. Go pirates! I have a passion for traveling, cats and all things fitness. I would love to know what exciting things you would like to see on our activities calendar! Please share your suggestions at our monthly calendar meetings. I can't wait to get to know everyone and get started!



FOREVER FIT: ACTIVE AGING WEEK

Since its inception in 2003, the first week of October has been earmarked as the start of Active Aging week. The annual celebration highlights efforts of those 50 years and older to thrive physically, socially, spiritually, emotionally, intellectually, vocationally and environmentally. From October 3rd-October 9th join the Waltonwood family as we celebrate Active Aging Week with daily events aimed at keeping our residents feeling their very best. With exercise classes to fitness assessments and educational seminars to hands on demonstrations each community will offer their own unique perspective on what is truly means to actively age.

– Chris, Senior Fitness Instructor



MEET MARLENE

Welcome Marlene, our new part-time Memory Care Life Enrichment Assistant!

Marlene started her journey at Waltonwood as a concierge only 6 months ago. And before Marlene joined Waltonwood she worked as an acting and modeling coach!

When Marlene isn't working, she loves listening to music, spending time with her son, and rooting for her favorite team, the Kansas City Chiefs!



EXECUTIVE DIRECTOR CORNER

Happy October to all of you!

October will kick off with Active Aging Week (3rd- 7th). The focus will be on fitness and overall health and wellbeing. Come and learn about ways of staying healthy. Oktoberfest will be celebrated this month. Come and enjoy German food, beer, and fun games. Halloween will be celebrated on the 31st. We are planning lots of spooky fun activities with games and of course pumpkin treats as well.

Flu Clinic is scheduled for October 19th this year. As previously announced, Ashleigh Hartung will be joining our team as the new LEM-MC. In addition to that, Marlene Ogle, has been hired as the new life enrichment assistant. We are also excited to announced that Emily Sword will be starting as our new Forever Fit Coordinator.

Please be reminded that the next community review call is scheduled for October 17th at 3pm

~Nadia Awah
03