



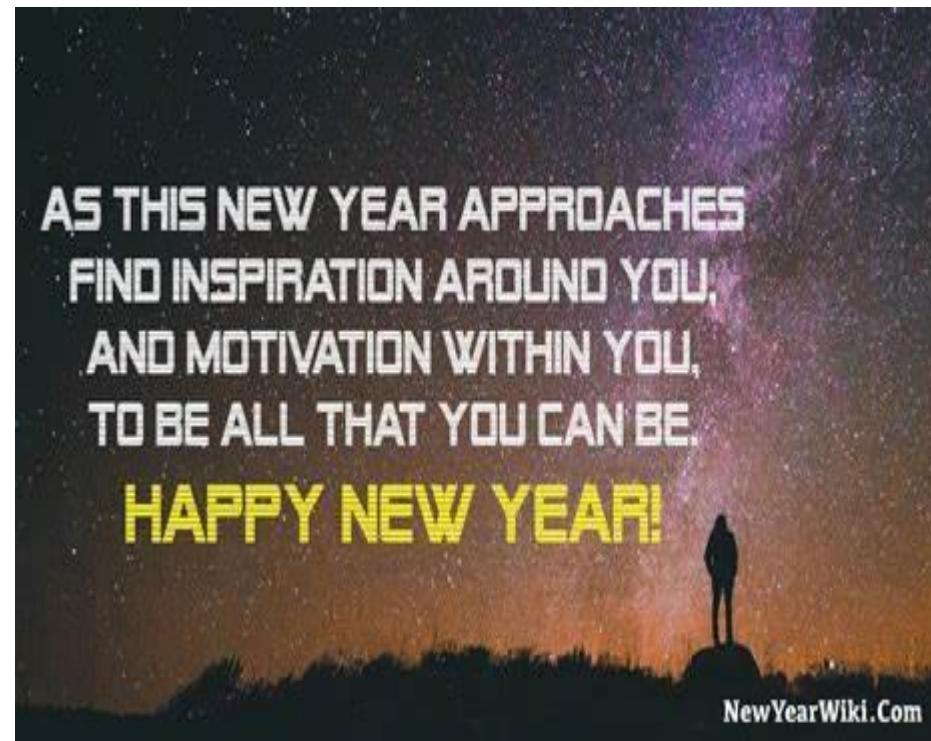
COMMUNITY COMMUNICATION

We have many things to look forward to for the month of December, but above all these would be the ability to **reflect and be thankful!**

TOYS FOR TOTS

This holiday season we partnered with the Marine's Toys for Tots. Your generosity helped deliver 3 boxes of toys and games to children in need, all while providing hope and a reason to believe in their future.

Thank you for all your generosity!



RESIDENT BIRTHDAYS

Anthony Gandy 11-Jan
Ruby Fudge 19-Jan

ASSOCIATE BIRTHDAYS

Dieisha Edwards	1
Peggy Boothe	3
Ronald Paz	13
Torkyenia White	13
Angela Gorham	21
Louise Djunga-Eluhu	28
Johnny James	30
Kaitlyn Duffy	31

ASSOCIATE ANNIVERSARIES

Marlene Ogle	2-Jan
1yr	
Ronnetta Hill	10-Jan
11yrs	
Angela Jenkins	13-Jan
7yrs	
James Evans	25-Jan
1yr	
Johnny James	25-Jan
1yr	
Brittany Harris	29-Jan
1yr	



\$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! Ask for details!

FRIENDS & FAMILY REFERRAL PROGRAM!

CARY PARKWAY CONNECT

JANUARY 2023



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COMMUNITY MANAGEMENT

- Nadia Awah
Executive Director
- Tina Forsythe
Business Office Manager
- Michael Quinn
Environmental Services Manager
- Andy Fetzer
Culinary Services Manager
- Kaitlyn Duffy
IL Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Ashleigh Hartung
MC Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Niya Hooks
Marketing Manager
- Nick Long
Marketing Manager
- Dakota Olive
Move-In Coordinator
- Shuvayi Vereen
MC Wellness Coordinator



12 NEW CHAPTERS, 365 NEW CHANCES

New year, new possibilities. We will take time this month to focus on our many blessings and good fortunes throughout 2022 while setting goals for the new year. Want to learn a new recipe or language? Want to try a new polish color or way to wear your hair? Let's discuss it and set mini goals to ensure it'll happen!

Next, to celebrate Elvis's birthday we'll bring the King of Rock and Roll to Waltonwood on Thursday January 12th! Also new for 2023, pet therapy will happen every Wednesday with Max and Murphy, and every Tuesday with Madi.

To close out the month of January, we will be celebrating the Chinese New Year. We will have the opportunity to learn the history behind this tradition, enjoy some Chinese cuisine, along with a dance performance by Ye Ning Feng, a traditional Chinese folk dancer.



DECEMBER HIGHLIGHTS

07

Holiday Open House-

We showed the best of Waltonwood with 5 star cuisine and take-aways.

14

Ornament Making-

We made ornaments and felt jolly while doing it.

13

Gingerbread House Making-

We decorated a gingerbread house village with families!

18

Christmas Play-

Bonnie's family put on a Christmas play that delighted us all!



FOREVER FIT: JOIN US!

This January I'd like to extend an open invitation. An opportunity to kick start your daily routine by improving the way you move, think and feel. Consider this your personal invite to join our "Forever Fit" exercise program here at Waltonwood. Open to all residents our exercise classes and fitness center are aimed at enhancing independence while promoting healthy lifestyles in a safe enjoyable environment. Utilizing an approach that makes exercise accessible to everyone, each of our many offerings is designed for its participants to move at a pace in which they see fit. So, this New Year give exercise a try, it just might be one of the best things you can do to keep happy and healthy in the new year.

– Chris, Senior Fitness Instructor

TRANSPORTATION INFORMATION

Last month we had a great time facing the chilly weather to enjoy some time out on the town.

This month will be just as great with the planned trips!

Upcoming planned trips:

- Caribou Coffee
- PetSmart
- Common Grounds Coffee House and Desserts
- The Historic Page-Walker House
- Java Jive Coffee & Tea
- NC Museum of Art



JANUARY SPECIAL EVENTS

10

American Caroling Company-

Let's have a holiday do-over and sing along to the classics!

16

Martin Luther King Jr. Day-

Let's learn about the reason he fought for equality and how we can continue with his forward thinking.

12

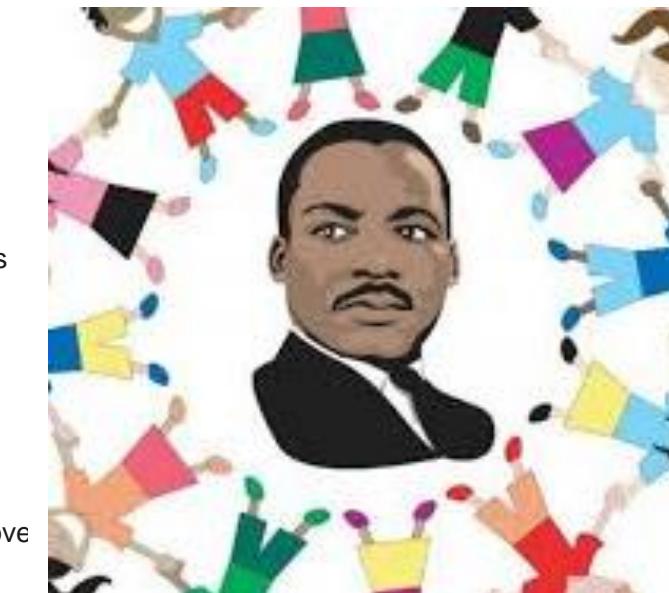
"Elvis" graces the stage-

Let's watch as he swings his hips and exercises his vocals for us!

25

Pet Therapy-

Let's gather together and love on our furry friends!



EXECUTIVE DIRECTOR CORNER

"With the new day comes new strength and new thoughts" - Eleanor Roosevelt
Welcome 2023!

On behalf of the Leadership Team at Cary Parkway, we want to wish you all a happy new year. Despite the challenges and obstacles we've faced, we are so fortunate to cherish the memories this past year has held. We are eager to start a new year and chapter with you at Waltonwood. The new year will bring exciting new performances, be on the look out for what the calendar has to offer.

Thanks,
Nadia
03