



## OUTING SCHEDULE

### Resident Birthdays

1/12 Beverly S.

### Wednesday January 4<sup>th</sup>

- 10:00am Scenic Ride
- 1:30pm Dunkin Donuts

### Wednesday January 11<sup>th</sup>

- 10:00am Scenic Ride
- 1:30pm Petsmart

### Wednesday January 18<sup>th</sup>

- 1:00pm Polar Ice Rink

### Wednesday January 25<sup>th</sup>

- 10:00am Scenic Ride
- 1:30pm Page Walker Arts & History Center

### Associate Birthdays

1/1 Dieisha E.

1/3 Peggy B.

1/13 Ronald P

1/13 Torkeyia W.

1/21 Angela G.

1/28 Louis D.

1/30 Johnny J.

1/31 Kaitlyn D.



## \$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!

# CARY PARKWAY CONNECT



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Facebook: /WaltonwoodCaryParkway

JANUARY 2023



## RINGING IN THE NEW YEAR

Happy New Year! We will be ringing in the 2023 new year with some great new programs. Our "Discovering Dance and Music Around the World" program will focus on a different region of the world each week. We will take time each morning to learn about a specific part of the world, focusing in on their unique music and dance styles. Our travels will begin on January 17th, starting with South America. Following South America, we will discover Africa and lastly, Asia. Be on the lookout as we travel the world next month!

Also new for 2023, we will be welcoming some furry friends to our community! Pet therapy will happen every Wednesday with Max and Murphy, therapy dogs from local organizations in the area. We look forward to their visits each week.

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.

## 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

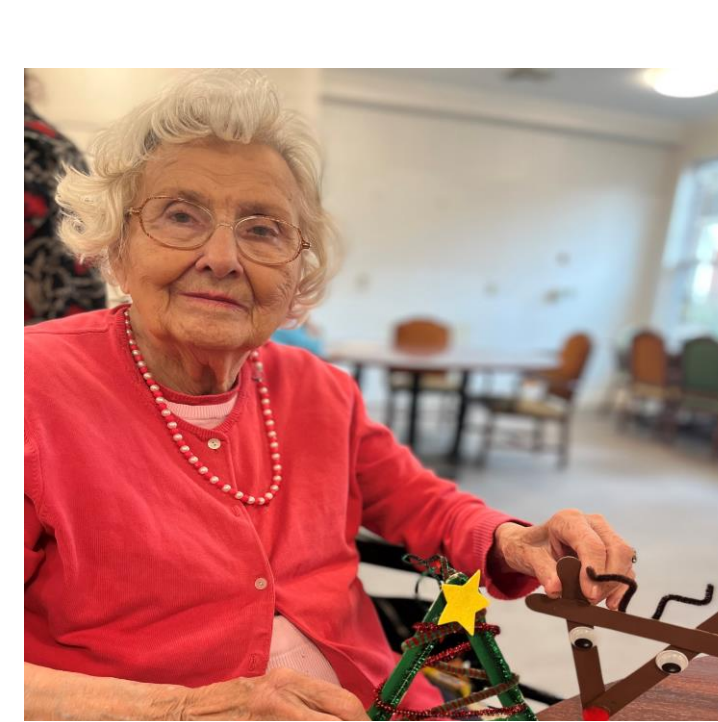
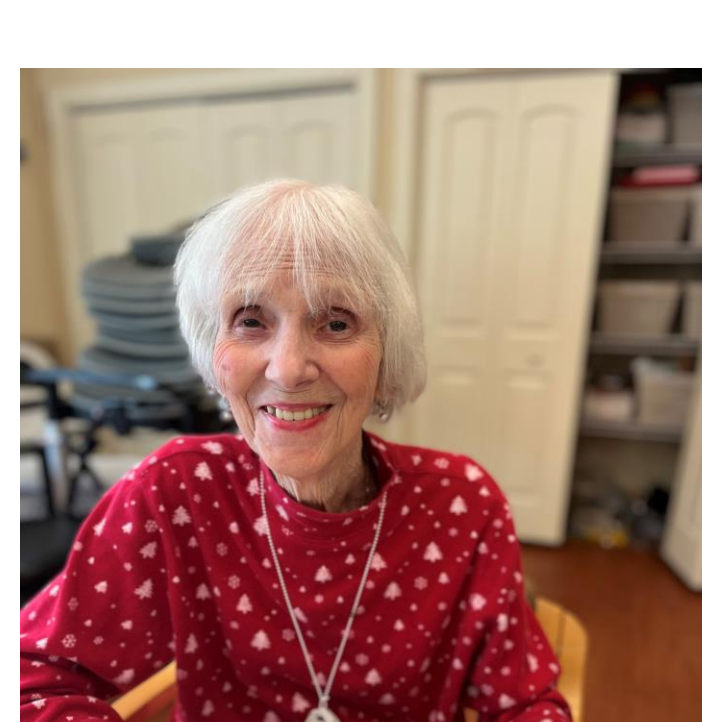
Niya Hooks  
Marketing Manager

Nick Long  
Marketing Manager

Dakota Olive  
Move-In Coordinator

Shuvayi Vereen  
MC Wellness Coordinator





## FOREVER FIT: JOIN US!

As another hectic holidays season slowly fades and we once again find ourselves transitioning back into those routine that we're use too. Sometimes that's a much-welcomed occurrence, while other times it becomes a dull and uninspiring way to spend the winter months. 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

### LIFE ENRICHMENT JANUARY HIGHLIGHTS

- **Tuesday January 3<sup>rd</sup>:** Alaska Social (come learn all about Alaska for National Alaska Day!)
- **Tuesday January 10<sup>th</sup>:** Rescheduled performance by the American Caroling Company
- **Thursday January 12<sup>th</sup>:** Live Music and Performance by Elvis! (Billy Thomas)
- **Monday January 16<sup>th</sup>:** Live Music by Bendy Goodfriend
- **Tuesday January 17<sup>th</sup>:** Golden Girls Social to honor Betty White's Birthday
- **Tuesday January 24<sup>th</sup>:** Camping Social to honor National Boy Scout Day
- **Thursday January 26<sup>th</sup>:** Chinese New Year Celebration with Ye Ning Feng
- **Tuesday January 31<sup>st</sup>:** Quilt Show



### EXECUTIVE DIRECTOR CORNER

"With the new day comes new strength and new thoughts"- Elenao 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 kick off with an exciting bell ringing performance on the 11<sup>th</sup>. What better way to 'ring' in the new year. Next, we'll have an Elvis Presley performance in honor of his birthday on the 12<sup>th</sup>. Please get your dancing shoes ready for his performance.

Pet therapy will be available every Wednesday. We can't wait to see the joy and smiles the animals will bring to our residents.

Lastly, to close out the month Ye Ning Feng will help us celebrate the Chinese New Year on the 26<sup>th</sup>. You won't want to miss her beautiful dancing.

Please be reminded that January's community review call is Monday January 16<sup>th</sup> at 3:00pm.

Thanks,  
Nadia Awah