



OUTING SCHEDULE

Resident Birthdays

Lee O.	1/2
Roger F.	1/2
Dorothy E.	1/5
Maria E.	1/5
Dorothy H.	1/12
Peggy W.	1/12
Henry S.	1/16
Mary M.	1/16
Edwards K.	1/18
James H.	1/21
Nancy K.	1/25
Yvonne J.	1/25
Maryann M.	1/27

Friday January 6th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowes Food
- 12:30pm Skippers BBQ

Wednesday January 11th

- 4:45pm Bonefish Grill

Friday January 13th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowes Food
- Time TBD Movie Theater “A Man Called Otto”

Friday January 27th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowes Food
- 1:00pm Page-Walker Art & History Center



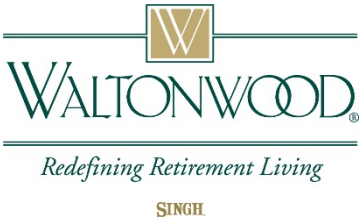
\$3,500 RESIDENT REFERRAL BONUS

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 2023



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



NEW YEAR, NEW HAPPENINGS

We'll be swinging into the new year with new music! To 'ring' in the new year, Slvyia Andrews will showcase her bell ringing on Wednesday Janaury 11th. Slvyia was born and raised in Alaska and has been bell ringing since she was eight years old. This will be Slvyia's third Waltonwood performance!

Next, to celebrate Elvis's birthday we'll bring the King of Rock and Roll to Waltonwood on Thursday January 12th! Lastly, make sure to get a good seat to hear the beautiful violin playing of Bendy Goodfriend on Monday January 16th.

Our resident spotlight January topic will be "career talk". We'll be discussing and sharing our struggles and triumphs of careers on January 31st. We welcome all residents to come down and stare your story! We're so excited for the great things 2023 will have in store!

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: DON'T MISS

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| • Tuesday January 10th | 2:30pm | American Caroling Company |
| • Wednesday January 11th | 2:00pm | Bell Ringing with Sylvia Andrews |
| • Thursday January 12th | 2:30pm | Elvis Presley (Billy Thomas) performance |
| • Monday January 16th | 2:00pm | Violin Performance Bendy Goodfriend |
| • Wednesday January 18th | 1:00pm | Movement Disorders Support Group w/ Legacy |
| • Tuesday January 24th | 3:30pm | Bingo Auction |
| • Tuesday January 3^{1st} | 3:30pm | Resident Spotlight: Career Talk |

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 11th. What better way to 'ring' in the new year. Next, we'll have an Elvis Presley performance in honor of his birthday on the 12th. 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 26th. You won't want to miss her beautiful dancing.

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

Thanks,
Nadia Awah