



OUTING SCHEDULE

Tuesday, July 2nd

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe's Foods
- 1:00pm Howling Cow Ice Cream & Dairy Farm

Friday, July 12th

- 9:30am Dorthea Dix Sunflower Field
- 1:00pm Lowe's Food
- 2:15pm Trader Joe's

Friday, July 19th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe's Foods
- 12:30pm Skippers Seafood & Smokehouse

Friday, July 26th

- 10:00am Lowe's Food
- 12:30pm Farmer's Market
- 2:00pm Dollar Tree

Resident Birthdays

George W.	7/1
Heather B.	7/4
Athena T.	7/6
Janet H.	7/9
Janice Z.	7/12
Doratha M.	7/13
Rose A.	7/15
Don W.	7/22
Carolyn C.	7/26
John R.	7/26
Bonnie G.	7/28
Vernon B.	7/31



CARY PARKWAY CONNECT



JULY 2024

INDEPENDENT LIVING

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



GLITZ & GLAMOUR

Happy July! We're kicking off the month with Independence Day. Don't forget to show off your red, white, and blue during our cookout on July 3rd at 12:30pm in the Dining Room. Grilled burgers, coleslaw, cake and much more! We hope to see you there to celebrate.

Next, join us for a game of live music bingo with prizes on July 9th at 2pm. Come test your music knowledge from the 40's, 50's and 60's. Then get ready to be glamoured and pampered on July 16th at 1:30pm in the Dining Room! Enjoy Mary Kay makeup, glamour shots, and decadent desserts. And this year we will welcome Little Miss Pageant Queens to strut their stuff with our residents down the runway.

Get your dancing shoes ready! Razzmatazz Senior Dance Troupe will perform on July 17th at 3:30pm in the Café. Let's enjoy this dynamic show from the award-winning troupe.

Lastly, join us for our 'Christmas in July' event! Santa is coming early this year to celebrate! We're inviting kids to enjoy crafts, story time, and fun games with Santa! We hope you join us for the fun all month long!

COMMUNITY MANAGEMENT

- Nadia Awah
Executive Director
- Tina Forsythe
Business Office Manager
- Kevin Crane
Culinary Service Manager
- Michael Quinn
Environmental Service Manager
- Kaitlyn Duffy
IL Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Ashleigh Hartung
MC Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Nick Long
Marketing Manager
- Olu Williams
Marketing Manager
- Destiny Perkins
Move-In Coordinator
- Donna Orichio
Resident Care Manager
- Latoya Rodriguez
AL Wellness Coordinator
- Shuvayi Vereen
MC Wellness Coordinator

\$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!

WELCOME OLU!

Welcome Olu Williams, our new Marketing Manager! Olu was born and raised in Miami, Florida. Olu’s favorite hobbies are hiking, kayaking, and rooting for his favorite teams, the Lakers and the Florida State Seminoles! Olu loves all things outdoors and sports! When Olu isn’t working he coaches football for kids! He loves coaching his 9-year-olds and high school teams. Fun fact about Olu: he has visited every Caribbean Island! Olu’s family is from the Caribbean and he loves spending quality time with them. We’re happy to have Olu join our Waltonwood family!



FOREVER FIT: HEALTH IN THE HEAT

While healthy hydration habits are important year-round, they become essential during the summer months when the heat and humidity can reach dangerous levels. As we age, the water content in our bodies naturally decreases, our sensation of thirst diminishes and the side-effects certain medications can greatly increase the risk for serious dehydration in seniors. Making small, subtle changes can greatly improve our ability to adapt and help our bodies better tolerate the summer heat. Having fluids nearby to drink throughout the day, avoiding strenuous outdoor activities during the peak hours of the afternoon, and wearing appropriate clothing that allows for good circulation, you all can help cut down on dehydration and keep us feeling comfortable and safe on the hottest summer days.

-Chris G., Senior Forever Fit Manager

JUNE HIGHLIGHTS

- 1** Camp Waltonwood
Kids enjoyed our Super Hero and Princess Camp filled with pony rides, face painting, golf cart ride with Superman, and more!
- 12** Father’s Day Social
Residents enjoyed delicious charcuterie boards and live music and dancing by Miss Candice.



- 12** Matt’s Magical Mini Golf Course
Residents enjoyed putting around and testing their skills.
- 13** Father’s Day Family Dinner
Residents enjoyed a delicious dinner with family and friends.



EXECUTIVE DIRECTOR CORNER

Welcome July! This month we welcome patriotic celebrations, cookouts with friends, and summer vacations!

Seasonal Tip: Independence Day is fast approaching! Grilling and fourth of July go hand in hand. Get your sparklers, fireworks, and grills ready for summer fun. Always be cautious when igniting any fireworks or grill and remember to have water close by. And enjoy celebrating all month long!

Thank you, Nadia Awah