



OUTING SCHEDULE

Friday, October 4th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe's Foods
- 12:00pm Farmers' Market
- 1:00pm Belk's

Friday, October 11th

- 10:00am Lowe's Foods
- 11:30am Trader Joe's
- 12:30pm Captain Stanley's Lunch

Friday, October 18th

- 9:00am Walmart & Harris Teeter
- 10:30am Food Lion
- 12:00pm Early Voting for Election
- 2:00pm Early Voting for Election

Friday, October 25th

- 9:00am Lowe's Food
- 11:00am Early Voting for Election
- 1:00pm Halloween Decorations Tour

Resident Birthdays

David E.	10/1
Dorothy H.	10/4
Nick S.	10/5
Ruth B.	10/13
Jackie S.	10/13
Charles S.	10/19
Mary Jo Z.	10/19
Elizabeth M.	10/25
Loretta W.	10/29

Associate Birthdays

Marlene O.	10/4
Erin H.	10/5
Madeleine G.	10/6
Phillip O.	10/15
Janet S.	10/19
Krystal M.	10/26
Aylin A.	10/28

Associate Anniversaries

Roxy B.	10/2	5yrs
Mary O.	10/23	12yrs
Ashleigh W.	10/10	2yrs
Kate H.	10/11	3yrs
Nadia A.	10/12	4yrs



\$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!

CARY PARKWAY CONNECT



OCTOBER 2024

INDEPENDENT LIVING

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



FALL INTO FALL

Happy October! Fall has officially arrived and there are lots of great seasonal events on the horizon. To kick off the month, we will be celebrating Active Aging Week. Each day we will explore a different country by learning their traditional and unique sports. We will begin our journey in Germany to celebrate Oktoberfest! Get ready to enjoy traditional German cuisine and Oktoberfest games.

Next, join us for Family Night on October 15th at 6:00pm. We will have live music bingo with Matt Silverstein. There will also be a French-fry bar from our culinary department and bingo prizes. We hope to see you there!

We will keep the fun going on October 29th for our Noodle Ball Tournament. Get ready to compete on a team of four residents. Come shoot your shot or cheer in the audience!

We will wrap up the month with all things spooky! Join us on October 30th at 6:00pm for our "trick or treat" parade. We invite grandchildren and great-grandchildren ages 4-12 to dress up in their best Halloween costume for trick or treating, refreshments, themed games, and more. I hope you will join us for all the fun as we jump into the fall season!

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

Kristen Gallaro
Move-In Coordinator

Latoya Rodriguez
AL Wellness Coordinator

Shuvayi Vereen
MC Wellness Coordinator

ASSOCIATE SPOTLIGHT

Aylin Altintop is our October Associate of Month! Aylin has been a part of the Waltonwood family for almost 2 years. Aylin has made a terrific impact on our residents, programming, and Life Enrichment team! She is originally from Istanbul, Turkey, and moved to the States when she was 10 years old. Aylin has a finance degree from App State and worked as a retail bank manager for many years. When Aylin's not at work, she enjoys stand-up paddle boarding, reading, and spending time with her 2 daughters. Both were born in Japan and were living in China when the pandemic started. A fun fact about Aylin is that she has 4 chickens, 2 cats, and wants to participate in a flash mob in the future! Thank you, Aylin, for everything you do here at Waltonwood! You are truly a loved, valued, and appreciated member of our family.



FOREVER FIT: ACTIVE AGING WEEK

As we once again transition from September to October, it also means it's time for Active Aging Week. In its 21st year, the week-long event highlights the need and importance of actively aging as we celebrate older adults' contributions and promote healthy lifestyles through engaging wellness programs. Each Waltonwood community will display what Active Aging means to them and, if there's anything we know, active aging can look very different to different people. Starting Monday, September 30th, be sure to check your life enrichment and Forever Fit schedules for classes, programs and events that uniquely capture the many ways we all can age actively.

-Chris G., Senior Forever Fit Manager

SEPTEMBER HIGHLIGHTS

8

Grandparents' Day Social
Residents and their families enjoyed a fun craft and snack.



9

NC Sightseeing Walk
Residents enjoyed walking and taking in the beautiful sights and wildlife.



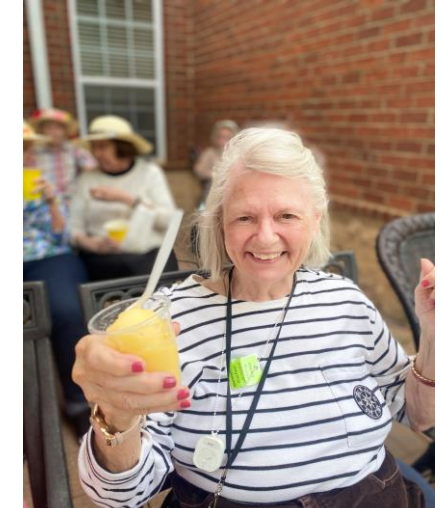
10

Waltonwood Rodeo
Residents enjoyed ice cream, country corn on the cob, and watching staff try the mechanical bull!



12

Waltonwood Carnival
Residents enjoyed live music & dancing, Italian ice, and corn dogs!



EXECUTIVE DIRECTOR CORNER

Welcome October! The fall season is upon us.

Seasonal Tip: This season provides many opportunities to try delicious autumn food! Pumpkins, apples, sweet potatoes, and cranberries are all fresh fall foods available. These nutritious foods are great for pies, seeds, and side dishes. We can't wait to provide our residents with scrumptious seasonal dishes!

Thank you, Nadia Awah