



OUTING SCHEDULE

Wednesday October 2nd

- 10:00am Scenic Ride
- 1:30pm Marla Dorrel Park

Saturday October 5th

- 9:00am Alzheimer's Association Walk

Wednesday October 9th

- 10:00am Petsmart

Wednesday October 16th

- 10:00am Pumpkin Picking at NC State Farmers' Market

Tuesday October 22nd

- 10:00am NC State Fair

Wednesday October 23rd

- 10:00am Scenic Ride

Monday October 28th

- 10:00am Silver Saddles Therapeutic Horse Farm

Wednesday October 30th

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

Resident Birthdays

Florence G.	10/9
Rebecca J.	10/19
Rebecca W.	10/20
Brenda W.	10/20

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

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



We had a blast exploring Spring Haven Farm!

CARY PARKWAY CONNECT



OCTOBER 2024

MEMORY CARE

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



Oh my Gourd, It's 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, where we will celebrate Oktoberfest. Our travels will conclude in Poland, as we dance to Polish music and enjoy traditional Polish cuisine.

Next, join us for Family Night on October 15th at 6:00pm. We will have a live performance by Corey Ward, who was featured on a popular tv show, The Voice! There will also be a French-fry bar from our culinary department, music trivia, and raffle prizes. We hope to see you there!

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.

We will keep the fun going on October 31st with our Halloween Social. Come enjoy themed refreshments and a live Magic Show by Magician Steven Perry. 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 Wood
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

\$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!

ASSOCIATE SPOTLIGHT

Please congratulate Willie Dunmeyer as our Associate of the Month. Willie is one of the talented cooks here at Waltonwood. Willie was born in the Latin American country of Panama and raised in the waterfront city of Norfolk, Virginia. Willie comes from a big family and is the youngest of 7 children. He is a recent father to his handsome young boy, Eli. Willie also loves to cook in his spare time. He especially enjoys creating delicious meals for our residents. Fun fact: Willie is coming up on his 14th year anniversary in December. Willie loves his team and all the residents here at Waltonwood. He is a valued member of our Culinary Department. Thank you, Willie, for all you do for our community!



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.



Disc Golf with Forever Fit Coordinator, Matt!



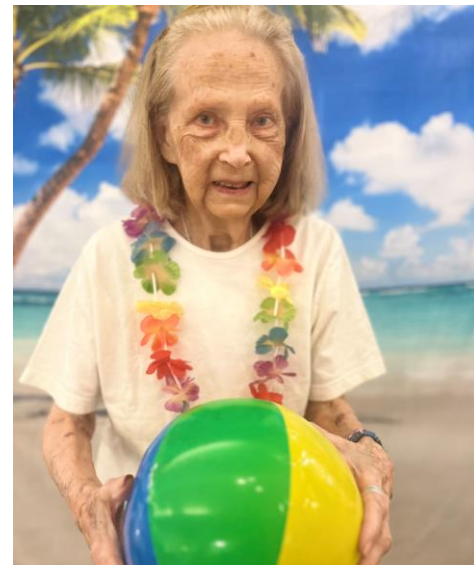
SEPTEMBER HIGHLIGHTS

1

End of Summer Luau
Residents enjoyed a live ukulele performance and mocktails.

4

Outing to Spring Haven Farm
Residents enjoyed feeding goats, donkeys, pigs and more!



10

Waltonwood Rodeo
Residents had a blast watching our associates conquer the mechanical bull.

12

Waltonwood Carnival
Residents enjoyed carnival snacks, dancing, and games



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