

Resident Birthdays

1/31

Karen G.

Associate Birthdays

| Joseph M. | 1/2 |
|-------------|------|
| SaQudra | 1/2 |
| Alihera S. | 1/3 |
| Peggy B. | 1/3 |
| Olu W. | 1/3 |
| Savanna C. | 1/5 |
| Yeraldin D. | 1/5 |
| Shea C. | 1/13 |
| Rachel A. | 1/17 |
| Joseph M. | 1/20 |
| Angeka G. | 1/21 |
| Nadia A. | 1/21 |
| Louise D. | 1/28 |
| Missy R. | 1/29 |
| Kaitlyn D. | 1/31 |
| | |

Associate Anniversaries

| Marlene O. | 1/2 | 3yr: |
|------------|------|------|
| Matt H. | 1/9 | 2yrs |
| Sabrina B. | 1/15 | 1yı |

OUTING SCHEDULE

Wednesday, January 8th

- 10:00am Scenic Ride
- 1:30pm Invisalign Ice Skating Arena

Wednesday, January 15th

• 11:00am IHOP Lunch Outing

Wednesday, January 22nd

- 10:00am Scenic Ride
- 1:30pm NC Museum of Art

Wednesday, January 29th

- 10:00am Scenic Ride
- 1:30pm Barnes & Noble



\$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!

CONNECT

JANUARY 2025

MEMORY CARE



NEW YEAR, NEW CELEBRATIONS

Happy New Year! We are kick-starting 2025 with music therapy! Join us on January 3rd and 17th at 9:45am. We can't wait to see what fun Amanda, the music therapist, has in store!

Next stop, Dollywood! Join us on January 17th at 1:30pm as we celebrate the legendary Dolly Parton's birthday! We're celebrating with our first annual Waltonwood to Dollywood event! Join us for square dancing, Dolly's favorite foods, and more country-style fun.

This month we welcome the return of "Noodle Ball"! Join us for our 2nd annual Noodle Ball tournament on January 21st at 3:30pm. Get your teams ready!

New Year, new socials! January brings winter wonderland, rock and roll, France, and more! Join us each Tuesday at 2pm as we learn and celebrate these events. Lastly, please join us for our 2nd annual Martin Luther King "I Have a Dream March" on January 20th at 2:30pm. We can't wait for all the 2025 fun! 01

FRIENDS & FAMILY REFERRAL PROGRAM!

04





Redefining Retirement Living

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COMMUNITY MANAGEMENT

Nadia Awah Executive Director

Tina Forsythe Business Office Manager

Stephen Autry 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

Erica Richards Resident Care Manager

Latoya Rodriguez AL Wellness Coordinator

Shuvayi Vereen MC Wellness Coordinator

ASSOCIATE OF THE YEAR

William Semidey is our associate of the year! William is a valued member of our housekeeping team. William has worked at Waltonwood for over three years. When William isn't working, he loves exercising, spending time with family and cheering on his favorite baseball team, the Yankees. William's fun fact is that he is originally from Puerto Rico! William is a huge team player and always lends a helping hand to others. William keeps our community looking beautiful and clean. Thank you, William, for everything you do here at Waltonwood! You are truly a loved, valued, and appreciated member of our family!



FOREVER FIT: AN OPEN INVITATION

As another hectic holiday season slowly fades, we once again find ourselves transitioning back into those routines that we're used 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 you an open invitation. A opportunity to kick-start your daily routine by improving the way you move, think and feel. Consider this your personal invitation 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 G., Senior Forever Fit Manager

DECEMBER HIGHLIGHTS

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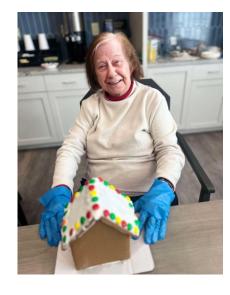
Gingerbread Houses

Wreath Craft

Residents enjoyed creating & designing their own gingerbread houses.

9

Residents got creative and crafty with their wreaths.







Kids Caroling

Residents enjoyed

listening to Grace

Christian School's

holiday recital.

19

Holiday Family Dinner

Residents and families enjoyed a delicious array of holiday food and desserts.







EXECUTIVE DIRECTOR CORNER

On behalf of the Leadership Team at Cary Parkway, we want to wish you all a Happy New Year! We are eager to start a new year and chapter with you at Waltonwood. We are looking forward to all the new memories and special occasions that will accompany the new year.

January Seasonal Tip: Bundle up with plenty of layers during our coldest month of the year. Wool and fleece especially will help keep you warm and cozy during the winter season. And accompany those with a nice hot cup of coca or coffee!

Thank you, Nadia Awah 03