



OUTING SCHEDULE

Friday, January 3rd

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe's Foods
- TBD Movie, "Wicked"

Friday, January 10th

- 9:30am Lowe's Foods
- 11:00am Trader Joe's
- 12:30pm Mellow Mushroom or La Farm Lunch Outing

Friday, January 17th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe's Foods
- 1:00pm Mr. Mike's Used Book Store (Sip & Shop)

Friday, January 24th

- 9:00am Lowe's Foods
- 10:30am Food Lion
- 1:00pm Hamrick's Shopping

Friday, January 31st

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe's Foods
- 1:00pm Dollar Tree



\$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!

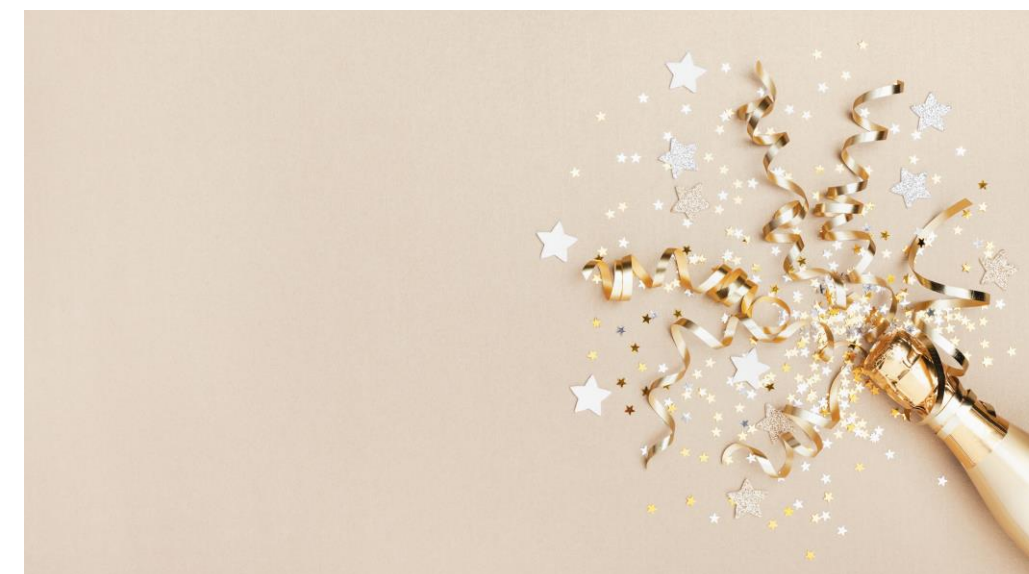
CARY PARKWAY CONNECT



JANUARY 2025

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www.waltonwood.com | 919-460-7330
 Facebook: /WaltonwoodCaryParkway

INDEPENDENT LIVING



WELCOME 2025

Happy New Year! We are kick-starting 2025, by celebrating Elvis Presley's birthday! Join us with your dancing shoes on January 8th at 3pm to watch our Elvis impersonator perform.

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 and new fitness initiatives are starting for 2025! If you bring a buddy to a fitness class in January, you will receive a reward from Matt! So, grab a friend for fitness this month! I hope you will join us all month long as we celebrate the new year!

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

4

Wood-Working
 Residents enjoyed pour painting beautiful vases.

6

Holiday Happy Hour
 We were honored to recognize our amazing Veterans at Waltonwood.



7

NC Symphony Outing
 Residents enjoyed tasty pies and shooting at our turkeys!

11

Holiday Open House
 Residents and families enjoyed a delicious array of Thanksgiving 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