



COMMUNITY COMMUNICATION

MEET YOUR NEIGHBOR

Jay P. Jr. has been a valued member of the Waltonwood community for nearly two years. He’s often seen sharing a laugh with friends or offering a helping hand. Born in Hampton, Virginia, Jay went on to serve as a Lieutenant in the U.S. Navy. A lifelong sports enthusiast, he played baseball through his college years and remains an avid hockey fan—cheering loudest for the Hurricanes!

Jay’s passion for aviation led him to a career as a pilot with the North Carolina Department of Aviation, and he still enjoys talking about planes with anyone who shares his interest.

Jay celebrates his birthday on June 3rd, so be sure to wish him a Happy Birthday when you see him!



\$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!

CARY PARKWAY
CONNECT



JUNE 2025

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

ASSISTED LIVING



What Do You Call a Fake Noodle? An Impasta!

Happy June! Father’s Day is just around the corner and with that may come some corny dad jokes! On the other hand, summer is just around the corner as well, so there are many great events and programs to enjoy at Waltonwood. To kick off the month, we will be cheering on the Holly Springs Salamanders Baseball Team at their game on June 11th. Hope to see you there for this fun filled outing!

Next, we will celebrate Father’s Day with our Father’s Day Dinner on June 11th. We invite you and your family to join us for a delicious meal prepared by our culinary team and live dinner music with Robert Buxton. The Father’s Day celebrations will continue on June 12th with our Chilling and Grilling Social. We invite all the fathers of our community to join us for a grilled lunch and live music by Luke Lowe on the Independent Living Deck. We look forward to honoring all the wonderful fathers in our community with both of these events.

Finally, to wrap up the month, we will be hosting our annual Camp Waltonwood on June 21st from 11-1. This year’s theme is Bark in the Park, meaning all things dogs! We invite you and the littles ages 3-12 to join us for a pet the pup station, face painting, a bounce house, fire truck tour and more! Please RSVP at the front desk or by calling the community at 919-460-7330. You won’t want to miss this pup-tastic intergenerational event! I look forward to seeing you for all the fun as we dive into summer.

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 Wood
MC Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Nick Long
Marketing Manager
- Olu Williams
Marketing Manager
- Kristen Gallaro
Move-In Coordinator
- Brandy Kawadza
AL Wellness Coordinator
- Shuvayi Vereen
MC Wellness Coordinator

ASSOCIATE SPOTLIGHT

Meet Chris Gallagher, our new Maintenance Tech! We're so excited to have Chris join the Waltonwood family. Chris lives in Cary and has two children. When he's not at work, Chris loves spending time with family, grilling, and fishing. Chris loves all things outdoors! Fun fact about Chris is his artistic talent. Chris enjoys drawing and sketching beautiful scenery and abstract pieces. Welcome to the maintenance team Chris!



MAY HIGHLIGHTS

5

Cinco De Mayo Bash! Residents enjoyed our Taste and Learn (Mexican Edition) to include traditional drinks and snacks.

22

Memorial Day Ceremony Residents honored the fallen servicemen and their spouses during this ceremony.

FOREVER FIT: PROPER POSTURE

A common concern for many seniors is age related changes in posture that many older individuals often experience. While bone loss, disk shrinkage and muscle loss are all common causes for changes in stature, small changes can help improve and, in some cases, reverse the effects of unwanted postural changes. If you're one of the many seniors currently experiencing an age-related symptom related to improper posture keep these tips in mind to improve the way you move and feel. Regular exercise with a focus on core strength including the abdominal, low back, hip and pelvic muscles can greatly improve postural health. Talk to your doctor about calcium and vitamin D supplementation to help with bone health. Practice better postural habits throughout the day. If you use a walking be sure it's set to the correct height to minimize hunching. If you sit for longs periods, get up regularly and take breaks. A more mindful approach can dramatically help your overall health.

-Chris G., Senior Forever Fit Manager

6

Mother's Day Social! Residents enjoyed participating as Chef Vance led a demonstration on how to make a strawberry rose.

28

Fitness Palooza: Senior Games Residents enjoyed celebrating aging with grace as we played hockey and lassoed our target.



TRANSPORTATION INFORMATION

The Life Enrichment Team have been busy orchestrating the Monday outings. On the calendar for May was Silver Saddles, State Farmer's Market Restaurant, Animal Park at the Conservator's Center, and a Scenic Ride! Some of the outings were for fun, and some educational, but all were worth it to see the glow on the residents' faces. Many residents have appreciated our outings, whether it's something they wanted to try again, try for the first time or "just to get out and about." We will keep the momentum going for June as we enjoy more fun trips!

Upcoming planned trips:

- Howling Cow Ice-Creamery
- Raleigh/Durham International Airport Observation Deck
- Legends of Harley Drag Racing Museum
- Corbett's Burkert and Soda Bar
- Rockler Woodworking and Hardware
- SPCA Animal Shelter
- PetSmart

JUNE SPECIAL EVENTS

11

Holly Springs Salamanders

Join us as we root root root for the home team!

19

Honoring Juneteenth

We will be honoring this Federal Holiday with a Drum Circle led by Congo Vibes.

12

Father's Day Celebration

Live music, grilled food, and fun! We hope you can join us on our beautiful porch.

21

Camp Waltonwood

Let's get ready to help the kiddos compete in a series of pup-tastic games!



EXECUTIVE DIRECTOR CORNER

Welcome June! We can't wait for summer vacation, cookouts, and fun!

Fitness Tip: Keep in mind with the increasing temperatures to stay cool during this summer season. Beat the heat with hydrating consistently, sit in shady spots, and limit time outdoors. And stay sun smart with applying sunscreen and wearing loose fitting clothing when outside. Let's all enjoy the summer time safely!

Thank you, Nadia Awah