



Resident Birthdays

Anita B.	6/13
Joan S.	6/21

Associate Birthdays

Dymand S.	6/4
Kristen G.	6/4
Theresa G.	6/4
Posseh K.	6/7
Martha B.	6/9
Gwen J.	6/12
Shuvayi V.	6/19
Shanice W.	6/24
Eneria D.	6/26

Associate Anniversaries

Olu W.	6/3	1yr
Chaunessa W.	6/8	4yrs
Catalina S.	6/11	1yr
Masha V.	6/14	3 yrs
Valerie C.	6/14	1yr
Debbie C.	6/15	4yrs
Devonte W.	6/19	2yrs
Thomas K.	6/19	2yrs
Lori H.	6/27	3yrs

OUTING SCHEDULE

Wednesday, June 4th

- 10:00am RDU Observation Deck
- 2:00pm Scenic Ride

Wednesday, June 11th

- 11:00am Holly Springs Salamanders Baseball Game

Wednesday, June 18th

- Lunch Outing: First Watch

Wednesday, June 25th

- 10:00am Scenic Ride
- 1:30pm Howling Cow Creamery



Jill enjoyed her Adventure to Ravenscroft School where she got to cheer on the boy's tennis team!

\$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

MEMORY CARE

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



SUMMER STATE OF MIND

Happy June! Summer is just around the corner, and so are many great events and programs here 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 Josh Colton. 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, your children, grandchildren and great grandchildren 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 Hartung
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

NEW 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!



FOREVER FIT: PROPER POSTURE

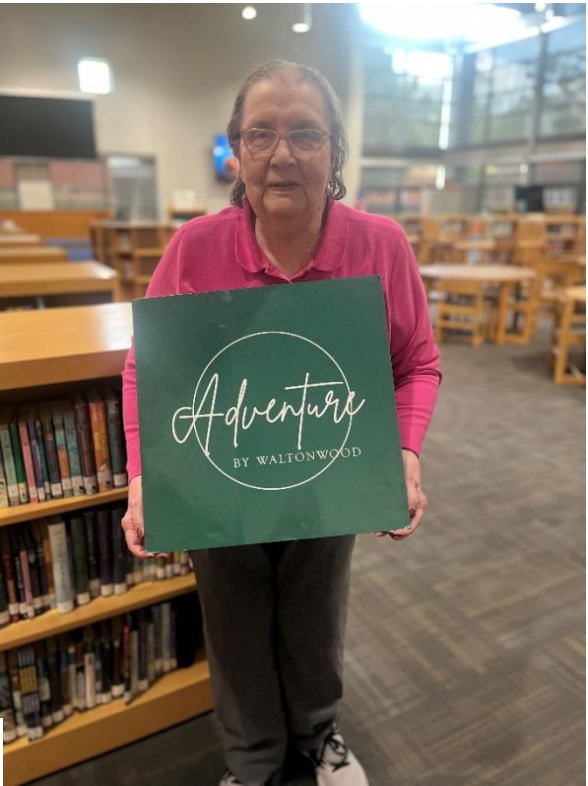
A common concern for many seniors is age related changes in posture that many older individuals often experience. While bone loss, disk shrinkage and muscle loss are all common causes for changes in stature, small changes can help improve and, in some cases, reverse the effects of unwanted postural changes. 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



Anita's Adventure to St. Mary Magdalene School Library



MAY HIGHLIGHTS

5

Silver Saddles Horse Farm
Residents enjoyed grooming and interacting with the horses at Silver Saddles Farm!

5

Cinco De Mayo
Residents enjoyed a taste and learn all about Mexico!



6

Mother's Day Social
Vance from our culinary department showed us how to make a beautiful fruit bouquet!

28

Senior Health and Fitness Day
Residents enjoyed our fitness palooza 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