



OUTING SCHEDULE

Wednesday, October 1st

- 10:00am Scenic Ride
- 1:30pm Downtown Cary Park

Wednesday, October 8th

- 10:00am DJ’s Berry Patch
- 1:00pm Guys and Dolls at Raleigh Little Theatre

Wednesday, October 15th

- 11:00am Lunch Outing: Lugano’s

Monday, October 27th

- 10:00am Silver Saddles Horse Farm

Wednesday, October 29th

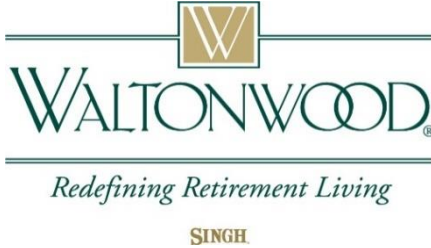
- 10:00am Dunkin Donuts
- 1:30pm Spooky Scenic Ride



\$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



OCTOBER 2025

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 is officially upon us and there is so much to celebrate here at Waltonwood. We will kick off the month by celebrating Active Aging Week from October 6th to October 10th. Join us each day as we learn the history and techniques of popular sports.

The festivities will continue as we celebrate Oktoberfest. Join us on Friday, October 10th for our themed happy hour with refreshment, dancing, and Oktoberfest games!

With “spooky season” in full swing, we have lots of Halloween themed programs to celebrate all month long. First, join us on October 28th for our Pumpkin Carving Social. One of our talented cooks will show off his culinary skills and help us create our very own Jack-o'-lantern. Then, 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. Finally, we will close out the month with our Halloween Happy Hour. Enjoy themed treats, games and more. I hope you will join us for all the fun this fall season!

COMMUNITY
MANAGEMENT

Jeff Plummer
Regional Director of Operations

Tina Forsythe
Business Office Manager

Timothy Cozart
Culinary Services Manager

Kaitlyn Duffy
IL Life Enrichment Manager

Shantel Carr
AL Life Enrichment Manager

Ashleigh Wood
MC Life Enrichment Manager

Dionna Daniels
Independent Living Manager

Doug Thurston
Marketing Manager

Shanea Barnett
Marketing Manager

Kristen Gallaro
Move-In Coordinator

Tristan Davis
Environmental Service Manager

Katisha Russell-Bradley
Resident Care Manager

Brandy Kawadza
AL Wellness Coordinator

Shuvayi Vereen
MC Wellness Coordinator

MEET SHAY

Meet Shay Barnett, our new Marketing Manager. Shay has a passion for seniors and has worked in senior living for her majority of her career. She started out as a server in the dining room during her high school years and has loved it ever since. Shay is also president of non-profit organization, Dementia Capable Cares. Shay is originally from Dudley, NC where she resides with her family of two children. When she’s not working, she loves hiking in the mountains and chasing waterfalls. Fun fact about Shay: she loves all things rocks, crystals, and astrology! Welcome to the Waltonwood Family Shay!



FOREVER FIT: MAKING THE CHANGE

If nothing else we are creatures of habit. The schedules and routines that we’ve developed over the years help us to be effective, efficient and comfortable. Sometimes however, in order to see the improvements we need we have to make that awkward step outside our comfort zone. As fragile as our bodies can be they are equally resilient and adapt to the stresses we place upon it. By failing to regularly add new stimuli, we often find ourself making little to no progress. If you find yourself at a bit of a plateau it may the perfect time to try a new or more challenging exercise. Remember exercise should never be painful, rather taxing enough to test your ability so you can make the small incremental steps to a stronger healthier version of you.

-Chris G., Senior Forever Fit Manager



More Assisted Living Week Fun!

SEPTEMBER HIGHLIGHTS

8

AL Week: China Day
Residents enjoyed traditional Chinese performances!

9

AL Week: Greece Day
Residents enjoyed a toga party with Olympic games!



10

AL Week: Bahamas Day
Residents enjoyed pina colodas and beach style games!

12

AL Week: USA Day
Residents enjoyed live music and patriotic treats!



EXECUTIVE DIRECTOR CORNER

Welcome October! Sweater weather season is officially upon us.

Seasonal Tip: This season provides many opportunities to try fun fall adventures. 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, Jeff Plumer