



COMMUNITY COMMUNICATION

MEET YOUR NEIGHBORS

Gerry A. has been a valued member of the Waltonwood community for many years. Gerry was born in Weissport, PA to Gertrude and Sylvester. Gerry went to Lehighton High School and started his semi-pro baseball career, but soon after switched gears to join the National Guard. Gerry got married to Sandra and they had 3 kids: David of Henderson, Sheree of Pittsboro and Gerry of Beaufort. A fun fact is that he loves sports and his favorite team is NC State because of his grandson and Duke because he had a beach house by Coach K and got to know him! Gerry has been on 13 cruises, but has always wanted to travel to Ireland. Gerry has found a friend in Tony and eats with him sometimes in the Dining Room. And as we all know, good friends are sometimes hard to find. When you see Gerry around the community, be sure to say hi!



\$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



DECEMBER 2025

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

ASSISTED LIVING



"MAY YOUR HEART BE LIGHT..."

Happy Holidays! There is so much to look forward to as we approach the most wonderful time of year. We will celebrate this season with Christmas carols all month long. Join us for a performance by Grace Christian School on December 15th at 10:30am and a dance performance from Apex High School on December 16th at 2:00pm. To close out the month, we will welcome back The American Caroling company for Victorian caroling on December 23rd at 2:00pm. We look forward to caroling with you all month long!

We will continue to spread cheer with various holiday socials throughout the month. Join us on December 9th for our Gingerbread House Social. Come show off your creativity while sipping some hot chocolate. Then, we invite you to ring in the new year with our New Years Eve social on December 31st. Come enjoy themed refreshments and watch the "ball" drop.

Finally, we invite you to join us for our Family Christmas dinner on December 17th at 4:30pm. Come enjoy a delicious holiday meal prepared by our culinary team and dinner music by pianist, Robert Buxton. You won't want to miss these festive events!

COMMUNITY
MANAGEMENT

- Noreen Mohit
Executive Director
- Tina Forsythe
Business Office Manager
- Kaitlyn Duffy
IL Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Ashleigh Wood
MC Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Timothy Cozart
Culinary Service Manager
- Doug Thurston
Marketing Manager
- Shay Barnett
Marketing Manager
- Kristen Gallaro
Move-In Coordinator
- Katisha Russell-Bradley
Resident Care Manager
- Brandy Kawadza
AL Wellness Coordinator

ASSOCIATE SPOTLIGHT

Meet Thomas Stephenson, our new Maintenance Tech!

Thomas has an extensive background in maintenance. He has also worked in child care. Fun fact: Thomas has a dual citizenship. He was originally born in Canada! He moved here with his family at the age of six and stayed here since. When Thomas isn't working, he enjoys everything outdoors! Thomas loves to fish, camp outdoors, and spend time with his Pitbull Boxer mix, Layla! Layla isn't a big fan out of the outdoors; she prefers being a couch potato and watching sports with Thomas. Their favorite teams are the Hurricanes, Carolina Panthers, and the Eagles!

Welcome to the Waltonwood Family Thomas!



NOVEMBER HIGHLIGHTS

- 10

Eko Laser Shooting

This day we enjoyed using all our senses to find and shoot the target. Winner Florence received a souvenir!
- 11

Veteran's Day Ceremony

This day we honored the Veterans of Waltonwood and the spouses of the fallen.
- 18

Thankfulness Tree

This day we enjoyed creating a tree that residents, staff and families could write what they are grateful for.
- 19

Thanksgiving Family Dinner

This day we invited your family to dine with us while listening to pianist Josh Colton.



FOREVER FIT: MORNING MEDITATION

The holidays are a wonderful time of the year filled with friends, family, parties and gatherings. It's also some of the more stressful week on the calendar filled with schedule changes and obligations that pull you from your current routine and into a space that can feel somewhat overwhelming. So, take this a gentle reminder that the holiday stress is normal and OK, in fact use this opportunity to acknowledge it and find positive ways to work through it. How we manage this stress will directly impacts how our bodies and minds feel in the weeks to come. This December try adding a morning meditation to your daily routine. Each morning take some quiet time for yourself to slow the body, calm the mind and allow yourself to connect with how you feel. It could be something as simple as a 5-minute gratitude meditation giving thanks for what you have in your life or something longer like a 10-minute body scan allowing yourself to acknowledge how you physically feel today. No matter the time or type this daily practice of mindfulness is the perfect way to quiet the stress and connect to the world around you.

-Chris Grabowski, Senior Forever Fitness Manager

TRANSPORTATION INFORMATION

The Life Enrichment Team have been busy orchestrating the Monday outings. On the calendar for *October* was Michaels Craft Store, Kilwin's Ice-cream and Fudge Shop, Ihop, Fall Scenic Ride, Cary Arts Center, The Learning Center Daycare, and the SPCA Pet Adoption Agency. 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 *October* as we enjoy more fun trips!

- Upcoming planned trips:
- KinderCare Daycare
 - Painted Tree Boutiques
 - Farmer's Market Restaurant
 - Santa's Wonderland at Bass Pro
 - Christmas Light Night Drive
 - Rudy Theatre
 - La Farm Bakery
 - Garden Supply Company



DECEMBER SPECIAL EVENTS

- 10&16

Dance Teams Perform-

Scottish Dancers for the 10th will educate us through dance.

Apex Dance Team on 16th will wow us with dance.
- 11

Christmas Caroling Through the Halls-

We will grab our music sheets and spread Christmas cheer for all to hear on this day.
- 23

American Caroling Company-

This day they will come adorned in Victorian attire and sing well-known songs.
- 31

New Year's Eve Bash-

Be astonished as the "ball" drops and we practice counting down for the New Year along with singing and refreshments.



American Caroling Company

EXECUTIVE DIRECTOR CORNER

Welcome December! I hope you have been enjoying the most wonderful time of year! I invite you all to join us on Wednesday, December 17th for our Family Holiday Dinner. RSVP information to follow.

Seasonal Tip: With all the things to do this holiday season, be mindful to schedule in "me time". There are so many ways to take a break and recharge from all the hustle and bustle this busy time of year. Enjoy walk outside, meditation, or just take time to relax with your favorite holiday movie.

Thank you, Noreen Mohit