



COMMUNITY COMMUNICATION

MEET YOUR NEIGHBORS

Bonnie O. has been a valued member of the Waltonwood community for many years. Bonnie was born in Brunswick, MD to Mary Elizabeth and Lucas. Bonnie received her Master's in English and became a Teacher for High School and later an Elementary School. Bonnie got married and had 2 girls: Beth of Apex and Catherine of Cary. A fun fact is that she loves talking to other people, flowers and gardening! So much so that she was actively involved in the Lady Slipper Garden Club of Medfield Estates. To continue on the nature trail, Bonnie enjoyed rock collecting in the past and loves all animals, especially cats. Bonnie also enjoys spending her time watching her grandchildren's games when she is not watching ballet or cutting a rug herself during square dancing!

When you see Bonnie 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!

Resident Birthdays

Lee B.	1/11
Irene M.	1/26

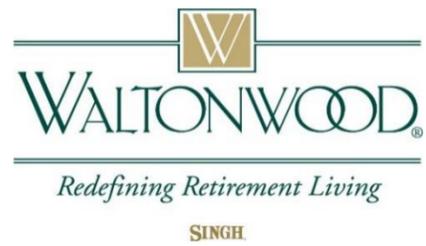
Associate Birthdays

Joseph M.	1/2
Peggy B.	1/3
Yeraldin S.	1/5
Iyana L.	1/8
Ashley G.	1/10
Angela G.	1/21
Hamdiyah S.	1/24
Jabricca H.	1/27
Missy M.	1/29
Kaitlyn D.	1/31

Associate Anniversaries

Marlene O.	1/2	4yrs
Zanayah J.	1/7	1yr
Matt H.	1/9	3yrs
Ronnetta H.	1/10	14yrs
Angela J.	1/13	10yrs
James E.	1/25	4yrs
Brandon L.	1/30	1yr

CARY PARKWAY CONNECT



JANUARY 2026

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

ASSISTED LIVING



"12 NEW CHAPTERS, 365 NEW CHANCES..."

Happy New Year! With January brings colder weather, which is a perfect time to enjoy something warm. Join us on January 6th as we warm up at our "Chili for the Soul Social." Come enjoy some homemade chili as we read the classic soup for the soul stories.

Next, Waltonwood goes to Dollywood! Join us on January 16th at 2:30pm as we celebrate the legendary Dolly Parton's birthday! We're celebrating with our Dolly Themed Happy Hour! Join us as we cook up some of Dolly's classic treats and sing some of her best hits.

Next, we're celebrating Dr. Martin Luther King Jr. with an "I Have a Dream" March on January 19th at 2:30pm. We will start in the Assisted Living Café and make our way throughout the community with our peaceful march.

Lastly, dress to impress for our Winter Wonderland Soiree on January, 29th at 1:30pm. Join us in the Independent Living Dining Room for dazzling décor, themed refreshments, and live music and dancing. We can't wait to see you there!

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

Stacy McNeill
MC Wellness Coordinator

Harry Castro
Environmental Service Manager

ASSOCIATE SPOTLIGHT

Matt Howes is our Associate of the Year! Matt is a valued member of our Life Enrichment Team. Matt has worked at Waltonwood for almost three years. We appreciate Matt's hard work and dedication as our Forever Fit Coordinator and keeping our residents moving.

He excels in teamwork, communication, and caring about our residents. Matt always lends a helping hand, has a positive can-do attitude, and keeps our residents laughing and happy. You can find him helping a resident with technology, yelling out "BINGO" during bingo, or teaching us his master ways in disc golf.

Thank you, Matt, for everything you do here at Waltonwood! You are truly a loved, valued, and appreciated member of our family!



TRANSPORTATION INFORMATION

The Life Enrichment Team have been busy orchestrating the Monday outings. On the calendar for *December* was KinderCare Daycare, Painted Tree Boutiques, Farmer's Market Restaurant, Santa's Wonderland at Bass Pro, Christmas Light Night Drive, Rudy Theatre, La Farm Bakery, and Garden Supply Company. 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:

- Diced: Salads, Wraps, and Bowls
- The Learning Experience Daycare
- Movie Theater
- Dr. Martin Luther King Jr. Memorial
- PetSmart
- Cary Quilting Company



DECEMBER HIGHLIGHTS

12 **15**

Holiday Open House Grace Christian School
 This day we welcomed the community into our home to show off all Waltonwood has to offer.

18
 This day we enjoyed a tasty meal by the culinary team along with decadent desserts, all while being serenaded by a pianist.



23

Holiday Dinner Santa Paws Donation Drop Off
 This day we dropped off the food and treats we had been collecting all month long for the dogs and cats at the shelter.



JANUARY SPECIAL EVENTS

6 **16**

Chili for the Soul Social- We will eat some homemade chili and hear soup for the soul stories to inspire and uplift for the new year.

WW Goes to Dollywood- We will grab our bandanas and cowboy hats and sing to Dolly's classics while sampling some of her famous dishes.

19 **29**

Dr. Martin Luther King Jr. March- This day we will remember and honor Dr. King Jr. before marching peacefully through the halls.

Winter Wonderland Soiree- Be astonished as you walk into a winter wonderland with twinkle lights and elegant decor. Be prepared to dress snazzy and dance the night away.



Dr. Martin Luther King Jr. March

FOREVER FIT: DON'T DO IT ALONE

When we think of exercise, we often think of stronger muscles and healthier bodies. While this is true, when regular exercise is combined in a social capacity the physical benefits may also extend to our cognitive functioning too. Recent data suggests that those who work out at least twice a week with a workout buddy, or in a small group, also lowered their risk of developing cognitive decline versus those who exercised alone. The data also shows that the social engagement boost motivation, improves accountability and creates a greater sense of belonging. So, when you're setting those New Year's resolutions remember a good workout with some great friends may be the best way to stay healthy for years to come

-Chris Grabowski, Senior Forever Fitness Manager

EXECUTIVE DIRECTOR CORNER

Welcome 2026! 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, Noreen Mohit