



OUTING SCHEDULE

Wednesday, January 7th

- 10:00am Scenic Ride
- 1:30pm Barnes and Noble

Monday, January 12th

- 1:30pm Movie Theater Outing

Wednesday, January 14th

- 11:00am Lunch Outing: Mellow Mushroom

Wednesday January 21st

- 10:00am Cary Quilting Company
- 2:00pm Scenic Ride

Wednesday, January 28th

- 10:00am Scenic Ride
- 1:30pm NC Art Museum

Resident Birthdays

Karen G. 1/31

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



Dorothy's adventure to see "The Best Christmas Pageant Ever" at the Cary Arts Center!

\$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



JANUARY 2026

MEMORY CARE

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



CHEERS TO 2026!

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
- Timothy Cozart
Culinary Services Manager
- Harry Castro
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
- Doug Thurston
Marketing Manager
- Shanae Barnett
Marketing Manager
- Kristen Gallaro
Move-In Coordinator
- Tristan Davis
Environmental Service Manager
- Katisha Russell-Bradley
Resident Care Manager

FRIENDS & FAMILY REFERRAL PROGRAM!

EMPLOYEE OF THE YEAR

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.

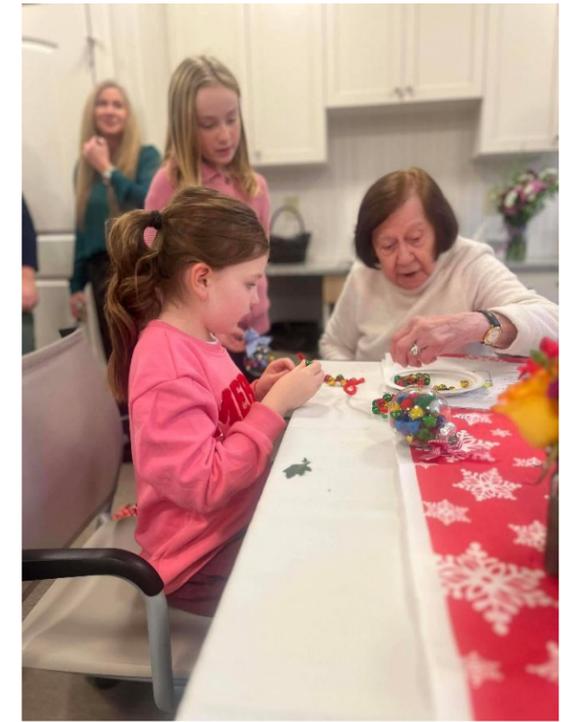
Thank you, Matt, for everything you do here at Waltonwood! You are truly a loved, valued, and appreciated member of our family!



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 G., Senior Forever Fit Manager



Thank you to St. Mary Magdalene Catholic School for helping us celebrate Martha's birthday!

DECEMBER HIGHLIGHTS

15

Grace Christian School
Holiday Performance

Residents enjoyed a beautiful holiday concert by Grace Christian School.

18

Martha's Birthday Celebration

St. Mary Magdalene students surprised Martha with flowers, cards, and more!



23

American Caroling Company
Performance

Residents enjoyed classic Victorian Christmas carols.

23

Olivia's Birthday Celebration

We celebrated Olivia with her very own spa experience!



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