



OUTING SCHEDULE

Wednesday, February 4th

- 10:00am Bingo at St. Mary Magdalene Catholic School
- 2:00pm Scenic Ride

Monday, February 9th

- 1:00pm Raleigh Little Theatre

Wednesday, February 11th

- 11:00am Lunch Outing: Nana Morrison’s Soul Food

Wednesday, February 18th

- 10:00am Scenic Ride
- 1:30pm Annelore’s German Bakery

Wednesday, February 25th

- 10:00am Scenic Ride
- 1:30pm Lowes Grocery



\$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



FEBRUARY 2026

MEMORY CARE



LOVE IS IN THE AIR

Happy February! Love is in the air, and there is a lot to celebrate in our community this month. We will kick off the month by staying heart healthy. Join us on February 3rd at 2:00pm for our annual Go Red Fashion Show. Get ready to walk the runway in your favorite red attire in support of women’s cardiovascular health.

Next, we will celebrate Mardi Gras with our annual parade on February 10th at 2:00pm. Come enjoy a fresh beignet action station by our pastry chef while we watch residents and staff parade down the halls in their decorated floats. You won’t want to miss this festive event!

We will take time to celebrate this season of love by celebrating Valentine’s Day on February 12th. Join us at 2:00pm in the Assisted Living Café for a wine tasting event followed by live music with Mike Gaskins. Love will be in the air all month long as we reminisce on wedding traditions, iconic couples, and more. To close out the month, we will get dolled up for our very own valentine glamour shots. Come help us celebrate this season of love!

Finally, all month long we will take time to recognize Black History Month. Each week we will highlight historical black figures who have made an impact on our society. Please join us as we honor and celebrate all that February has to offer.

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Facebook: /WaltonwoodCaryParkway

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 Wood
MC Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Doug Thurston
Marketing Manager
- Shanae Barnett
Marketing Manager
- Kristen Gallaro
Move-In Coordinator
- Stacy McNeil
MC Wellness Coordinator
- Victoria Wheeler
AL Wellness Coordinator

ASSOCIATE SPOTLIGHT

Albert Bethea is our January Associate of Month! Albert has been a part of the Waltonwood family since December 2024. Albert has made an amazing impact on our maintenance team! Albert is originally from Brooklyn, New York. He is a complete car fanatic! He loves everything about cars and driving. He also loves rooting for his favorite team, the New York Giants! When Albert isn't working, he enjoys spending time with his three children. Albert's favorite thing about working at Waltonwood is helping the residents and seeing them smile. He always has a positive and can-do attitude that we all appreciate. Thank you, Albert, for everything you do here at Waltonwood! You are truly a loved, valued, and appreciated member of our family!



FOREVER FIT: IN THE MOMENT

Strengths, weaknesses, abilities and limitations all act to shape our overall health and wellness. While previous experiences often influence our perception of how we “should” be when assessing our current state, don’t let them be the defining factor in your overall success. Having our focus on things too far in the past create an unfair comparison between our current self and a younger version. When we look too far ahead at our future goals, we can forget to establish the smaller steps necessary to create the foundation from which healthy habits are built. While both instances will be part of the bigger picture, they are only some of the steps in our overall journey. By focusing on today rather than how you felt 1, 5, or 10 years ago, you can better identify your current baseline and design a routine that works for you today. Like most things, progress in fitness is rarely linear, rather a series of ebbs and flows that are constantly challenging us. By recognizing these changes and finding ways to reframe our approach we better set ourselves up for success in the moment.

-Chris G., Senior Forever Fit Manager

JANUARY HIGHLIGHTS

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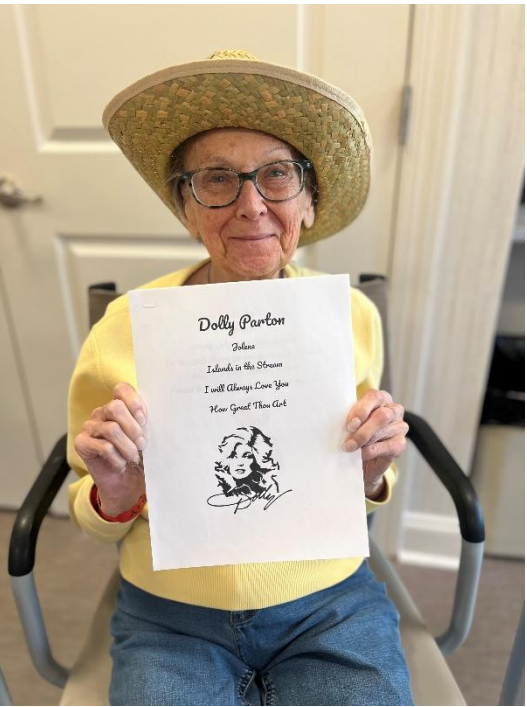
New Year's Celebration

Residents rang in the New Year with a themed happy hour and ball drop.

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Waltonwood to Dollywood

Residents celebrated Dolly Parton's 80th birthday with themed music, refreshments, and more!



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I Have a Dream March

Residents honored Dr. Martin Luther King Jr. with a peaceful march.



EXECUTIVE DIRECTOR CORNER

Welcome February! February marks the 53rd anniversary of American Heart Month. We will be highlighting the importance of cardiovascular health this month. Please join us and wear red on Tuesday, February 3rd for our Go Red Fashion Show to help raise awareness.

Heart Healthy Tip: Small actions added to our daily routines can aid in protecting our heart health. Daily exercise such as walking, getting enough sleep, and attending our chair fitness classes are just some of the few things you can do to have a lasting impact. Lastly, stick to leafy greens and fruits to fuel your heart and body.