



## COMMUNITY COMMUNICATION

### STAY CONNECTED

We have an exciting app available for residents and families! The Waltonwood app is called "InTouchLink TV" and can be downloaded from the Apple app store or Android Google play. This app showcases our fun activity schedule and community photos. If you have any questions, please ask Kaitlyn in Life Enrichment. We can't wait to connect with you!



### \$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



APRIL 2026

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

### ASSISTED LIVING



### TIME TO TURN OVER A NEW LEAF

Happy April! Spring is in full bloom, and there is so much to celebrate in our community. To kick off the month, we will be celebrating Easter with our annual Easter Egg Hunt on Wednesday, April 1<sup>st</sup> at 2:00pm. We welcome all kids, ages 4-12, for an egg hunt and Easter themed games and refreshments.

The Easter festivities will continue with our Easter Dinner on Wednesday, April 8<sup>th</sup>. Join us at 4:30 in the dining room for an Easter themed menu prepared by our culinary team, and live dinner music by Dennis Redblado. We look forward to celebrating this holiday with you and your family!

Next, get ready to explore Australia! Join us on Tuesday, April 7<sup>th</sup> for our Australia social. We will learn all about the country with a special presentation, refreshments, and more! Then, the travels will continue on Friday, April 10<sup>th</sup> with our Airline Adventure Happy Hour! Join us at 2:00pm in the Assisted Living Café as we learn and reminisce about airline transportation.

Baseball season is in full swing! Join us on Wednesday, April 15<sup>th</sup> at 2:00pm for our Ball Game Social. We will reminisce on the game of baseball and famous players while enjoying classic concession snacks. I hope to see you for all the fun as we spring into April!

## 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

Harry Castro  
Environmental Service Manager

Doug Thurston  
Marketing Manager

Shay Barnett  
Marketing Manager

Kristen Gallaro  
Move-In Coordinator

Caren Woods  
Resident Care Manager

Victoria Wheeler  
Assisted Living Coordinator

Stacy McNeill  
Memory Care Coordinator

# ASSOCIATE OF THE MONTH

Marlene Ogle is our March Associate of the Month. Marlene is a valued member of our Life Enrichment Team. She has been with Waltonwood for 3 years and does an amazing job helping to enrich the lives of our memory care residents. Marlene grew up in a military family, and was born in Camp Lejeune. In her free time, she loves to watch football and is a big Kansas City Chiefs Fan. She also enjoys the beach, traveling, and catching up on reality TV. Marlene is a hard worker and loves her memory care residents. She is always coming up with fun and new ideas to keep them engaged.

Thank you, Marlene, for all you do!



# MARCH HIGHLIGHTS

**3** Kindness Council  
Residents enjoyed crafting bracelets for our monthly kindness project!

**10** Wig Social  
We had fun trying on different wigs and learning all about hair history!



**17** Shamrock Social  
Residents enjoyed shepherd's pie and Celtic dancing!

**19** Shirley's Adventure  
Shirley enjoyed visiting the Art in Bloom exhibit followed by a delicious steak dinner!



# FIT & FLEXIBLE

As we age muscles lose their elasticity becoming more rigid and stiff. This age-related decline can cause pain, stiffness and decrease ROM in many of the bodies most used joints. While factors such as inactivity, decreased muscle strength and osteoarthritis can impact our bodies flexibility, regular stretching exercises can greatly improve the way we move and feel. By maintaining our flexibility as we age, we help to minimize the risk of falls while maximizing our performance of daily activities.

-Chris G., Senior Forever Fit Manager

# TRANSPORTATION INFORMATION

The Life Enrichment Team have been busy orchestrating the Monday outings. On the calendar for *March* was Doherty's Irish Pub, The Learning Experience Daycare, McDonalds, and Scenic Rides! 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 *March* as we enjoy more fun trips!

- Upcoming planned trips:
- Duck Donuts
  - Scenic Ride
  - Kabuki Japanese Lunch
  - JC Raulston Arboretum
  - Farmer's Market Lunch
  - Strawberry Picking at DJ's Berry Patch



# APRIL SPECIAL EVENTS

**1** Easter Egg Hunt  
Join us as we watch kids hunt for easter eggs & play games!

**7** Australian Presentation  
Join us for an educational presentation about the land down under!

**10** Airline Adventures Happy Hour  
Get your ticket ready for our travel themed happy hour!

**21** Resident Memorial Tree Ceremony  
Join us to honor our residents with the planting of a beautiful apple tree.



# EXECUTIVE DIRECTOR CORNER

Welcome April! Spring is officially here, and there is so much to celebrate in our community. We hope to see you at our Easter Dinner on Wednesday, April 8<sup>th</sup> at 4:30pm. Join us for a themed dinner prepared by our culinary team and live dinner music.

Seasonal Tip: Spring is finally here, and it is a great opportunity to take advantage of the fresh air. Take time to get outside and stay active by walking or gardening.