



OUTING SCHEDULE

Friday, April 3rd

- 9:00am Walmart & Harris Teeter
- 11:00am The Pit Restaurant & Videri Chocolate Factory

Friday, April 10th

- 9:30am Trader Joe's
- 10:30am Lowe's Foods
- 1:00pm Belk's Shopping

Friday, April 17th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe's Foods
- 1:00pm Howling Cow Ice Cream & Dairy Farm

Tuesday, April 21st

- 4:15pm Taziki's Mediterranean Restaurant

Thursday, April 23rd

- 9:30am JC Raulston Arboretum

Friday, April 24th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe's Foods
- 1:00pm Farmer's Market
- 2:00pm Dollar Tree



\$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

INDEPENDENT LIVING

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



BLOOM INTO APRIL

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 1st at 2:00pm. We welcome all kids, ages 4-12, for an egg hunt and Easter themed games and refreshments.

Then grab your dancing shoes for a performance by The Little German Band. Join us in the Cafe with your dancing shoes on April 12th at 2:30pm. Every Monday please join us at 2:00pm for our NC Sightseeing Walk. We will take in the beautiful scenery and enjoy the spring weather together.

Next, we will honor Earth Day with our Memorial Tree Ceremony. We will be planting a tree in memory of our beloved residents who are no longer with us. Please join us for this heartfelt ceremony on April 21st at 2:00pm.

Finally, join us on April 29th at 11:00am to create and trade Art Trading Cards with Waltonwood Lake Boone! Please join us in our hobby room for this crafting event. We hope you will join us 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

Resident Birthdays

Sue W.	4/1
Charles G.	4/3
Ginny W.	4/4
Janet K.	4/5
Rick T.	4/9
Linda L.	4/13
Mary George B.	4/13
Paul H.	4/17
Gloria B.	4/22
Joe W.	4/23
Margaret S.	4/23
Sylvia H.	4/23
Daniel B.	4/26
Len D.	4/26
Bob L.	4/27
Emily E.	4/28

Associate Birthdays

Devonte W.	4/1
Thalia M.	4/3
AJ	4/4
Kaiyah G.	4/11
Truster H.	4/13
Brianne W.	4/18
Harry C.	4/19
Brittany L.	4/22
Melissa S.	4/23
Raquino R.	4/24
Kimberly M.	4/28
Cassandra V.	4/28
Merrily E.	4/30

Associate Anniversaries

Scottie D.	4/1	1yr
Valerie N.	4/1	7yrs
Yammy S.	4/6	4yrs
Savitri M.	4/10	14yrs
Mirna T.	4/11	3yrs
Edmond M.	4/12	5yrs
Daz E.	4/22	1yr
Jo C.	4/29	2yrs
Kemora C.	4/30	1yr
Cassandra V.	4/30	12yrs

FRIENDS & FAMILY REFERRAL PROGRAM!

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! You are truly a loved, valued, and appreciated member of our family!



FOREVER FIT: FIT & FLEXIBLE

As we age muscles lose their elasticity becoming more rigid and stiff. Below are just a few tips and exercises that can help keep you loose, limber and feeling your best.

- Identify the joints and surrounding muscles that are in the most need of attention, and use them as a starting point.
- Warm the body up emphasizing proper posture and technique to ensure safe and effective flexibility training
- Move slowly to the point of mild tension not to the point of pain
- Hold each static stretch for 10-90 seconds minimizing bouncing, jerking or excessive force that could cause a potential injury
- Breathe! Inhale before the stretch, exhale upon it and breathe normally while holding the movement.

-Chris G., Senior Forever Fit Manager



MARCH HIGHLIGHTS

3

Fitness Scavenger Hunt

Residents enjoyed getting competitive to solve the riddles to find the leprechauns.

17

St. Patrick's Day Social

Residents enjoyed live Irish dancing, Sheppard's pie, and Guinness!



18

Taste of Waltonwood

Residents enjoyed the delicious array of food created by our amazing culinary team.

19

Read Across America

Residents enjoyed reading to the children at Cary Heights KinderCare!



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 8th at 4:30pm. Join us for a themed dinner prepared by our culinary team.

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.