



OUTING SCHEDULE

Wednesday, April 1st

- 10:00am Dunk Donuts

Wednesday, April 8th

- 10:00am Scenic Ride
- 1:00pm Durham Museum of Life & Science

Wednesday, April 15th

- 11:00am Lunch Outing: Farmer's Market Restaurant

Wednesday, April 22nd

- 10:00am Scenic Ride
- 1:30pm JC Raulston Arboretum

Wednesday, April 29th

- 10:00am Scenic Ride
- 1:30pm DJ's Berry Patch



We loved reading the book, "Click, Clack, Moo" to the 1st graders at St. Mary Magdalene!

\$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

MEMORY CARE

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



APRIL'S IN BLOOM

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.

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

Next, get ready to explore Australia! Join us on Tuesday, April 7th 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 10th 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 15th 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
- 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
- Caren Woods
Resident Care Manager
- Stacy McNeil
MC Wellness Coordinator
- Victoria Wheeler
AL Wellness Coordinator

No Resident Birthdays this month!

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
Casandra 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
Casandra V.	4/30	12yrs

FRIENDS & FAMILY REFERRAL PROGRAM!

ASSOCIATE SPOTLIGHT

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!



FOREVER FIT: FIT AND 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. 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 than 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



Patti enjoyed her Adventure to Duke Chapel!

MARCH HIGHLIGHTS

2

Tissue Paper Blossoms

Residents used tissue paper to create beautiful spring blossoms!



9

Spring Bunny Art

Bonnie's daughter, Donna, guided us in a spring painting class!



17

Shamrock Social

Residents enjoyed shepherd's pie and Celtic dancing!



20

Greek Happy Hour

Residents enjoyed dressing up in togas for our Greek Happy Hour!



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 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.

Thank you,
Noreen Mohit