



OUTING SCHEDULE

Friday, July 3rd

- 9:30am Chanticleer Bakery
- 11:30am Lowe’s Foods

Friday, July 10th

- 9:00am Walmart & Harris Teeter
- 10:30am N.C. Farmer’s Market
- 1:00pm Lowe’s Foods

Wednesday, July 15th

- 4:15pm Lugano’s Italian Dinner Outing

Friday, July 17th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe’s Foods
- 12:30pm Hamrick’s Department Store

Friday, July 24th

- 9:30am Trader Joe’s
- 11:00am Mellow Mushroom
- 2:00pm Lowe’s Foods

Friday, July 31st

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



\$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



JULY 2026

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

INDEPENDENT LIVING



LET FREEDOM RING

Hello July! We’re kicking off the month with Independence Day. Get ready to get crafty with Lori! Please join us on July 1st at 2pm for our Patrotic Collage craft in the Hobby Room. Next, we’ll be celebrating America’s 250th Anniversary! Join us on July 2nd at 10am in the Trunk Club to decorate your wheelchairs, walkers, and parade floats. Then, please join us on July 3rd at 1:30pm in the 2nd Floor Hallway for our Patritoic Parade! Show off your red, white, and blue as you walk in the parade or cheer us on from the audience! We hope to see you there to celebrate.

Lights, camera, action! Get ready for the red carpet for our 6th annual Gorgeous Grandma event. Please join us on July 23rd at 1:30pm in the Dining Room for ‘Waltonwood’s Met Gala’. Join us for delicious desserts in your avant-garde accessories!

Lastly, grab your grass skirt and get ready for our luau! Join us for the Waltonwood Rambler’s Luau performance on July 28th at 3pm in the Café. We look forward to seeing you for all the fun as we dive into summer!

COMMUNITY
MANAGEMENT

- Noreen Mohit
Executive Director
- Tina Forsythe
Business Office Manager
- Aylin Altintop
IL Life Enrichment Manager
- Shantel Carr
AL Life Enrichment Manager
- Ashleigh Wood
MC Life Enrichment Manager
- Dionna Daniels
Independent Living Manager
- Harry Castro
Environmental Service Manager
- Doug Thurston
Marketing Manager
- Shay Barnett
Marketing Manager
- Kristen Gallaro
Move-In Coordinator
- Victoria Wheeler
Assisted Living Coordinator
- Stacy McNeill
Memory Care Coordinator

Resident Birthdays		
Peggy N.	7/3	
Heather B.	7/4	
Joan Wh.	7/4	
Athena T.	7/6	
Fred W.	7/8	
Evelyn M.	7/9	
Janice Z.	7/12	
Rose A.	7/15	
Anne H.	7/18	
Don W.	7/22	
John R.	7/26	
Bill H.	7/27	
Raj R.	7/29	
Associate Birthdays		
Thomas H.	7/1	
Michael M.	7/5	
Dazmerha E.	7/9	
Valerie N.	7/9	
Sophia M.	7/12	
Chaunessa W.	7/13	
Derrick P.	7/15	
Jarrood S.	7/15	
Dustyn P.	7/18	
Raegan J.	7/30	
Jabeu H.	7/31	
Associate Anniversaries		
Melissa S.	1 yr.	
Janet S.	5 yr.	

CONGRATS AYLIN!

Congratulations to Aylin Altintop, our new Independent Living Life Enrichment Manager! Aylin has done amazing work over the past 3 years as the Life Enrichment Assistant. We are pleased to welcome her to the management team. Aylin has made a terrific impact on our residents, programming, and Life Enrichment team.

Aylin has a finance degree from App State and worked as a retail bank manager for many years. When Aylin’s not at work she enjoys stand up paddle boarding, reading, and spending time with her 2 daughters. Fun fact about Aylin, he is originally from Istanbul, Turkey, and moved to the States when she was 10 years old! We are excited for her promotion!



FOREVER FIT: PROPER PREPARATION

Summer’s the perfect time to mix things up and take our exercise routine outdoors. The fresh air and sunshine are the perfect combination to help reinvigorate the mind, body and soul. Before you head out the door ask yourself one thing, “What’s the weather?” While knowing the temperature is a good start looking at other factors like humidity, dew point, air quality, precipitation and wind speed can also greatly impact the overall safety and enjoyment of your exercise experience. If you happen to be an individual who also suffers from respiratory issues, a quick check of the weather before you head out the door is an even more important first step. This summer get to know the elements because the better prepared you are for the conditions the better your exercise will be.

Chris G., Senior Forever Fit Manager



JUNE HIGHLIGHTS

2

Bingo Auction

Residents loved spending their bingo bucks on fun prizes!

3

Veteran’s Lunch

We celebrated our Veterans during our monthly pizza & beer social!



4

Art Class with Ali

Residents got creative & crafty with designing their spring flowers!

8

Touch of Brass

Residents enjoyed listening to the beautiful sounds of classical instruments!



EXECUTIVE DIRECTOR CORNER

Welcome July! This month we welcome patriotic celebrations, cookouts with friends, and summer vacations!

Seasonal Tip: Independence Day is fast approaching! Grilling and fourth of July go hand in hand. Get your sparklers, fireworks, and grills ready for summer fun. Always be cautious when igniting any fireworks or grills and remember to have water close by. Enjoy celebrating all month long!

Thank you,
Noreen Mohit