



Resident Birthdays

Phyllis Z.	9/1
Claire W.	9/1
Joyce McKee	9/5
Sue S.	9/9
Brenda C.	9/11
Louise Y.	9/13
John B.	9/14
Ed B.	9/15
Eva E.	9/17
Gail Q.	9/17
Carolyn P.	9/19
Jan B.	9/22
Mary Jane C.	9/24
Mike M.	9/26
Frank B.	9/28

Associate Birthdays

Cindy C.	9/5
Jackeline G.	9/5
Trinity L.	9/5
Savitri M.	9/7
Amber S.	9/14
Doug T.	9/16
Scottie D.	9/20
Victoria W.	9/21
Vance W.	9/21
Andrea G.	9/24
Sharon H.	9/24
Virginiah K.	9/24
Gilbert G.	9/26
Denise L.	9/30

Associate Anniversaries

Shay B.	1 yr.
Kristen G.	2 yr.
Joicedaliz C.	1 yr.
Cynthia M.	12 yr.
Vance W.	15 yr.
Tina F.	17 yr.
Martha B.	16 yr.
Ilva W.	10 yr.

OUTING SCHEDULE

Friday, September 4th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe's Foods
- 1:00pm Belk's Department Store

Friday, September 11th

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe's Foods
- 1:00pm Cloer Family Vineyards

Friday, September 18th

- 9:30am Trader Joe's
- 10:30am Lowe's Foods
- 11:45am Cape Fear Restaurant

Wednesday September 23rd

- 4:00pm Tribeca Tavern Dinner Outing

Friday, September 25th

- 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



SEPTEMBER 2026

INDEPENDENT LIVING

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



HARVEST THE SPLENDOR

Happy September! Autumn is just around the corner and we are excited to bring in the cooler weather and celebrate fall themes. First up is a Chinese Dance performance in celebration of the Harvest Moon on Tuesday, September 1st.

Next, we'll observe Grandparents' Day on September 10 from 6:00pm-7:30pm, with our jubilant Everlasting Hugs Family Night. We'll have live music and create an exceptional craft; a forever hug on a sweatshirt. We hope to see you during this heartwarming, playful evening!

Mid month, September 14th-18th, is National Assisted Living Week and we will celebrate with a theme of Shining Through the Years. Look for activities and decorations that highlight the 50s, 60s, 70s, 80s, and 90s.

We'll have art classes by Ali, Ingrida, and Helen, a new teacher. TED talks are back! We'll be highlighting the Philippines, host a special East African teatime and share Resident stories!

September is sure to be splendid!

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

Garth Tallcott
Culinary Services Manager

Harry Castro
Environmental Service Manager

Doug Thurston
Marketing Manager

Shay Barnett
Marketing Manager

Kristen Gallaro
Move-In Coordinator

Hilda Williams
Resident Care Manager

Victoria Wheeler
Assisted Living Coordinator

Stacy McNeill
Memory Care Coordinator

MEET REBECCA!

Rebecca is just as thrilled as we are that she is the new Life Enrichment Assistant. As a busy mom of three, her home is full of laughter and energy, but her true passion has always been creating meaningful connections with people.

She is also a huge creative person at heart and loves hands-on hobbies like crochet and leathermaking! She is super excited to get to know each of the residents, share favorite pastimes and chat.

She is looking forward to sharing the wonderful activities lined up this month and invites you to join in on the fun or to simply to stop by for a wee bit tête-à-tête.

Welcome Rebecca McManus to the Waltonwood family.



AUGUST HIGHLIGHTS

1

Camp Waltonwood -Fun on the Farm

Residents' grandkids bounced and bounced and bounced. Somehow, we snapped a photo!

10

Making Doggie Treats

Aromas of warm sweet cinnamon and peanut butter filled the air. These doggie treats are good enough for us!

1

Camp Waltonwood - Fun on the Farm

Residents and their families could milk one of two cows during camp!

28

Friday Craft Time!

Residents created sunset paintings and forged friendships along the way.



FOREVER FIT: STRENGTH & BALANCE

September is Fall Prevention Awareness Month, and for many seniors fall prevention is one of their greatest concerns as they age. Each year 1 in 4 seniors reports having a fall. In the past decade alone ER visits resulting from falls has increased by 43%. While it may be impossible to prevent all falls, exercises that focus on strength, balance and coordination have been shown to dramatically reduce the risk of falling in seniors. In fact, research indicates that seniors who strength trained twice per week for as little as six months, decreased their fall risk by 40%. When combined with balance training, which on its own lowered fall risk by 30% over the same six weeks, overall fall preventions rates increased even more. Better balance takes time but by taking a proactive approach with strength training you can set yourself up for long term success.

Chris G., Senior Forever Fit Manager



EXECUTIVE DIRECTOR CORNER

Welcome September!

This month, we are excited to take time to honor and celebrate our amazing associates during National Assisted Living Week!

Join us Monday, September 14th through Friday, September 18th for a fun-filled week of celebration! This year's theme is Shining Through the Years, and we'll be celebrating all week long with a decade-themed spirit week.

We look forward to seeing everyone come together as we honor the wonderful associates and residents who make our community so special. Let's celebrate, make memories, and shine through the years together!