



OUTING SCHEDULE

Friday, October 2

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe’s Foods
- 1:15pm Cary Theater - 6

Friday, October 9

- 9:00am Walmart & Harris Teeter
- 11:00am Farmer’s Market Lunch
- 1:30pm Lowe’s

Thursday, October 15

- 12:30pm Singin’ in the Rain

Friday, October 16

- 9:30am Trader Joe’s
- 10:30am Lowe’s Foods
- 1:00pm Dollar Tree

Tuesday, October 20

- 4:15pm Torero’s Dinner Outing

Friday, October 23

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

Friday, October 30

- 9:00am Walmart & Harris Teeter
- 10:00am Lowe’s Foods



\$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



OCTOBER 2026

INDEPENDENT LIVING

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



GATHERING THE AUTUMN JOY

Like the cool morning breezes of late, musical performances by Caroline Gregory on the 1st and by Christian Green on the 2nd are ushering us into October. We are excited for October for a myriad of reasons.

You’ll limbo, karaoke, and fish your way into the heart of autumn during Active Aging Week from the 5th – 9th. A raptor release by CLAWS on the 13th is sure to mesmerize. Excitingly, we will begin to host Robert Buxton monthly on the 2nd Tuesdays starting on October 13th. For the first time, we’ll have Meredith Gruber here on the 6th to design jewelry. Art with Ingrid and with Ali are on the calendar. On the 22nd, we have a special class with Lori from the Concierge desk.

Octoberfest games and music by accordianist Tom Neuheuser will be festively exceptional on the 19th . The next day, we’ll explore Romania. On the 27th we’ll listen to a spooky harpsichord performance by Steve Hilton. Our intergenerational annual Trick or Treat parade will be lively and remarkably cute on the 29th.

Show off your creativity and dress up for the Halloween Costume contest on the 30th during Happy Hour. Welcome October !

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

EMPLOYEE OF THE MONTH – ADANECH JIMMA!

Adanech, known as Jimma, is our Associate of the month and has been with Waltonwood since December 2025. She loves cleaning and making people feel comfortable and happy. With a joyful smile, Adanech says, “My joy is more when people are happy because of what I did”.

Jimma’s family is very important to her and since her two boys are 15 and 13, she plays basketball with them. Sometimes, she misses goals on purpose because they love it and have a laugh. Besides spending time with her husband and two boys, her other pastimes are reading and praying.

Jimma has a fantastic relationship with her coworkers and they say she is a beautiful person and nothing but friendly. She speaks Amharic, the Ethiopian national language, and Oromigna, the regional one, in addition to English.

Waltonwood residents are so happy to have her on our team!



FOREVER FIT: ACTIVE AGING WEEK

Celebrating its 23rd year, Active Aging Week kicks off Monday October 5th at Waltonwood. The week-long event highlights the need and importance of actively aging as we celebrate older adults’ contributions and promote healthy lifestyles through engaging wellness programs. Wellness looks different to everyone, and each Waltonwood community will uniquely display what Active Aging means to them. Starting Monday October 5th be sure to check your life enrichment and forever fit schedules for classes, programs and events that uniquely capture the many ways we all can age actively.

-Chris G., Senior Forever Fit Manager

SEPTEMBER HIGHLIGHTS

11

Craft Corner -Stippling Designs

Joan with her bounty of fruit. Residents enjoyed the meditative quality of stippling

17

Thursday Flower Arranging -

Coincidentally, Eva’s birthday fell on Flower Arranging Day – she shines like her bouquet!

14

Neighborhood Walking Club

We got back to walking club in September and had Baxter, the McGee’s dog, join us. First dog ever at this activity!

17

Watercolor Art Class!

Residents let their creative juices flow and made a fall themed wreath!



On left, residents at Ringing of the Bells and on top, enjoying South African milk and ginger tea.

EXECUTIVE DIRECTOR CORNER

I am thrilled to officially welcome the fall season! There is so much to celebrate in our community throughout the month of October, and I invite you and your families to join us for all the fun.

On Thursday, October 29th, we will host our annual Trick-or-Treat Parade! Children ages 4–12 are welcome to dress up in their favorite costumes, trick-or-treat, and enjoy themed games and refreshments. Please RSVP by calling the community or signing up at one of our front desks.

I look forward to seeing you and your families as we celebrate the fall season together!

Thank you,
Noreen Mohit