

Resident Birthdays

Barbara C.	11/1
Eleanor S.	11/9

Associate Birthdays

Noreen M.	11/3
Kendra B.	11/4
Angela J.	11/5
Edward D.	11/8
Jasmine F.	11/8
George K.	11/10
Shay B.	11/13
Carrie B.	11/16
Sarah H.	11/19
Edmond M.	11/21
Emily H.	11/25
Shantel C.	11/26
Steven J.	11/29

Associate Anniversaries

Jackeline G.	11/4
Isabella D.	11/5
Aylin A.	11/7
Annie S.	11/11
Joy T.	11/14
Thalia M.	11/19

OUTING SCHEDULE

Wednesday, November 11th
- 10:00am Scenic Ride

Monday, November 18th
- 10:00am Scenic Ride
- 1:30pm La Farm Bakery

Wednesday, November 25th
- 10:00am Scenic Ride
- 1:30pm PetSmart





$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!

FRIENDS & FAMILY REFERRAL PROGRAM!

CARY PARKWAY CONNECT

NOVEMBER 2026

MEMORY CARE

WALTONWOOD
Redefining Retirement Living
SINGH

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



THANKFUL HEARTS

Happy November! With the holiday season in full swing, there is so much to celebrate in our community! First, we will honor our veterans during our annual Veterans Day Ceremony. Join us on Tuesday, November 11th, at 2:00 PM in the Independent Living Café as we recognize and give thanks to those who have served our country. Following the ceremony, we will enjoy a special performance by the ladies of Razzmatazz Senior Dance Troupe. You won't want to miss this dazzling performance!

Next, we will take time to reflect on all we are grateful for during our Grateful Afternoon Tea on November 12th at 2:00 PM. Join us as we express our appreciation for the special people who make our lives brighter while enjoying tea and themed treats. Please RSVP at the front desk or by calling the community.

Our Thanksgiving festivities will continue on Thursday, November 19th, with our Thanksgiving Dinner at 4:30 PM in the Dining Room. Before dinner, families are invited to capture special holiday memories with family photos from 3:00 PM to 4:00 PM in our Assisted Living Theater. Please be on the lookout for more information on how to sign up!

I look forward to celebrating with you and your families as we reflect on the many things, we are thankful for this holiday season. Wishing everyone a wonderful November filled with gratitude, joy, and special moments together!

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

Hilda Williams
Resident Care Manager

Victoria Wheeler
Assisted Living Coordinator

Stacy McNeill
Memory Care Coordinator

ASSOCIATE OF THE MONTH



Please join us in celebrating Jillian, a valued member of our Waltonwood concierge team! Jillian has been with Waltonwood for nearly a year and loves the opportunity to connect with our residents each day. As Jillian shares, *“I love getting to know all of our residents. They are all so sweet and have interesting backgrounds and history.”*

A NC State graduate, Jillian earned her degree in psychology. Outside of work, she’s an animal lover who enjoys spending time with her dog, Shelby. When she’s not at Waltonwood, you can often find her curled up with a good book or enjoying a vintage horror movie!

Jillian is recognized for her warm and friendly interactions with residents and fellow associates, her excellent attendance, and her positive, team-player attitude. Her kindness and dedication make her a wonderful part of our Waltonwood family. Thank you, Jillian, for all that you do! We appreciate you and are so happy to celebrate you as our Associate of the Month!

OCTOBER HIGHLIGHTS

7

Downtown Cary Park

Residents enjoyed some fresh air and watching dogs play.



9

Florence’s 100th Birthday

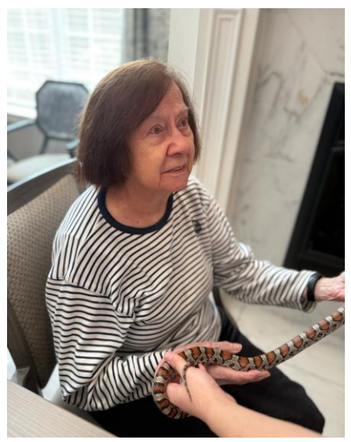
We celebrated Florence with dancing, music and more!



20

Reptile Presentation

Residents enjoyed an informative presentation about reptiles with the Snake Experience.



21

Spring Haven Farm

Residents enjoyed a picnic lunch and feeding the farm animals.



FOREVER FIT: STRONG BODY & SOUND MIND

Age-related cognitive decline is a serious concern for many seniors. In addition to keeping a strong body, maintaining a sharp mind can greatly improve independence and over all well-being. According the Mayo clinic, researchers have found that a third of dementia diagnosis are directly linked to modifiable risk factors. Adopting healthy habits early in life can help to lay the foundation for our cognitive wellness as we age. Regular exercise, healthy sleep habits, effective stress management techniques and healthy social relationships can all help minimize the risk for future cognitive struggles. Wellness has many dimensions, and maintaining a strong mind can help ensure that always up for the task.





EXECUTIVE DIRECTOR CORNER

Happy November!

There is so much to celebrate as we enter this season of gratitude and togetherness! I’m looking forward to seeing everyone for our Family Holiday Photo shoot and Thanksgiving Dinner on Thursday, November 19th. Let’s make beautiful memories, share some delicious food, and celebrate the joy of family this holiday season!

Thank you,
Noreen Mohit