

THE GALLOWAY

Heard

MAY 2012



GALLOWAY
RIDGE
at Ferrington

SPECIAL POINTS OF INTEREST:

- Page 4: Dine Out Night
- Page 5: Lunch Bunch
- Page 6: Movies
- Page 8: Kentucky Derby
- Page 9: The Doctors
- Page 11: Line Dancing

Galloway Ridge's Grand Re-Opening

Wednesday, May 23

4:00pm- 8:30pm

Hugh Chapin Auditorium

Main Ceremony in the Hugh Chapin Auditorium

4:00pm- 5:00pm

Guided Tours meet in the Auditorium Lobby

5:00pm

Banquet Buffet serving in all Dining Venues and the Auditorium

6:00pm- 7:30pm

Entertainment: Music and Dancing

7:30pm- 8:30pm

Memorial Day Program

Monday, May 28

3:00pm-Auditorium



Originally called Decoration Day, Memorial Day is a day of remembrance for those who have died in service to our country. It was first widely observed on May 30, 1868, to commemorate the sacrifices of Civil War Soldiers, by proclamation of General John A. Logan of the Grand Army of the Republic, an organization of former sailors and soldiers. During the first national celebration, General James Garfield made a speech at Arlington National Cemetery, after which 5,000 participants helped to decorate the graves of the more than 20,000 Union and Confederate soldiers who were buried there. This event was inspired by local observances of the day that had taken place in several towns throughout America in the three years since the Civil War. By the late 1800s, many more cities and communities had begun to observe Memorial Day, and after World War I, it became an occasion for honoring those who had died in all of America's wars. Join us as we remember our friends and families who have died in service to our country.

The Ferringtones in Concert

Tuesday, May 15

7:30pm-Auditorium



The music you love to listen to by the great composers of our time.

George & Ira Gershwin

Cole Porter

Jerome Kern



Johnny Mercer

Rodgers & Hart

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5:00pm-Belties Lounge

Article is on page 8



RESIDENT & GUEST SERVICES

Galloway Ridge Guest Suites

Rooms are \$100 per night and include a complimentary continental breakfast. Guests also have access to the Duke Center for Living. Check-out time is 11:00am; check-in time is 2:00pm. You may reserve either the Studio Suite (two single beds) or the Garden Suite (one king bed) through the Concierge Desk at 919-545-2215. Applicable sales tax will be added. *Please note that pets are not allowed in the Guest Suites.*



Redecorating, custom painting, adding wallpaper?

As a friendly reminder, any customizations to your apartment or villa must be pre-approved by Mike Jernigan, Director of Facility Operations, before work begins. Also, residents must use an approved contractor from the Galloway Ridge approved vendors list. Residents' Customization Request Forms and an approved vendor list may be obtained from Sue Serafini at 919-545-2614 or at the Concierge Desk.



The Salon at Galloway Ridge

Mondays Closed
Tuesdays Arbor appointments
Wednesday through **Friday** Open 9am-4pm

To schedule your appointment, please call 919-542-7242.

Services include:

- * Full Hair Care Services for men and women
- * Cuts
- * Color/Highlights
- * Perms
- * Sets/ Styles



SunTrust Financial Corner



The Terrace Level
 M-F 9:00am-1:00pm
 Other hours by appointment
 919-542-6230



Another phone scheme, aka phishing, is going around, so be alert! Fraudsters are calling with a message that tells the consumer that their card has been blocked and asks that they enter their card number, PIN and expiration date for re-activation. Be highly suspicious of any text, call, email or letter you may receive that asks for your PIN number (s), passwords or other confidential access codes. Remember a financial representative may contact you to determine the validity of a transaction, but will never ask for full account numbers, PIN number (s), account passwords or other security codes.

Maintenance Tip:

Do you need to have a work order issued? The Maintenance Hotline number is no longer in use! Please call Sue Serafini at 919-545-2614 with all maintenance requests. After hours and when Sue is away, her phone is forwarded to the Concierge.



Reminder for Booking Rooms:

If you are planning an event or meeting, please remember that meeting space is limited. Stop by the Activities Office or call 919-545-2685 to reserve a room.

Total Meals served in March was 17,519

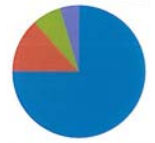
Café:

Food:	Excellent	78
	Good	36
	Fair	11
	Poor	9



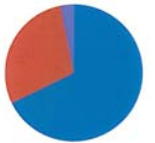
Service:

Excellent	96
Good	17
Fair	9
Poor	6



Camellia Room:

Food:	Excellent	21
	Good	9
	Fair	0
	Poor	1



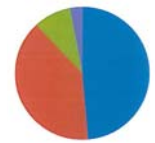
Service:

Excellent	27
Good	4
Fair	0
Poor	0



To Go's

Food:	Excellent	16
	Good	13
	Fair	3
	Poor	1



Accuracy:

Excellent	16
Good	5
Fair	4
Poor	8



Bistro

Food:	Excellent	27
	Good	10
	Fair	3
	Poor	0



Accuracy:

Excellent	28
Good	12
Fair	0
Poor	0





Come Join Chef Michael for an Epicurean Experience



Each month you will be able to join Chef Michael for lunch at the Chefs Table in the Dogwood Room to enjoy a specially created menu he has prepared just for you.

It was created on the simple idea that strong relationships between family and friends flourish during the dining experience with a well prepared, creative meal. Our goal is to create a relationship with each resident. We consider it an honor to be part of this community and look forward to getting to know you better.

The Epicurean Experience will occur on the 3rd Wednesday of each month at 12:00 noon and is meal plan eligible. **To sign up please call the Reservation Line at 919-545-2577. Space is limited to a maximum of 12 residents and a minimum of 6.**

To Go Meals

If your To Go Meal is incorrect, please call the To Go line at 545-2576 and leave a message stating your name and phone number. Someone will return your call, fill your order correctly and deliver it to your home. Please keep in mind that all To Go Meals should be reheated. If you have any questions, please call Andrew Martinson at 642-6892.

Let's Talk Food

Wednesday, May 2

3:00pm—Players Lounge

This is a great opportunity to ask questions about the Camellia Room or Café. Come join others to talk with the Food & Beverage staff about what's happening in dining.

Space is limited.



Wine Tasting and Sale

Wednesday, May 9

4:00pm-5:00pm—Belties Lounge

Local wine representative Dave Bangert from Empire Wines will be here for the wine tasting. Everyone is welcome to stop by.



Dining Committee Meeting

Wednesday, May 9

10:00am in the Café



Weekly Saturday
Morning Breakfast

In the Café

8:00am-10:00am

Featuring Harland's Creek Farm pasture raised eggs.

Eggs made to order, bacon, sausage, hash browns and much more.



Did You Know...

- Hours of Dining:
Café: Monday - Saturday
Lunch 11:30am-2:00pm, Dinner 4:00pm-7:00pm
Bistro: Monday - Saturday
Dinner Only 4:30pm-7:30pm
Camellia Room: Monday - Friday (Reservations Required)
Two Seating's 5:00pm and 7:00pm
Sunday Brunch will be served weekly from 11:30am-3:00pm. This is the only meal on Sunday.
- Reservations for the Camellia Dining Room can be made up to one month in advance. We will confirm reservations as soon as possible and will continue to accept reservations **up to 12:00pm the day of.** Please remember that there is limited seating, and seating times are **5:00pm and 7:00pm** for this dining room. You should allow for a slower pace of dining. Reservations are made by calling **919-542-7212.** **It is very important to arrive within 10 minutes of your reservation time.**
- Fun facts about variety; each day we offer 10 entrées, 5 entrée salads, 11 sandwiches, a weekly lunch special and 2 daily features. That is 29 different main course items to choose from, not including omelets, salad bar and soup. In addition to this, we offer 11 always available side items and 3 daily selections. There are also 7 desserts weekly plus ice cream available every day. If you eat here every day for a month, you can get something different every day!

DINING DIGEST

Mother's Day Brunch

11:30am-3:00pm seating in all dining rooms

Check out the Menu Insert

In an effort to bring you the best dining experience on Mother's Day we are making a few changes in procedure.

Reservations are Required for residents with guests (no matter the size of the group). Reservations must be made by Thursday, May 10. All reservations can be made by calling 919-545-2645. Please leave a message if your call is not answered. You will receive a confirmation within 48 hours of your call. If you have not received a confirmation, please call again to ensure your reservation time.

Reservations are requested for resident only groups (more than 5). Same procedure as above.

The buffet will be set up differently: salads, cold displays and chilled soup will remain in the Grand Hall, all hot food will be set up in Belties Lounge and the dessert will be displayed in both the Café and Bistro. This will enable us to have a better flow of service for our residents and guests.

Enjoy a pianist sponsored by the Activities Department.

MOM
Happy Mother's Day

OUT ON THE TOWN

Shopping Trips

Please mark your Shopping Trips Activity Signup Insert to sign up for any of the local or Friday shopping outings.

Local Shopping Loop

Thursdays, May 3, 10, 17, 24, 31

Depart: 10:00am

Final Pick-up: 12:30pm

Hop on the bus and stop at any of the stores between Galloway Ridge and Southern Village—Harris Teeter, Cole Park Plaza and more.

Friday Mall Shopping

Southpoint Mall

Friday, May 4

Depart Galloway: 10:00am

Depart Mall: 1:30pm

The Streets at Southpoint, a premier shopping, dining and entertainment destination, offers over 140 unique shops and restaurants and five major department stores.



UMall Run/Trader Joe's

Friday, May 11

Depart: 10:00am

Pick up: 1:30pm

Feel free to shop in locations adjacent to University Mall. This includes Eastgate Shopping Center, Whole Foods Market and A Southern Season.

Smithfield Outlets

Friday, May 18

Depart Galloway: 10:00am

Depart Mall: TBA

Crabtree Valley Mall

Friday, May 25

Depart Galloway: 10:00am

Depart Mall: 1:30pm



Thursday Local Shopping Loop and Friday Shopping Trips have no transportation fee.

Out On The Town Update:

To better serve the residents at Galloway Ridge we have implemented a new procedure for attending outings. We now ask that you arrive in the main lobby at Check in Time, 15 minutes prior to departure time. This will allow us to have time to provide a courtesy call to those residents that have not checked in and are on the sign up sheet. This creates time for those residents to board the bus by the departure time.



Nasher Art Museum Presents:

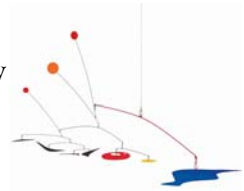
Alexander Calder and Contemporary Art: Form, Balance, Joy
Thursday, May 3

Check In Time: 11:00am

Depart: 11:15am (Zone: B)

Cost: Admission to the museum \$15/Lunch - Individual Checks

The Nasher Museum of Art at Duke University presents an exhibition that provides a fresh perspective on modern sculptor Alexander Calder (1898-1976) and his influence on a new generation of artists. This is the first exhibition to explore Calder's influence on an exciting new generation of artists. Lunch will be at the Nasher Café. Deadline has passed for this event. Tickets have been purchased. If you cancel, you will be responsible for the ticket price.



Durham Bulls

Thursday, May 3, 17

Check In Time: 5:45pm

Depart: 6:00pm (Zone: B)

Cost: Individual Purchase Tickets: Box Office-919-956-2855

The Durham Bulls will be playing Louisville (CIN) on Thursday, May 3, and Pawtucket (BOS) on Thursday, May 17. Come join your neighbors for a fun night out at the ball park. Please sign up in the Activities Office for transportation before you purchase tickets.



Chatham Empty Bowls

Friday, May 4

Check In Time: 5:00pm

Depart: 5:15pm

Cost: Tickets purchased at the Door \$25

Beautiful local pottery and delicious soup are going hand-in-hand to raise funds for the CORA food pantry in Pittsboro. You will be able to choose from the many beautiful handcrafted bowls contributed by local potters, and then choose healthy and delicious soup and bread made locally. The meal also includes beverage and dessert. Soups and other food will be prepared by a number of local restaurants, grocers and bakeries. Seating will be available in the Senior Center dining room and on the patio outside. All proceeds will go to CORA Food Pantry, which provides a week's worth of food for individuals and families in crisis in Chatham County. Return Signup Insert Sheet by Wednesday, May 2.



Cherry Point Air Show: Celebrate the Heritage

Sunday, May 6

Check In Time: 7:45am

Depart: 8:00am (Zone: C)

Cost: Free Admission, please bring cash to purchase food and beverages

Marine Corps Air Station at Cherry Point is the home of the largest and best military air show in North Carolina. Showcasing aviation at its best with the highlight being a demonstration by the United States Naval Flight Demonstration Team, the Blue Angels! Located aboard the east coast's premiere Marine Corps jet base, MCAS Cherry Point in Havelock, NC, Cherry Point hosts the show as an open house to enhance community relations, show off the latest technology that our military has to offer and also serves as a recruiting tool. If hunger or thirst sets in, we'll have an enormous variety of food and drink on hand. Plus, there'll be aviation novelties and collectibles galore. Return Signup Insert Sheet to the Activities Office by Wednesday, May 2.



Election Day Voting at the Gathering Place

Tuesday, May 8

Check In Time: 8:45am and 2:45pm

Depart: 9:00am and 3:00pm

There will be two trips to the Gathering Place on Election Day. Return Signup Insert to the Activities Office.**Dine Out Night: ãn New World Cuisine**

Wednesday, May 9

Check In Time: 4:30pm

Depart: 4:45pm (Zone: B)

Cost: Individual Checks

An means "to dine." This Vietnamese restaurant showcases Chef Michael Chuong's signature 'New World' cuisine, an elegant blend of Southeast Asian flavors and European influences. Return Signup Insert to the Activities Office by Thursday, May 3.

**Abingdon, Virginia Overnight Trip**

Thursday, May 10 to Friday, May 11

Check In Time: 7:45am

Depart: 8:00am

Whether it's the sights of our historic buildings, the sounds from a musical showing in town, the tastes from our many restaurants or the smells of the crisp mountain air along the Virginia Creeper Trail, Abingdon has something to entertain your senses. Abingdon, a gem city of legends, wars and culture, maintains its rich historical integrity with an eye on the future. Deadline for this event has passed.

**Bucket List Winner John Combest:****Drives NASCAR at Charlotte Motor Speedway**

Saturday, May 12

Check In Time: 8:45am

Depart: 9:00am (Zone: C)

Cost: Tour \$7/ Lunch Individual Checks

This past January we put a bucket out and asked all residents to write something on their bucket list and put it in our bucket with their name on it in the hopes that we could help them accomplish it. We drew John Combest's name out of the bucket who wrote "Ride along in a NASCAR car at 160 mph at Charlotte Motor Speedway." We are taking John Combest (and anyone who wants to watch) to Charlotte Motor Speedway to ride in a NASCAR car! Saturday, May 12, at 9:00am the Galloway Ridge bus will be headed toward Charlotte to help Mr. Combest cross something off his bucket list. We hope you will join us in this exciting adventure. This trip will include lunch in Charlotte, a tour of the Charlotte Motor Speedway and watching Mr. Combest ride in a NASCAR! Return Insert Sheet to the Activities Office by Monday, May 7.

**NC Symphony with Itzhak Perlman**

Tuesday, May 15

Check In Time: 5:30pm

Depart: 5:45pm (Zone: C)

Cost: \$125

The North Carolina Symphony presents the incomparable Itzhak Perlman and the North Carolina Symphony performing Tchaikovsky's scintillating Violin Concerto at Meymandi Concert Hall at the Progress Energy Center in Raleigh. If you are interested, please stop by the Activities Office.

**OUT ON THE TOWN**

Theater of the American South Presents:

A Streetcar Named Desire

Saturday, May 19

Check In Time: 7:45am

Depart: 8:00am (Zone: C)

Cost: \$35.00



Theater of the American South is a festival of Southern plays, food and culture presented each spring in Wilson, North Carolina. The festival's seventh season will feature *A Streetcar Named Desire*, the celebrated Tennessee Williams play set in the French Quarter of New Orleans. This special will include: at 10:00am a presentation on *A Streetcar Named Desire* by Professor Kimball King of the University of North Carolina at Chapel Hill; at noon a barbecue bash lunch featuring acclaimed pitmaster Ed Mitchell; at 2:00pm a matinee performance of *A Streetcar Named Desire*; and a special display of quilts. Return Insert Sheet to the Activities Office by Saturday, May 5.

Lunch Bunch: Bean and Barrel

Tuesday, May 22

Check In Time: 11:15am

Depart: 11:30am (Zone: A)

Cost: Individual Checks

Bean and Barrel combines the best of a coffee shop with an upscale bar and grill. "The Bean" (as the regulars call it) opened in March 2007. Bean and Barrel was founded by two best friends who wanted to establish a local coffee shop and wine bar where neighbors could socialize and feel at home. The Bean expanded its kitchen in 2010 and brought on the talented Sam Allen as Executive Chef. Sam has culinary experience from working at some of the best restaurants and clubs throughout the country. Sam's knowledge and creativity has dramatically improved the Bean's food offerings. Bean and Barrel is now a destination for great gourmet fare! Return Signup Insert to the Activities Office by Tuesday, May 15.

**Charlie's Barn**

Friday, May 25

Check In Time: 6:15pm

Depart: 6:30pm (Zone: A)

Cost: Admission is Free

"Friday Night at Charlie's" is just one of a growing crop of places around the Triangle to hear and play traditional and old-time music. They're about making music real. Charlie's Barn in Pittsboro is where a spirited musical gathering has taken place every Friday Night for more than two decades. It has even outlived Charlie, who passed away eleven years ago. Music starts at 7:00pm and plays until 9:00pm, bus will depart at 9:00pm. Return Signup Insert to the Activities Office by Monday, May 21.



OUT ON THE TOWN CONT.

SERIES EVENTS

NC Symphony Chapel Hill: *Viva Italia*

Tuesday, May 8

Check In Time: 7:00pm

Depart: 7:15pm (Zone: A)

Cost: Purchase Tickets Individually

Box Office: 919-733-2750

Discover how composers from across Europe turned Italian beginnings into a rich and alluring world of sounds.

Please sign up for Transportation before you purchase tickets.



Carolina Ballet: *Beauty and the Beast*

Friday, May 18

Check In Time: 6:30pm

Depart: 6:45pm (Zone: C)

Cost: Purchase Tickets Individually

Box Office: 919-719-0800

Every performance of this towering work with its "Ode to Joy" choral finale is a celebration. Please sign up for Transportation before you purchase tickets.



Chamber Orchestra of the Triangle

Sunday, May 20

Check In Time: 1:45pm

Depart: 2:00pm (Zone: B)

Cost: Purchase Tickets Individually

Box Office: 919-360-3382

"The Titan and Sacred Music" with guest artists, Paperhand Puppet Intervention.

Please sign up for transportation before you purchase tickets.



GALLOWAY RIDGE MOVIES



Wednesday Movies at 2:00pm and 7:45pm
in the Galloway Ridge Cinema

Wednesday, May 2: *The Iron Lady* (2011, PG-13, 105min.)

Meryl Streep and Jim Broadbent star as an elderly Margaret Thatcher and her deceased husband.

Wednesday, May 9: *The Descendants* (2011, R, 115min.)

George Clooney is a land baron who tries to reconnect with his two daughters after his wife is seriously injured in a boating accident.

Wednesday, May 16

Mission: Impossible - Ghost Protocol (2011, PG-13, 133min.)

Tom Cruise stars in this critically acclaimed thriller.

Wednesday, May 23: *Coriolanus* (2011, R, 115min.)

Ralph Fiennes directed the stars in Shakespeare's violent tale of revenge.

Wednesday, May 30: *50/50* (2011, R, 100min.)

Inspired by a true story, *50/50* is a comedy centered on a 27 year old guy who learns of his cancer diagnosis and his subsequent struggle to beat the disease.

FRIDAY AND SUNDAY MOVIES

Fridays at 7:45pm and Sundays at 2:00pm
on basic cable channel 15 or digital channel 186.



Tinker, Tailor, Soldier, Spy (2011, R, 115min.)

Friday, May 4 and Sunday, May 6

Gary Oldman is George Smiley in this adaptation of the John le Carré novel of Cold War espionage.



J. Edgar (2011, R, 137min.)

Friday, May 11 and Sunday, May 13

Leonardo DiCaprio stars in this riveting biopic as J. Edgar Hoover.



Bride Flight (2008, R, 130min.)

Friday, May 18 and Sunday, May 20

The lives of three Dutch women are forever changed when they emigrate to New Zealand as war brides.



From Prada to Nada (2011, PG-13, 107min.)

Friday, May 25 and Sunday, May 27

Loosely based on Jane Austen's "Sense and Sensibility," two spoiled sisters, left penniless after their father's sudden death, must move in with their estranged aunt in East Los Angeles.



SATURDAY MOVIES



Saturdays at 2:00pm and 7:45pm
on basic cable channel 15 or digital channel 186.



Goldfinger (1964, PG, 110min.)

Saturday, May 5

Sean Connery is James Bond in this old favorite.



A Fish Called Wanda (1988, R, 108min.)

Saturday, May 12

John Cleese, Jamie Lee Curtis and Kevin Kline starred in this Oscar-winning hilarious crime caper.



Something's Gotta Give (2003, PG-13, 128min.)

Saturday, May 19

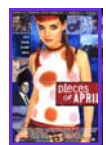
Jack Nicholson and Diane Keaton star in this romantic comedy.



Pieces of April (2003, PG-13, 90min.)

Saturday, May 26

A wayward daughter invites her estranged family to her apartment for Thanksgiving dinner.



DVD Lecture Series: *Wisdom of History***Mondays in May****10:00am-Cinema**

Professor J. Rufus Fears believes that not only can we learn from History - we must. In the *Wisdom of History*, his newest course for The Teaching Company, he draws on decades of experience as a world-renowned scholar and classical historian to examine the patterns of history.

**Galloway Ridge Choral Singers****Mondays, May 7 through the 21****1:00pm-Auditorium (Suite B)**

Galloway Ridge takes great pride in its excellent chorus. No auditions necessary. Come join the fun.

**Mahjong****Mondays in May****2:15pm-Belties Lounge**

Want less strife and more fun in your life? Join us in the Belties Lounge to play the friendly game of Chinese Mahjong. Beginners are welcome.

**Social Bridge****Monday Nights at 7:30pm in the Players Lounge****Saturdays at 2:00pm in the Players Lounge**

If you're in the mood for Bridge, stop by the Players Lounge and join others desiring to play. No partner needed.

**Walking for Wellness****Tuesdays and Thursdays in May****12:30pm-Main Lobby**

Walking does a body good. Come join Beth Arndt, our Wellness Nurse, Tuesday and Thursday mornings to walk for 30 minutes. This is a fun opportunity to enjoy the benefits of walking and socializing with your neighbors. Members of this club reward themselves by going off campus once a month for a group dinner.

**Sit and Be Fit****Tuesdays and Thursdays in May****10:00am- In-House TV Channels 15 & 186**

You can work out with an instructor by turning on your TV to the Galloway Ridge In-House TV Channels 15 and 186 where you can work out in the comfort of your own home.

**WEEKLY IN-HOUSE EVENTS****Martini Mondays****Mondays, May 14 and 28****4:30pm-6:00pm-Belties Lounge**

The Activities Department will be hosting Martini Mondays in May. Please join us for a social evening with live music from Richard, the pianist, and a surprise vocalist. This is a great way to relax and unwind with friends while enjoying our new Belties Lounge.

**Weight Watchers Meeting****Wednesdays in May****12:30pm-Players Lounge**

Experience the convenience of Weight Watchers meetings in your home and get even more value when you sign up today. For more information about the meetings and pricing, please contact Lisa Kelly at 919-824-8484 or email her at lisakelly@nc.rr.com.

**Scrabble****Wednesdays, May 2, 16, 30****3:00pm-Belties Lounge**

Come and bring with you your grade school spelling instruction to play with your neighbors the fun and interesting game of Scrabble.

**Poker****Wednesdays in May****7:00pm-Players Lounge**

Come join our ongoing Poker group on Wednesday evenings for the camaraderie of a wonderful game and the accompanying side benefit of the mental stimulation it offers.

**Galloway Ridge Stitchery Group****Thursdays in May****2:00pm-3rd Floor Sitting Area**

Come join the fun and bring whatever hemming, repairs, knitting, needlepoint or other stitchery projects you have, or just stop by for a chat. Some of us are knitting squares for the Linus Project to benefit children in chemotherapy and other traumatic situations at UNC and Duke Hospitals.

**Ping Pong****Thursdays in May****2:00pm-Terrace Level**

Come down to the Terrace Level for a game of Ping Pong on Thursdays. The table is also open for play any time.

**Happy Hour Trivia****Thursdays in May****3:45pm-Belties Lounge**

Come to the Belties Lounge to enjoy a mind challenging game of trivia with friends. Everyone is welcome to join.



IN-HOUSE EVENTS

Meditation Group

Mondays through Fridays in May
8:00am-In House TV Channels 15 and 186

Join this Meditation Group by turning on your TV to the Galloway Ridge In-House TV Channels 15 and 186, where you can participate in the comfort of your own home.



Current Events

Fridays in May

11:15am—Auditorium (Suite B)

Join other news junkies in an open dialogue about the fast and furious happenings around us. Voice your thoughts, exchange ideas and hear other perspectives in a supportive and mutually respectful environment.



Memory Keepers: A Social Scrapbooking Experience

Thursdays, May 3, 17

9:00am-Art Studio

Cost: FREE for first class & \$5 thereafter.

Photos of family and friends can become disorganized quickly, so why not take the time to stop by our Memory Keepers group to see how instructor Amy can assist you in preserving those memories for a lifetime.



Introductory Meditation Class

Tuesdays in May

10:00am- Meditation Room

Come join our Meditation Class taught by Sandy Stewart in the new meditation room. For all the activities that we do at Galloway, many still feel a fundamental need for silence, inner peace and a moment of reflection. Meditation can reduce stress and help us relax, but it can also give us a lot more. To appreciate the benefits of meditation it is essential to meditate yourself, so we hope you will join us to experience this for yourself.



The Spine: A Lecture on Spinal Stenosis and Scoliosis

Tuesday, May 1

2:00pm-Auditorium-Suite B

Please join Connie Arnold, Physical Therapist with Galloway Ridge Rehabilitation for a presentation on spinal stenosis and scoliosis. She will discuss what each ailment is, signs and symptoms and common treatment methods. Please call the wellness clinic with any questions at 919-545-2600.



Town Hall Meeting

Wednesday, May 2

10:00am-Auditorium

The Town Hall meeting is an open forum where you are encouraged to bring questions, ideas and concerns to Heather in the spirit of improving life at Galloway Ridge. The official Community Update will be given at the following Residents Council Meeting.



Kentucky Derby Party

Saturday, May 5

5:00pm-Belties Lounge

In the world of sports, there is not a more moving moment than the one when the horses step onto the track for the Kentucky Derby post parade and the band strikes up "My Old Kentucky Home." Meet your friends, eat some fine food, drink a frosty Mint Julep or punch while we watch the preliminaries and the horse race on the new big screen TV in the Belties Lounge. Join us for this fun evening at the races! Food will be available for free while Mint Juleps will be available at a discount to purchase. **To Signup please call the Reservation Line at 919-545-2577 or stop by the Activities Office.**



Wish you Were Here!

Stories from the UNC Library's Postcard Collection

Tuesday, May 8

10:00am-Auditorium (Suite A)

A talk and slide show by Jason Tomberlin, UNC Library. From Murphy to Manteo and from spittoons to automo-bulls, the North Carolina Collection's postcards have it all when it comes to North Carolina. Over 12,000 cards document the history, culture, geography and peoples of The Tarheel State. The postcards have been collected for several decades, but the collection grew substantially - in number and quality - with the addition of the Durwood Barbour (UNC class of 1952) Collection in 2006. Many of the cards have been digitized and are online at the UNC Library website. Jason Tomberlin, North Carolina Research and Instruction Librarian, will give us a visual treat as he presents stories and images of historic North Carolina through UNC's extensive postcard collections. Jason, a native of Knoxville, TN, has a BA in History from UNC-Chapel Hill and an MA in Public History from North Carolina State. Prior to working at UNC, Jason held positions in the special collections libraries at Duke and NC State, and at the North Carolina State Archives. Refreshments will be served.



Galloway/Ferrington Prose Writers

Thursday, May 10

1:00pm—New Meeting Room

The Group's purpose is to encourage writing and, through group critiquing, to enhance writing skills. Each month a topic is suggested as a writing prompt. For further information, contact Charles Merwarth by telephone at 542-9886 or by email at crmerwar@centurylink.net.



Bocce

The Ferrington Bocce Players group meets at the Bocce Courts (next to the Ferrington Tennis Courts) at 9:30am on Mondays, Wednesdays and Fridays. Galloway Ridge residents have been invited to join this group for exciting Bocce team competition at any of the scheduled times. Just show up at the Bocce Courts. For further information call Ben Feole at 919-533-6335 or Frank Myers at 919-542-6363.



IN-HOUSE EVENTS

How to Record Great Life Stories Presentation

Friday, May 11

10:00am-Players Lounge

Come learn about this fun Do-It-Yourself package on how to record great life stories. If you are planning a trip this summer or going to visit family, this is a great way to record the trip highlights or any other meaningful memories and experiences you would like to capture. You are provided with a workbook and a digital recorder to capture your own stories. You can either choose between a Legacy Audio Keepsake CD or a Legacy Life Story Book as final keepsakes to hold those precious memories. The workbook is the same for both and includes just enough instructions on how to conduct a good interview and a list of about 100 questions to get you started. You can start and stop and include anyone you want along the way. When you're finished, just drop the little digital recorder in the mail in a pre-paid FedEx envelope. Sam Uhl will be here Friday, May 11, to discuss this great opportunity with you, and we hope you will take advantage of this.



Residents Council Meeting

Tuesday, May 15

2:00pm-Auditorium (Suite A)



The Galloway/Ferrington Mac Users Group

Wednesday, May 16

10:30am-Players Lounge

All Apple users (both present and potential) are invited to share experiences and problems. Come and bring your questions and suggest topics for future meetings. Note: iPad, iPod and iPhone users are welcomed.



Travel Showcase Presentation

Wednesday, May 16

2:00pm-Auditorium (Suite B)

You are invited to our Galloway Ridge 2012-2013 Travel Showcase Presentation, on Wednesday, May 16, at 2:00pm in the Auditorium. Our special guest will be Jeanne VanHouten, President of Isings Travel. Isings Travel has received certification from LCS and many other senior communities as a trips coordinator and has served coordinating senior communities for over 25 years. Jeanne will be unveiling our fabulous Galloway Ridge trips and cruises for 2012-2013 and looks forward to hosting many more of our Galloway Ridge residents on these fabulous departures. Don't miss this opportunity to learn about these fantastic destinations. They have something for everyone, great destinations in the U.S. and fantastic international destinations! All these trips and cruises provide transportation starting and ending at Galloway Ridge. They are designed at your pace and highlight your interests while immersing you in local cultures and fantastic landscapes!



Ferrington Poets Group

Wednesday, May 16

3:00pm -Players Lounge

Salvatore Quasimodo writes, "Poetry is the revelation of a feeling that the poet believes to be interior and personal which the reader recognizes as his own." Share your poems, or stop by to listen, at this monthly meeting of the Ferrington Poets Group. *No sign up is necessary.*



Spring Music Recital

Saturday, May 19

2:00pm-Auditorium (Suite A)

Nina Alperin of Ferrington Village will present her young students in a harp and piano recital. The performance will be in Auditorium Suite A. It will begin at 2:00pm, with a reception to follow. Please join us.



Getting to Know You

Saturday, May 26

4:00pm-5:30pm-Parlor on 2nd Floor

On the last Saturday of the month, there will be a social event open to all residents. We would like to give you the opportunity to meet and get to know your new neighbors! **Residents are asked to bring your own beverage and a snack to share.** We look forward to seeing everyone there and getting to know you.

National Memorial Day Concert: An American Tradition Honoring Our Servicemen and Women

Sunday, May 27

8:00pm-Cinema

For over two decades, PBS's National Memorial Day Concert has led the nation in honoring the service and sacrifice of our men and women in uniform, their families at home and all the fallen who have given their lives for our country. The multi award winning event will be co-hosted for the seventh year by Emmy Award-winner Gary Sinise (CSI:New York) and Tony Award winner Joe Mantegna (Criminal Minds), two acclaimed actors who have dedicated themselves to veterans causes and supporting our troops in active service. Joining them will be an all-star line-up of dignitaries, actors and musical artists. The concert is broadcast live on PBS and live via American Forces Network to the nearly one million American service men and women, Department of Defense civilians and their families overseas, stationed at bases in 175 countries as well as 140 U.S. Navy ships at sea.

Lifelong Learning with CCCC

Tuesday, May 29

2:00pm-Auditorium (Suite B)

Ellen Bland has been teaching communication and directing grassroots theatre for 29 years. She is the 2011 CCCC instructor of the year and one of 5 finalists for NC instructor of the year. Her original play, *Millworker*, played to over 5000 people and received the state community theatre award.



The Doctors

Thursdays in May

10:00am-Cinema

The Doctors is an American syndicated talk show airing daily in the U.S. Join us in the cinema to watch the hour-long daytime program. The concept mostly focuses on health and medical issues, as a team of medical professionals discuss a range of various health related topics and answer questions from viewers who are too embarrassed to ask their own doctors. The series is hosted by four doctors who round out the discussion panel. This is literally the most informative show and allows doctors to continue to educate people on how to make health choices, enabling them to take control of not only their physical wellbeing but every facet of their lives. We hope you will join us to watch this show and discuss the topics following the show.



SPIRITUAL CORNER

Galloway Ridge is a non-sectarian retirement community; however there are abundant resident coordinated opportunities for public worship, religious study and discussion. All interested residents are welcome to participate.

Contemporary Religious Thought Discussion Group Thursday, May 3

10:00am-Players Lounge

Join us to discuss a book pertaining to contemporary religious thought chosen by the group. We attempt to take a wide view of religious thought and do not focus on any specific doctrines or creeds. Current participants come from several diverse religious backgrounds and some are antagonistic to formal religion. We encourage anyone who is interested to join us. Our discussions are lively, and the group is friendly and welcoming to diverse opinions.

Resident Coordinator: Joe Hammond

Inter-Denominational Community Worship Service Thursday, May 3

2:00pm - Auditorium (Suite B)

Addressing the spiritual needs of residents, a monthly inter-denominational worship service is offered. Celebration and fellowship are the aims of our services, facilitated by The Rev. Lori Cox, Associate Pastor of Christ United Methodist Church in Southern Village. All are welcome!



Shabbat Service

Friday, May 4

3:45pm - Dogwood Room

Jewish residents meet for a monthly Shabbat Service at 3:45pm in the Dogwood Room. **For more information, please contact Ruth Katz at 545-9567.** All are welcome!



In Memory of...

Dr. Ernest Petrie



Duke Chapel Sunday Service

Sunday, May 13

11:00am~Cinema

This is a simulcast of the Duke Chapel Sunday Service. We are thrilled to be able to provide this non-denominational worship opportunity to residents without leaving Galloway. Join us on Sunday morning in the Cinema as we stream live video feed from Duke Chapel. Church bulletins and hymns are provided.



Prayer and Communion Service for Catholics

Monday, May 14

2:30pm - Players Lounge

Held in the Players Lounge at 2:30pm. It will be led by Mary Ellen McGuire, Pastor Associate of Saint Thomas More Catholic Church.

For more information, please call Terrie Doyle at 919-542-0271.

Hope to see you there. All are welcome!



Episcopal Service with

The Reverends Victoria Jamieson-Drake and John Keith
Thursday, May 17

2:00pm - Auditorium (Suite B)

All are welcome to a Service of Holy Communion (using the Episcopal Prayer Book liturgy). The celebrants are from the Chapel of the Cross, an Episcopal parish in Chapel Hill. **For more information, please call Virginia Young at 545-9944.**

Men's Bible Study at Galloway Ridge

Tuesdays in May

8:00am-9:30am- Café

Over 16 years ago a group of men in Ferrington Village started a weekly Tuesday morning group to gather for a continental breakfast, to share prayer concerns, to encourage one another in their Christian walk and to study the Bible. This group is open to all male Galloway Ridge and Ferrington residents. The group is presently studying the book of First Kings. **If you have any questions, please speak with John Combest, Ron Knisley or Bill Woolsey.**



Church/Synagogue Transportation

The transportation plan is an arrangement whereby residents who are attending a specific religious service offer transportation to other residents. There is a form in the Mail Room that you can fill out. If you want to be a *driver*, please list the service that you attend. Or if you *need a ride*, there is a separate request form to request the service to which you need transportation.

Line Dancing 101**Monday, June 4, 11, 18****2:00pm-Auditorium (Suite A)**

Saddle up and head on over to the Auditorium on June 4, 11 and 18 for some boot-scootin' fun! Line Dancing 101 is a 3-week series where you will learn two separate line dances on the June 4th and 11th, and then put them together on the 18th. These dates are Mondays and the class time is 2:00pm-2:45pm. Mark your calendars and work on your best "Yee-Haw!" **Please sign up by calling the reservation line at 919-545-2577.**

**North Carolina Museum of Art Exhibit: El Anatsui, When I Last Wrote to You About Africa and Lunch****Tuesday, June 5****Check In Time: 9:15am****Depart: 9:30am (Zone: C)****Cost: \$18 NCMA Members/ \$26 Nonmembers**

El Anatsui: *When I Last Wrote to You About Africa* traces the profile career of El Anatsui - one of contemporary art's most celebrated practitioners - from his early woodwork in Ghana to today's metal wall sculptures created in his studio in Nigeria, and offers an unprecedented chance for visitors to follow the artist's creative development over 40 years. This expansive exhibition traces four decades of Anatsui's prolific career, including his early work making use of traditional symbols in Ghana; driftwood pieces created in Denmark; chainsaw-carved wood work, metal assemblages, and draping bottle-top sculptures produced in Nigeria. Anatsui's metal sculptures - constructed from thousands of Nigerian liquor bottle tops pieced together - transform a simple material into a stunning monumental form. While many of his works make use of found objects - including bottle caps, milk tins and cassava graters - the artist says that his sculptures are less about recycling or saving than about seeking meaning in the way materials can be transformed to make statements about history, culture and memory. *When I Last Wrote to You About Africa* provides visitors with the opportunity to view not only the spectacular metal sculptures for which Anatsui has received widespread acclaim, but also his works from a long and rich creative practice. Included are paintings and drawings from various stages in the artist's career. The subtle gestures in these works demonstrate the artist's method and practice. Featuring 61 individual works, *When I Last Wrote to You About Africa* is the most comprehensive retrospective of Anatsui's work to date. Following our tour we will have lunch in the museum. **Return Signup Insert to the Activities Office by Tuesday, May 22.**

**COMING ATTRACTIONS****New! Nature Research Center in Raleigh Tour and Lunch at Tir Na Nog****Thursday, June 21****Check In Time: 8:45am****Depart: 9:00am (Zone: C)****Cost: Free Admission/Lunch Individual Checks**

Opening in April 2012, the Nature Research Center (NRC), our new 80,000 square-foot wing, will bring research scientists and their work into the public eye, and help demystify what can be an intimidating field of study. The centerpiece of the NRC will be the SECU Daily Planet, an immersive, three-story multimedia space that will link virtual to real nature and be the site of live programming on breaking science news. At intervals during the day, scientists will present science to NRC visitors using the cutting edge technology and media of the SECU Daily Planet and its 40 x 40 foot, high-definition screen. The NRC features research labs where scientists from the Museum, UNC System Schools, Department of Environment and Natural Resources, or visiting scientists conduct their research while visitors observe "science in action." A main visitor experience will be meeting these scientists at the Window on Research areas, casual seating spaces that allow scientists to have direct interactions with visitors. The 10,000-gallon aquarium on the first floor showcases large fish such as native bonnethead sharks and Atlantic stingrays and the lionfish, an invasive species. The research focus of the exhibit addresses how this invader will affect our coastal fisheries and highlights other efforts to recover our depleted fish stocks. The Diversity of Life wall on the second floor is a unique experience that exposes the visitors to five areas of research including "how do we know" investigations. These five areas are: Frontiers, Things Change, How Many, Relationships and Importance. Each area focuses on a different aspect of biodiversity, from the most recent discoveries of new species in the ocean depths to the importance of each individual species for the balance of all life on Earth. Following our visit to the museum, we will have lunch at Tir Na Nog. Tir Na Nog has been entertaining folks since 1997 when they opened as the first Irish Pub in downtown Raleigh. **Return Signup Insert to the Activities Office by Thursday, June 14.**

**A Galloway Ridge Summer Film Festival**

This class will begin June 22 and run through August 24 on Fridays from 1:00pm to 3:30pm in the Cinema Theatre.



The theme is Arts & Performance on Film, Part 2. What we watch (and briefly discuss) will be drawn from the following: *Billy Elliot, Ran, The Pianist, Chorus Line, Goya's Ghosts, The Dresser, Master Class, Black Swan, Calendar Girls, My Fair Lady, Ray, Walk the Line, Chicago, Julia, The Artist, Gypsy, Riverdance, Playing for Time, Camille Claudel, Lust for Life* and others.

Discussions will be facilitated by Beverly Chapin and other Galloway Ridge residents. Space is limited to 49 residents. Sign up now in the Activities Office. Fee is \$10 for entire festival.

RESIDENT NOTICES

Ticket Bulletin Board

Are you not able to use your tickets you have purchased but want someone to be able to use them? Or is there a show you want tickets to? Check out the bulletin board in the Mail Room! There are two sections: one for tickets available and one for tickets needed. Please put your tickets available on the board or write your name under tickets needed for which show. We hope this new process will help use tickets that might otherwise not be used. If you have any questions or need help, the Activities Department is always here to help!



Artists Studios at Fearington Village

Next time you are in the Living Room, look at the book of Artists Studios at Fearington Village and you will see some wonderful art. All of it is created by your neighbors in Galloway Ridge and Fearington. These artists have studios in their homes which they are happy to open for you by appointment. Flip through the book, call your favorites and visit them in their studios. If you have questions about this, call Florence Johnson at 545-0644 or Roy Lindholm at 542-0487.



Calling All Artists!

Watercolors, Acrylics, Drawing

Classes began April 15 in our beautiful, spacious, brand new Art Studio. If you like art, come join us. It doesn't matter if you are a beginner or have had some art training. You work at your own pace and have fun doing it. The teacher is El Tremblay, a Fearington resident with over 50 years of art experience. The price is \$80 for each 6 week's session which totals 12 full hours of classes. Hope to see you there.



Acrylics Class

Started Monday...April 16...10:00am to Noon

Watercolor Class

Started Wednesday...April 19...2:00pm to 4:00pm

Drawing Class

Started Friday...April 20...10:00am to Noon

Please call El Tremblay at 919-542-3213 to register for any of these classes.

Red Hat Ladies:



Purple Puddle Flower Demonstration



DUKE CENTER FOR LIVING

PERSONAL TRAINING

PERSONAL TRAINING with Daniel Tysinger



Meet Daniel Tysinger, DCFL's newest Exercise Physiologist. Daniel graduated from UNC in 2010 with a masters degree in exercise physiology. After completing his masters, Daniel attained his ACSM Health Fitness Specialist certification as well as CrossFit Level 1 certification. His experiences include working in cardiac and pulmonary rehabilitation at the UNC Wellness Center at Meadowmont and at the Durham Regional Hospital.

******New Client Special Pricing******
Purchase training with Daniel during the month of May and save!

\$50 – 1 Hour Session
\$32 – 30 Minute Session
Limit: 6 per person
New Personal Training Clients Only!
Offer ends May 31, 2012. Can not be combined with other coupons or discounts.





Duke Center for Living
 HEALTH AND FITNESS CENTER
at Fearington



Ah . . .
 Enjoy the many benefits of Therapeutic Massage at Duke Center for Living at Fearington

Call us at 919-545-2133 to schedule your appointment with Myra or Elizabeth.

Hours: Mon–Thur: 6 am–8 pm, Fri: 6 am–7 pm,
 Sat: 8 am–4 pm, Sun: 1–5 pm
 919-545-2133 | www.dukefitnessfearington.com



REHABILITATION SERVICES

Occupational Therapy and Speech Therapy are two of the therapies available through Rehabilitation Services in addition to Physical Therapy. Occupational Therapists work with individuals who are experiencing a decline in their level of independence or safety. They help to restore function, compensate for lost skills and/or adapt the environment to facilitate independence. OT's can develop specific treatment programs to address areas such as self-care activities, low vision, home safety/falls prevention, joint protection and upper extremity strength/coordination. Speech Therapists, also known as Speech Language Pathologists (SLP's), are trained to help individuals experiencing problems with communication, cognition and/or swallowing. SLP's work with individuals and/or their caregivers to address changes in voice, difficulties with understanding or producing speech, word finding difficulties, reading comprehension and writing, helping the individual learn strategies and develop tools to improve memory and organization skills. SLP's also work with those who have had a change in their ability to chew and swallow safely (also called dysphagia). You can contact Mary Collins, OT, or Lindsay Sturtz, SLP, at 919-545-2633 with any questions.



SmartMoves

1:1 "Ask the Therapist"

David Parker, PT, is available for 1:1 consultations regarding physical therapy and other rehab services on Wednesdays, starting at 4:00pm at the physical therapy office at the Duke Center for Living. As the head of the Rehab Department at Galloway Ridge, David Parker has years of experience with all methods of physical therapy. He will be available to answer your questions regarding a need for therapy services, benefits, the process of signing up and techniques used in the rehab process. Individuals will be seen on a first come, first served basis and can expect the consult to last approximately 10 minutes. Please email David at dparker@gallowayridge.com if you are planning to stop by.



FEARRINGTON FOCUS

The Fearington Farmers' Market Opens Tuesdays in May at 4:00pm

We are delighted to welcome The Fearington Farmers' Market back to the Village Center for their 22nd season. Beginning on Tuesday, April 3, and continuing through Thanksgiving, visitors and residents of Fearington can find fresh produce, baked goods, local honey, canned goods, beautiful flowers and plants, fresh eggs and much more at the growers-only farmers' market, held every Tuesday on the lawn beside the Fitch Creations building in the Village Center.



Fearington Scrabble Club

The Fearington Scrabble Club welcomes Galloway Ridge players at all skill levels. They play every other Thursday at 1:00pm in the homes of two of the members in Fearington. Any interested person should contact Karen Merrey at 919-533-6756 or by email at klmerrey@gmail.com for details about the next meeting, or for any questions.



Fearington Republicans

Eagerly anticipating or undecided about the 2012 election? Have we got the candidates for you! The Fearington Republican Club presents Morning With The Candidates. This momentously important event will take place **Wednesday, May 23, at 10:00am** at the Fearington Village Barn. Don't be left out! Be there to be informed! Don't forget the Annual Reagan Day Dinner, **Friday, May 4,** at Governor's Club with speaker former Attorney General Edwin Meese. For additional information, call Saliann Mao at 919-545-0011.



Fearington Concert Series

Planning for the 2012-2013 Concert Series at the Gathering Place is now complete and the roster comprises some of the outstanding artists and groups in the chamber genre. Stanley Drucker, recently retired principal clarinetist with the New York Philharmonic, and Naomi Drucker of the American Chamber Ensemble will open the Series on October 14. Other artists to be featured throughout the season include Jennifer Curtis, violin, in December; Alan Toda-Ambaras, cello, in January; the Vega String Quartet with William Ransom in February; and the annual presentation by Fellows from the UNC School of the Arts in Winston Salem in April. Renewal forms will be sent to current subscribers by June 1. The subscription price is \$75 per person for the five-concert series. Because of space limitations, residents who wish to be on the waiting list may contact Ruth Bierhoff at 919-533-0124 or email: ruthbierhoff@gmail.com.

Art in the Village Sunday, May 2 10:00am-3:00pm

Artist Studios at Fearington present Art in the Village. Browse fine art and crafts among the delightful gardens of Fearington Village. The outdoor exhibit showcases a group of over 50 visual artists who live and create art within Fearington. Members' (painters, potters, sculptors, photographers, jewelers, wood workers, fabric artists) work represents a wide variety of styles and media. Some of our own Galloway Ridge residents will be featured in this event.



Fearington Democratic Picnic

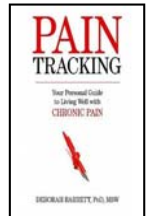
Enjoy BBQ and meet with Democratic and nonpartisan candidates and elected officials! Club members are invited to the annual Fearington Democratic Club picnic on **Sunday, May 20, at 1:00pm**. The food will be traditional BBQ, with chicken and pork, slaw, hush puppies and brownies. (Free for paid members.) We will gather at Jordan Lake, Ebenezer Church Recreation Area, Shelter 8. The shelter is covered, with a lovely view of the Lake and has modern bathrooms.



Need a ride or directions? Want to join in order to attend? Call Rhoda Davis at 919-542-6411 or email: rhodadavis@nc.rr.com.

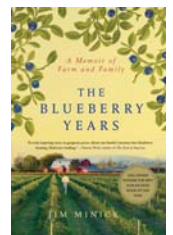
McIntyre's Author Event: Deborah Barrett Friday, May 11 at 2:00pm

Deborah Barrett visits to discuss *Paintracking: Your Personal Guide to Living Well with Chronic Pain*. Millions of people suffer from debilitating chronic pain from arthritis, fibromyalgia, low back pain, chronic headache syndromes, neuropathies or other painful conditions. People contending with chronic pain often spend considerable time, energy and money searching for answers and visit multiple doctors, trying to find relief. When the source of pain is unclear or difficult to diagnose, their experiences are additionally frustrating, exhausting and depressing.



McIntyre's Author Event: James Minick Wednesday, May 23 at 6:30pm

James Minick discusses *The Blueberry Years*, a mouth-watering and delightful memoir based on his trials and tribulations as an organic blueberry farmer. This story of one couple and one farm shows how our country's appetite for cheap food affects how that food is grown, who does or doesn't grow it and what happens to the land. But this memoir also calls attention to the fragile nature of our global food system and our nation's ambivalence about what we eat and where it comes from.



Chatham County Outstanding Volunteers Awards Program

VOLUNTEER SERVICES

On Sunday, May 20, the annual Chatham County Outstanding Volunteer Awards Program will be presented at the Siler City First United Methodist Church from 3:30pm to 5:00pm. Bill Nye from our community will be honored at this event. In addition, Claude Young is the key note speaker. Refreshments will be served and bus transportation will be provided by Galloway Ridge. **If you would like to attend this event please sign-up for this event in the Activities Office.**



Chatham County Literacy Council Luncheon



Volunteer Opportunities Outside of Galloway

Ronald McDonald House of Chapel Hill
Dorothy Crouchley 542-0833 (Galloway Resident)

SECU Family House at UNC Hospital
Allison Worthy 932-8009

UNC Hospice—Pittsboro
Mary Hunnicutt 542-5545

Habitat for Humanity—Pittsboro
Bett Essen 542-0794 Ext. 214

Family Violence & Rape Crisis Center
Melody Truncala 542-5445 Ext. 307

Empowerment, Inc (Affordable Housing Coalition)
Deanna Carson 967-8779

Chatham County Together (Mentoring)
Tracy McInturff 542-5155

United Way of Chatham County
Alane Coore 542-1110

UNC Health Care Volunteer Services
Suzanne Davis 919-966-0313

The Arts Center
Jillian Holmquist 919-929-2787 ext. 213

Chatham County Literacy Council
Vicki Newell 542-6424

Chatham Outreach Alliance, Inc. (CORA)
Lindy 919-542-5020

The Galloway Ridge Woodworkers

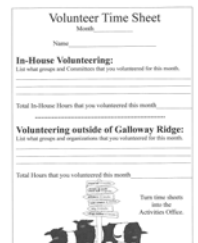
The Galloway Ridge Woodworkers are in the process of occupying their new work shop. As in the past, the repair of furniture, lamps and other small items is a free service offered to Galloway residents by the Woodworkers. While there are limits as to size and extent of repairs, many damaged tables, chairs etc. can be repaired by this group of skilled craftsmen. The work is done at no cost to the residents except for materials that may be required to make the repair. In addition, the woodworkers have constructed many projects here at Galloway including library shelves, a large purple martin birdhouse and other bird houses, low stools, lecture stands, display items, stage props and special fixtures for physical therapy at the Arbor. Several dining room and auditorium chairs have been repaired.

Volunteer Service Coordinating Committee Meeting
Wednesday, May 9
2:00pm-Meeting Room

Volunteer Time Sheets

Located in the Mail Room in a black binder.

To make calculating your monthly volunteer hours easier, please list all of the places that you have volunteered and your total hours for that month. Any questions on this new form please stop by and see Brandi in the Activities Office.



Box Tops for Education

Would you like to help out the local schools? Please cut Box Tops for Education labels from participating products and deposit them in the box outside the Activities Office. Each Box Top label equals 10¢ for local schools. Box Tops can be found on products like Cheerios, Kleenex, Ziploc Bags, Viva Paper Towels and Avery Labels, just to name a few products. A complete list can be found at bfe.com/products.



TRANSPORTATION CORNER



Transportation Update:
Beginning May 1, 2012 we will be providing
Medical transportation on
Fridays at no charge.



The Transportation Office is moving to their new office, which will be located in the back hallway behind the Bistro. Transportation/Medical Requests can be turned in to the Concierge Desk.

Transportation Fees:

The fees will be for all transportation outside of scheduled medical appointments on Monday through Friday, regular shopping trips to the grocery store and various malls and Galloway Ridge sponsored events. The following is a list of zones and their charges. This will be noted in each article in this newsletter and on the sign-up sheet for each event.

The fees are based on the following:

Zone A: within a 10 mile radius (e.g. Chapel Hill) \$3 round trip

Zone B: within a 25 mile radius (e.g. Durham) \$7 round trip

Zone C: over 25 mile radius (e.g. Raleigh) \$10 round trip

Reminder:

There will be a \$5 charge added to your monthly bill if you do not cancel a trip 24 hours in advance or if you do not show up the day of a trip.

Welcome

NEW RESIDENTS

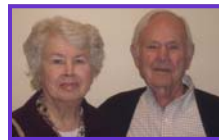
Please welcome Galloway Ridge's newest residents.



Bill and Marge Woolsey
Apt. K107
Phone number: 919-545-0937



Paul Stiller and Joan Lipsitz
Apt. K310
Phone number: 919-545-0112



George and Lucia Hecker
Apt. K301
Phone number: 919-533-6217



Edythe Klein
Apt. K101
Phone number: 919-545-9751



John and Karen Vernon
Apt. K306
Phone number: 919-545-9414

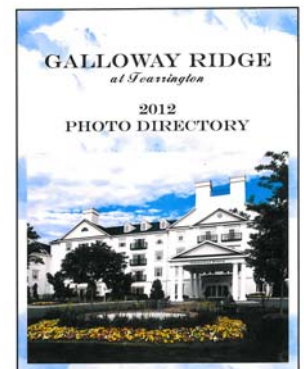
Henriette Matilla
Apt. J209
Phone number: 919-533-6887

Please add new residents information to your directory.

Photo Directory

The new photo directory has been handed out, if you have not picked up your copy yet, please stop by the Activities Office to get your copy.

Each month we ask that you update your directory with the information that you find in the Heard.



LIBRARY CORNER

The Next Chapter



We have moved, and it took lots of people and energy to make it work. To those who organized, tidied, shelved, labeled and unloaded boxes we owe our thanks. We are especially grateful to the resident men who moved boxes of books from various storage areas, then opened them, emptied them and cut them up for disposal. Maintenance and tech staff hung pictures, installed door stops, drilled holes and led wires to make the computers work. One week after the move the library looks good. It is open for business.

How does the new library differ from the old one?

- * It is twice the size.
- * We have a proper library office with shelves labeled clearly for use.
- * Ten new library volunteers are being trained to give us more flexibility in time slots.
- * In addition to the computer and one printer in the library office, there is one for resident use on the table outside the office.
- * We have three comfortable chairs with ottomans to curl up in.
- * Newspapers and magazines are nicely displayed on slanting shelves with past copies underneath each shelf.
- * It is truly a lovely space, inviting to all. Please use it.

The Next Chapter will be officially celebrated as follows:

The Next Chapter
Opening
 Tuesday, May 1, 2012
 Galloway Ridge Library
 Ribbon Cutting
 Guided Tours
 Refreshments
 Contests with Prizes
 Souvenirs for All

Submitted for the Library Staff
 by Peggy Masterson

Chatham County Waste Management and Recycling 2012 Decals



The 2012 Decals are now available at the Concierge Desk. Please stop by and pick one up.

Refer to www.chathamnc.org/recycle or call 542-5516 for policies, restrictions, a listing of accepted and unaccepted items, directions on how to prepare items and which containers to use to help maintain cost-effective and efficient operations.

The Confidant Program

Our **Galloway Good Neighbor** confidant program aims to remove barriers and increase information sharing among our residents.

Here's how it works:

- Choose someone at Galloway who is dear to you.
- Share your wishes with him/her.
- Complete the form with both your information and the name of your confidant. The blank forms are located in the library.
- Return the form to the Activities Department.

Yahoo Group

Would you like to receive the weekly menus and other useful information online? Then sign up for the Galloway Ridge residents' email group! If you want to sign up, send an email to LMasurat@yahoo.com with your name and unit number. It's free!

Important Telephone Numbers

Chatham County Sheriff Richard Webster
 (919) 545-8122

Community Numbers:

Concierge: (919) 545-2215

Duke Medical Clinic: (919) 545-2134

Duke Center For Living: (919) 545-2133

Salon: (919) 542-7242

Security: (919) 545-2651

Wellness Clinic: (919) 545-2600



Happy Birthday to All of Our Residents with May Birthdays....

Please join in the celebration of all of our residents who are having birthdays this month. On the last Friday of the month, the Café will be decorated with balloons, and the names and birthdays of that month will be displayed as you come to dinner. On the dessert menu that night, birthday cake will be a part of the selection choice. If you choose not to participate or you do not want your name published, please let the Activities Department know.



Security Update

Greetings everyone,

The completion of Phase II is just around the corner, and I would like to take this opportunity to thank all of you for assisting us in maintaining a safe environment during these difficult and disruptive times. Your patience and understanding went a long way in making your security team's job much easier.

You not only kept yourselves safe by not entering restricted areas, as tempting as it was at times; you also identified safety issues and hazards and notified us so we could rapidly correct the issues before anyone got hurt.

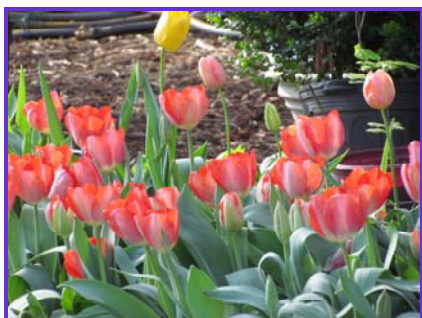
It's a pleasure to work for and with all of you in keeping Galloway Ridge a safe and secure community.

Thanks for your support,

Your Security Team

Submitted by Lee Miller

Governors Mansion and Gardens



HAPPY BIRTHDAY!

- May 1- John Lott
- May 3- Cynthia Chalmers
- May 3- Diana Hsieh
- May 3- Bill Shipp
- May 5- Margot Barnhardt
- May 5- Bill Dingwell
- May 5- Cleaton Lindsey
- May 6- Carlton Lee
- May 8- Ellis Bradford
- May 8- Barbara Owens
- May 10- Joan Ramirez
- May 11- Bill Blanpied
- May 14- Nicholas Gillham
- May 17- Shirley Hartman
- May 17- Suzanne North
- May 22- Elaine Doenges
- May 23- Beverlee McNeil
- May 24- Joan Behringer
- May 24- Bob Tresnak
- May 25- Bob Dickson
- May 25- George Hecker
- May 25- Bill Ragland
- May 25- Teeny Sander
- May 27- Laverne Troutman
- May 28- Nan Cullman
- May 28- Anna Fowler
- May 28- Polly Gillis
- May 28- Tiruvaror Lakshmanan
- May 31- Bill Clark



Carolina Tiger Rescue Tour

GALLOWAY GALLERY



Volunteers are our Greatest Natural Resource



We would like to thank all of our volunteers here at Galloway Ridge for all the time and effort they devote to our community and to the surrounding communities.





GALLOWAY RIDGE
at Fearington

3000 Galloway Ridge • Pittsboro, NC 27312
(919) 545-2215 • FAX (919) 545-2220

Residents Matter To Marketing!

Many thanks for your referrals!

During the first quarter of this year, the Marketing Department received 14 new referrals from our residents. Thanks to the following residents who brought to us the names of their friends who might become neighbors! Phil and Lucia Stadter, Joan Clark, Durant and Laura Bell, Priscilla Holmes, Bob and Thelma McComb, Stanley Mandel, Marguerite Summers, Bob and Sandy Holton, Bill Dingwell and Betsy Chapman, Jack and Beverlee McNeil, Pat Humphrey, Paul Stiller and Joan Lipsitz, John and Kay Combest and Bob and Angela McCoy.

The winner of the First Quarter 2012 prize drawing for referrals is (drum roll please) Dr. Stanley Mandel! We hope you enjoy your Fearington Village Gift Card. There will be another drawing in July for referrals received April-June. Remember, if your referral moves into Galloway Ridge, both you and the person you referred will receive a onetime monthly fee credit of \$2,500!

Please join the Marketing Department in welcoming our newest Sales Representative, Whitney Miller. Many of you already know Whitney, who has served our community as a concierge since August, 2008. We are so happy to have her in Marketing!

Please remember that referrals from our residents are our most valuable clients, because they.....

- Move in more quickly than other prospects
- Are happier when they move in because their friends are here
- Make Galloway Ridge their home more easily
- Are hand-chosen by current residents

