

# GALLOWAY RIDGE

## AT FEARRINGTON

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WE'RE VIBRANT. WE'RE DISTINCTIVE. WE'RE FAMILY. WE'RE GALLOWAY RIDGE.

## THE HEARD

September 2017  
Volume 12, Issue 8

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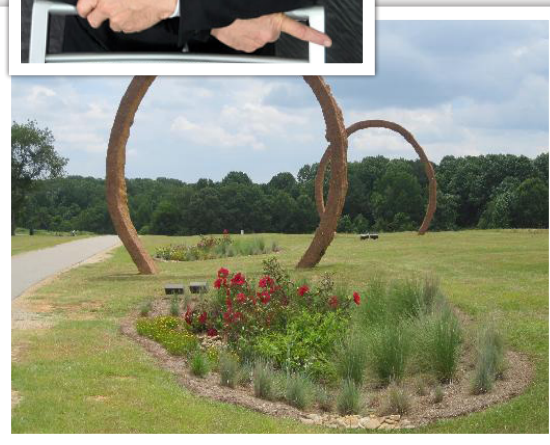
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Registration for ALL events advertised in this month's Heard opens at noon on Friday, September 1, 2017.

### Special Events: 2017 - 2018 Season

**Lawrence Wheeler, Director, North Carolina Museum of Art (NCMA):  
"What does a 21st Century Art Museum look like?  
Change and Opportunity"**

**Sunday, September 10 at 4:00 pm in the Chapin Auditorium**



Dr. Wheeler has worked passionately to develop the Museum's collection, including securing a gift of 30 Rodin sculptures and helping to build the modern and contemporary collections. The most recent expansion is the reinstallation of the African Art Collection with 125 works of art on view. The Museum's permanent collection now spans more than 5,000 years, from ancient Egypt to the present, making it one of the premier art museums in the South. The development of a Museum Park and trail system with over a dozen works of art and two miles of trails places the NCMA as one of a handful of museums in the world with both a renowned traditional art collection and a large outdoor art park. Learn what might be the next steps in the evolution of this cultural treasure.

**Special Events: Please arrive early to get a good seat!**

**ATTENTION!****Weekly Shopping**

All residents must register on the Resident Web Portal for our Shuttle to Fearington trips, Walmart trips, and Friday Mall Shopping.

**Walmart Shopping Trip**

Mondays, September 11 & 25  
Departure: 1:00 p.m.  
Pickup: 2:15 p.m. & 3:00 p.m.

**Shuttle to Fearington**

Wednesdays  
Departure: 11:00 a.m.  
Pickup: 1:00 p.m.

**Local Shopping Loop**

Thursdays  
Departures: 9:00 a.m. & 10:30 a.m.  
Final Pickup: 12:30 p.m.  
Hop on the bus and stop at any of the stores between Galloway and Harris Teeter, Cole Park Plaza, and more.

**Friday Mall Shopping**

All Friday Mall Shopping outings have the following schedule:  
Departure: 11:00 a.m.  
Pickup: 2:30 p.m.

- 9/1: Southpoint Mall, Durham
- 9/8: UMALL/Trader Joe's, Chapel Hill
- 9/15: Southpoint Mall, Durham
- 9/22: Crabtree Valley Mall, Raleigh
- 9/29: Southpoint Mall, Durham

WHAT TO DO WHEN IN NEED OF HEALTH CARE AFTER HOURS  
(5:00 p.m.–8:00 a.m.)

For EMERGENCIES, e.g. heart attack, call 911 and pull your cord or activate your emergency pendant. Security and rescue squad will come.

For NON-EMERGENCIES, e.g. minor fall, pull your cord or activate your emergency pendant. Security and Arbor nurse will come. The nurse will assess the seriousness of your condition, help you decide what additional care you may require, and offer help in getting it. They may institute simple care not requiring a doctor's order.

**OUT ON THE TOWN****Greek Festival at the Raleigh State Fairgrounds**

Friday, September 8

Check-in: 5:15 p.m./Depart: 5:30 p.m.

Cost: Admission – Free/Refreshments – Individual Checks

Festivities include: Dance Performance: 6:30 p.m. and 8:15 p.m.

Cooking Demonstration: 7:00 p.m.

The Greek Festival in Raleigh began in 1982. Each year since then, parishioners of Holy Trinity Greek Orthodox Church have continued the history and tradition, providing event goers with a festival to remember. Specialty Greek dinners will be available for purchase, including lamb, moussaka, and spanakopita. Don't forget to stop at the Greek Pastry Shoppe for homemade baklava and Greek donuts. A portion of the proceeds from the festival supports Habitat for Humanity.

**Sign up by Wednesday, September 6.**

**Fall for Literacy Luncheon with Cecelia Budd Grimes - Sponsored by the Chatham County Literacy Council**

Saturday, September 9

Check-in: 10:00 a.m./Depart: 10:15 a.m.

Event time: 11:00 a.m.-2:00 p.m.

Cost: \$60 per person (tables seat 4, 6, and 8 people)

To purchase tickets, call 919-548-4914.

Enjoy an entertaining, fundraising event with delicious food. The keynote speaker will be local Siler City author, Cecelia Budd Grimes. All proceeds directly fund Chatham Literacy's free individual and small-group instruction for adult learners. Everyone attending will receive Ms. Grimes' book, *What it means to have a Southern Wedding*. Sign up for the luncheon with Chatham Literacy [http://chathamliteracy.org/?page\\_id=5056](http://chathamliteracy.org/?page_id=5056).

**Sign up for transportation on the Portal by Thursday, September 7.**

**Dine Out Night: Second Empire**

Tuesday, September 12

Check-in: 3:55 p.m./Depart: 4:10 p.m./Reservation: 5:00 p.m.

Cost: Individual Checks/Website: [www.second-empire.com](http://www.second-empire.com)

Imagine a dining experience that combines an atmosphere of classical history and elegance with a selection of cuisine that is as exquisitely unique as it is delicious. Then imagine delighting your senses with a world-class wine selection. Now imagine finding this right here in the Triangle. It's not imagination, it's Second Empire Restaurant and Tavern.

**Sign up for transportation by Friday, September 8. Limited to 22 residents.**





## OUT ON THE TOWN

### **Carolina Ballet: The Ugly Duckling**

**Friday, September 15**

**Check-in: 6:30 p.m./Depart: 6:45 p.m.**

**Cost: Please purchase tickets individually by calling the box office at 919-719-0900.**

Hans Christian Andersen, beloved as an amiable storyteller, chose to express himself through metaphor in the safe haven of children's literature. But as he wrote in a letter in 1834, "Every character is taken from life—every one of them—not one of them is

invented. I know and have known them all." Born the son of a dirt-poor cobbler and an illiterate washerwoman in the provincial Danish city of Odense, he was homely, sexually confused, vain, anxious and very much the outcast that he later drew in the character of the ugly duckling. The Ugly Duckling endures to this day both as a cautionary tale of intolerance and misunderstanding, and as a hopeful tale of redemption and rebirth.

**Sign up by Wednesday, September 13.**

**Limited to 32 residents.**



### **Paperhand Puppet Intervention: Of Wings and Feet**

**Saturday, September 16**

**Check-in: 4:45 p.m./Depart: 5:00 p.m.**

**Cost: Purchase tickets by calling 336-333-2605.**

Paperhand Puppet Intervention presents its 18th annual

giant puppet theatre pageant "OF WINGS AND FEET". Join us this summer for a whimsical, paradoxical juxtaposition of myriad forms and flights of fancy. Everything moves! And yes, we move.

Forward, hopefully. Spend an enchanted evening discovering what it means to be human... when you're a bird. Or, a turtle. Help humanity find its unique place in the world by joining the Circus of Beginnings and Ends. Witness the magic and mystery of the living land, sea, and sky in an epic spectacle of struggle and resistance for our times. See, hear, and feel all this and more at our 18th annual giant puppet extravaganza for all!

**Sign up by Thursday, September 14.**

**Limited to 32 residents.**



## OUT ON THE TOWN

### **Martini Lovers: Pittsboro Roadhouse in Pittsboro**

**Wednesday, September 20**

**Check-in: 4:00 p.m./Depart: 4:15 p.m.**

**Reservation: 4:30 p.m.**

**Cost: Individual Checks**

Enjoy the excellent ambience, martinis (including chocolate ones), mixed drinks, wine, beer, non-alcoholic drinks, and tasty snack food with longstanding and newer neighbors and friends. Please be advised that Martini Lovers is not intended to be a full dining event. Even though we are going to a restaurant/bar this month, our time and arrangement with this venue do not allow eating a full dinner. We will be ordering from their appetizer, sandwich, and salad menu only.

**Sign up by Monday, September 18. Limited to 20.**

### **Playmakers: The Cake**

**Sunday, September 24**

**Check-in: 1:00 p.m./Depart: 1:15 p.m.**

**Cost: Please purchase tickets individually by calling the box office at 919-962-7529.**

Della makes cakes, not judgment calls. But when the daughter of an old friend reappears in her life with a new surprise, Della is forced to re-examine some of her deeply-held beliefs. Food, faith, and family loyalty collide in a paradigm-shifting comedy that's sure to leave you hungry for more.

**Sign up by Thursday, September 21.**

**Limited to 32 residents.**



### **Lunch Bunch: Living Kitchen in Chapel Hill**

**Tuesday, September 26**

**Check-in: 11:15 a.m./Depart: 11:30 a.m.**

**Reservation: 12:00 p.m.**

**Cost: Individual Checks**

**Website: <http://livingkitchen.com/>**

In 2012, Juliana Luna and Stephen Edwards discovered they shared a passion for plant-based cuisine. Both believed strongly in the positive benefits of living foods and felt that the city of Charlotte needed a restaurant that prepared organic, plant-based dishes of the taste, quality and presentation they desired. Juliana, with the creativity of a master chef, designed a plant-based menu that would surprise and delight the most discerning palates. Building on the success of the original South End location, Living Kitchen opened a location in Raleigh in 2016, followed by Chapel Hill and a second location in Charlotte in 2017.

**Sign up by Friday, September 22.**

**Limited to 22 residents.**

## OUT ON THE TOWN

### **Trolley Tour of Duke Gardens and Lunch at the Nasher Museum Café**

Wednesday, September 27

Check-in: 8:50 a.m.

Depart: 9:05 a.m.

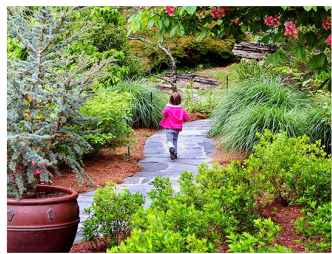
Return: 1:30 p.m.

**Tour Cost: \$10.00 + tax (a refund after the September 12 deadline is not guaranteed)**

**Lunch Cost: Individual Checks**

More than 300,000 visitors from all over the world visit Sarah P. Duke Gardens annually, enjoying its 55 acres of specialized gardens in the heart of Duke University. The trolley tours take you along the central path in the Gardens, so you may see the blooms of the day and learn more about the Gardens' history. After the tour, we'll stop for lunch at the Nasher Museum Café.

**Sign up by Tuesday, September 12. Limited to 10.**



### **Duke Chamber Art Series: American Brass Quintet**

Saturday, September 30

Check-in: 6:30 p.m.

Depart: 6:45 p.m.

**Cost: Please contact the Duke University Box Office at 919-684-4444.**

Famously dubbed "the high priests of brass" by Newsweek, the American Brass Quintet has built a world of its own over the last sixty years, sculpting new repertoires and setting artistic standards for a modern classical brass ensemble. With the bright highs of two trumpets and the undergirding low of a bass trombone, the American Brass Quintet has expanded the reputation and catalogue of classical brass through both contemporary commissions and arrangements of canonical works not intended for horns. They've made it their mission to treat both past and present with equal zeal.

**Sign up by Thursday, September 28.**



## IN-HOUSE EVENTS

### **Name That Tune**

Saturday, September 2, 4:00 p.m.—Living Room

Gather around the new Baby Grand as we play Galloway Ridge's own version of Name That Tune!

**Must have five residents register in order for this event to occur. Sign up by Thursday, August 31.**

### **Labor Day White Party**

Monday, September 4, 4:00 - 6:00 p.m.

Chapin Auditorium

The end of summer means saying goodbye to your summer wardrobe for another year. Come celebrate Labor Day and one last chance to wear all those fun white summer pieces (until next year)! We'll have dessert, wine, and Randy's Four Piece Band from our Mardi Gras party back to play Dixieland and Swing hits.

### **Genealogy – Using Collected Data**

Tuesday, September 5, 2:00 p.m.—Players Lounge

Genealogy studies us and our extended families. We've shared three sessions so far covering the kinds of data involved, the ways to manage our data, and the many ways to present our data about ourselves, our ancestors, and our descendants. Our next session will be a mixed bag of hints and kinks stirred with individual experiences and contributions. We'd love to have you join us!

### **Medication Pick-up with Chatham County Sheriff's Office**

Wednesday, September 6, 9:00-11:00 a.m.

Chapin Auditorium Lobby

Medication should help, not hurt. It is important for citizens to do their part to prevent environmental pollution as well as the illegal sale and trade of prescription pills by properly disposing of medications before they harm the community. To meet the growing need for safe disposal of prescription medications, the Chatham County Sheriff's Office has increased its number of Prescription Take-Back events across the county. The Sheriff's department has agreed to join us every three months, on the day of our Town Hall Meetings, for medication pick-ups.

### **Tech Basics**

Thursdays, September 7 & 14 10:30 a.m.

Chapin Auditorium C

The Tech Basics sessions assume no prior knowledge and

To reserve a room and/or request room setup please contact Wendy Beachy at [wbeachy@gallowayridge.com](mailto:wbeachy@gallowayridge.com) / 919-642-6887. If you have previously scheduled a meeting that has been cancelled or postponed, please let Wendy know of the change. Meeting rooms are in high demand!

## IN-HOUSE EVENTS

will focus on hands-on demonstration and interactive discussion. If you have a notebook, smartphone, or tablet, bring it along. We will continue this style of learning with different topics.

September 7: Personal Finances

September 14: Online Investing

### Resident Reserve Fund Presentation

Thursday, September 7, 2:00 p.m.

#### Chapin Auditorium

What Happens If You Can No Longer Pay All Of Your Galloway Ridge Monthly Fee? Dana Boylan-Walker will explain Benevolent Care and the Resident Reserve Fund and how they will help you in this situation. The Board and the Resident Reserve Fund Committee agree that we need to build the Resident Reserve Investment Fund to \$2.5 million by December 2020. The interest from this fund helps pay for Benevolent Care. How can we reach this goal? Major donations, bequests, and the new Galloway Ridge Charitable Gift Annuity are intended to help. Sophie Penney, a professional development consultant, will discuss the advantages of bequests to Galloway and the new Charitable Gift Annuity which will provide guaranteed income for life, tax deductions, and a gift for the Resident Reserve Investment Fund. Please plan to attend so you can understand Benevolent Care and how the Resident Reserve Fund helps prevent the need for increased monthly fees to cover Benevolent Care costs.

### Documentary Series: Apocalypse: The Second World War; "Inferno"

Thursday, September 7, 2:00 p.m.—Cinema

Apocalypse: The Second World War is a six-part French documentary by Daniel Costelle and Isabelle Clarke about the Second World War. The documentary is composed exclusively of actual footage of the war as filmed by war correspondents, soldiers, resistance

### Play Readings

Sundays, September 3 & 17, 2:00 p.m.—Living Room

Anyone interested in reading acclaimed FULL LENGTH PLAYS by noted playwrights, or listening to other people read them, should join us at Play Readings on September 3rd and 17th. Participants who want to read ALWAYS get a part, so join the fun, put your acting voice on the line, and off we go! Hope to see you in the Living Room! Questions?

Contact Bill Hicks at 542-4344.



## IN-HOUSE EVENTS

fighters and private citizens. The series is shown in color, with the black-and-white footage being fully colorized, save for some original color footage. The only exception to the treatment are most Holocaust scenes, which are presented in the original black and white. The documentary was shown on the Smithsonian Channel in the United States. **Each episode is 46 minutes.**

### Chatham County Alzheimer's NC Walk and 5K

Saturday, September 9, 8:30 a.m.

There is still time to register for the Walk or 5K Run, September 9th at 8:30 a.m. Join our Pamlico Partners team to help raise support and awareness for the Alzheimer's NC Campaign.

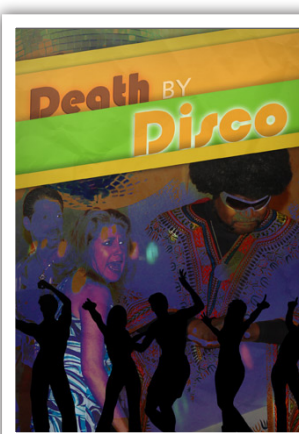
The Walk/5K Run will be the culmination of months of fundraising events at Galloway Ridge. So far, we've had Jean Fridays for the staff; hot dog sales; a Zumbathon, Carwash, Ice Cream Social, Bojangles Breakfast and the extremely popular Italian Night Dinner...all raising over \$5,000!

As we gear up for the Walk/5K, we are still looking for volunteers to help on race day. If you are interested in volunteering, please contact Celeste Lestienne at 919-545-2604 or [clestienne@gallowayridge.com](mailto:clestienne@gallowayridge.com).

### "Death by Disco" Murder Mystery Dinner

Saturday, September 9, 6:00 p.m.—Chapin Auditorium

It's 1978. The highlight of the evening is a huge Disco



Dance contest. The winning prize is a trip for two to New York City for the chance to dance on the Grammy Awards, and \$10,000 in prize money.

This is an opportunity that could make someone a star; it could also be a motivation for murder! It will be up to you and your table of fellow sleuths to discover who could commit such a crime. So, think of a clever name for

your "detective agency" and listen carefully as events unfold. A 3-course set menu will be served. You will be contacted to make your entrée choice.

**Sign up by Monday, August 28. Limited to 100 residents.**

All event registration is located on the Resident Web Portal or by calling the Event Registration Line at 545-2577. Registration will open at noon on Friday, September 1.



## IN-HOUSE EVENTS

### New Resident Orientation

**Tuesday, September 12, 11:30 a.m.—Players Lounge**

Moving can be very stressful!

There is so much to do and so many new things to



remember. We understand, so even though you get a large amount of information at your settlement, we would like to do more. Please join us in a relaxed atmosphere where you can ask about programs, volunteering, transportation, or any other questions you may have about Galloway Ridge. If we are unable to answer a question, we can direct you to the person who can. Although this program is geared toward new residents, **all residents are welcome** to stop by with questions.

### OLLI: Presidents and Politics: From the New Deal to Trumpism

**Wednesdays, September 13, 20 & 27, 11:00 a.m.**

#### Chapin Auditorium

Over the last eighty five years, fourteen presidents—seven Democrats and seven Republicans—have led the American nation. Under their combined efforts, the nation has become the world's preeminent military power, its primary economic engine, and its moral avatar. Each of these men (the procession of presidents still does not include a woman) has made unique contributions to the "American century." Our survey/discussion course will follow the course of events from 1932 to the present and attempt to assess the politics of the presidency, examine the tenure of each of these leaders, and consider how it made us the "way we are today."

### Getting the Most Out of Teams

**Wednesday, September 13, 2:00 p.m. – Players Lounge**

Everybody loves a mystery story that has a positive ending. This session on "Getting the Most Out of Teams" tells just such a story.

It starts with "the best and the brightest"

who struggle to work together. But there is

hope: with patience, training, and discipline the results get better and then even better. Come share some of the insight and growth that produces apparent miracles from otherwise ordinary people. If you are not amazed, maybe you will at least be informed and challenged. Would you consider investing an hour to discover what might be valuable for you too?



## IN-HOUSE EVENTS

### Matting and Framing with Steve Shafer

**Wednesday, September 13, 11:00 a.m.**

#### Chapin Auditorium C

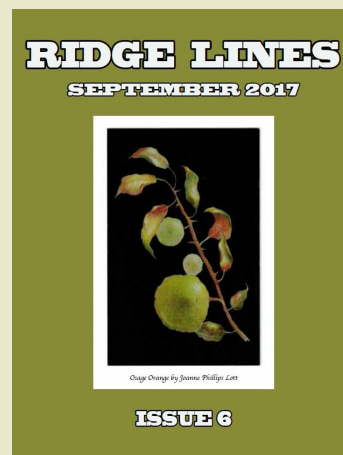
Join Steve Shafer, CPF the "Farrington Picture Framer," as he gives a one hour presentation on "Picture Matting and Framing." This is an Art Group sponsored activity.

Steve is a Certified Picture Framer and a member of the Professional Picture Framers Association. He has won several awards in Design Competitions.

He will be discussing what goes into selecting a mat and frame for a variety of art that includes prints, original and limited edition paintings, photography, object shadow boxes, memorabilia and fabric art. Every framing project is different and there are many considerations that go into the final project. He will display some completed samples for discussion.

Steve is also an accomplished photographer and has exhibited at many locations in the Triangle area and in Virginia.

You are welcome to bring some of your pieces with questions and Steve will address those after the meeting.



### MEET THE AUTHORS

**Friday, September 15, 2017**

**3:30 to 4:30 Chapin Auditorium**

Paper copies at door. Reserve a copy if you cannot attend.

Bill Sharpe, Mail Slot J306.

Copies in Library and on Portal.

**!! TV Channel 1390 !!**

### Drop-In Concert

**Wednesday, September 20, 4:30 p.m.—Living Room**

Broadway & classics featured in an afternoon drop-in-concert. The selections are from the Troutman family collection donated to our library.

### DVD Lecture: *The Symphony*

**Mondays, 10:00 a.m.—Cinema**

The great Bohemian-born composer Gustav Mahler once said, "A symphony must be like the world. It must embrace everything." Over the course of its nearly 300-year life, the symphony has indeed embraced almost every trend to be found in Western concert music.

## REGULAR EVENTS

### Rummikub

Tuesdays, September 5 & 19, 3:30 p.m.

#### Players Lounge

Rummikub is a fast moving Rummy tile game. Whether you already love to play or would like to learn, join us on the first and third Tuesdays each month. **Contact Joan Kuhn or Beverlee McNeil if you have questions.**

### Wii Bowling and Pizza

Monday, September 18, 12:30 p.m.

#### Chapin Auditorium



### Drop-In Technology

Wednesdays, 12:00-1:00 p.m.—Living Room

Do you have a question about your computer, phone, or tablet? Stop by the Living Room to get answers.

### Scrabble

Wednesdays, September 6 & 20, 1:00 p.m.

#### Living Room

Please bring your games, dictionaries, paper, score sheets, and pens.

**Contact Elise Sisk 545-2244 for more information.**



### Dan Blaisdell, Singer/Songwriter

Tuesday, September 12, 5:00 p.m.—Belties Lounge

Please welcome back Dan Blaisdell, solo guitarist and singer, to Galloway Ridge! Dan's style includes American Popular Standards, Oldies, Country, Blues, Contemporary Classics, Rock, Folk, Easy Listening and even more! He likes to describe his true style as "storytelling and just plain fun!" We hope to see you there!

### Men's Breakfast Club

Wednesday, September 20, 9:30 a.m.—Café

Calling all Galloway Ridge men! Join your fellow men neighbors in the Café for breakfast and coffee. You can spend this time socializing, getting to know each other, and discussing upcoming events at Galloway Ridge. You may come and go as you please. If you have previous engagements, stop by afterwards. We look forward to seeing you there! **Sign up by Monday, September 18.**

### Women's Breakfast Club

Wednesday, September 27, 9:30 a.m.—Café

Calling all Galloway Ridge women! Join your fellow women neighbors in the Café for breakfast and coffee. Spend time socializing and getting to know each other over breakfast.

**Sign up by Monday, September 25.**

## REGULAR EVENTS

### Caregivers Support Group

Wednesday, September 6, 1:00—Meditation Room

### Birthday Dinner Celebration

Monday, September 25, 4:30-7:00 p.m.—Bistro & Café

### Health Conversations

Fridays, 10:00 a.m.—Players Lounge

Discuss medical concerns and issues in a small-group setting with Dr. Julio Sosa.

### Current Events

Fridays, 11:15 a.m.—Chapin Auditorium

## UPCOMING EVENTS

### DPAC: Circus 1903

Sunday, October 1

Check-in: 11:45 a.m./12:00 p.m.

**Cost: Please purchase tickets individually by calling the box office at 919-680-2787.**

The producers of the world's biggest magic show, *The Illusionists* have teamed up with the award winning puppeteers from *War Horse* to present a thrilling turn of the century circus spectacular.

**Sign up by Thursday, September 28.**



### NC Opera: Cold Mountain

Sunday, October 1

Check-in: 1:00 p.m./Depart: 1:15 p.m.

**Cost: Purchase tickets by calling the box office at 919-792-3850. Make sure to let the box office sales associate know that you are a Galloway Ridge resident.**

Wounded and suffering battle fatigue, W.P. Inman flees a Confederate military hospital near Petersburg to cross the rugged terrain toward home and his beloved Ada in Western North Carolina. Along the way, he meets a cast of characters right out of Homer's *Odyssey*, all while being relentlessly hunted by the marshals of the Home Guard. Meanwhile, back at home, Ada faces her own horrors of the war, fighting to survive, not knowing Inman's fate and struggling with her own. Will the lovers ever be reunited?

**Sign up by Thursday, September 28.**

## UPCOMING EVENTS

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### **Guided Tour of Chatham Mills “Pollinator Paradise” Garden**

**Monday, October 2**

**Check-in: 9:25 a.m./Depart: 9:40 a.m.**

**Tour Cost: Free**

“Pollinator Paradise” is a demonstration garden created by Agriculture Agent Debbie Roos of the Chatham County Center of North Carolina Cooperative Extension. The garden features over 200 species of perennials, trees, shrubs, vines, and grasses, and 85% of them are native to North Carolina. This one hour walking tour will cover both grass and pavement.

**Sign up by Monday, September 25. Limited to 22 (Must have eight residents register in order for this outing to occur).**

### **Annual NCCRA Statewide Meeting at Christ United Methodist Church in Greensboro**

**Tuesday, October 3**

**Check-in: 8:00 a.m./Depart: 8:15 a.m.**

**Sign up for transportation by Sunday, October 1.**

Contact Sherman Poultney for more information.

### **Botanical Illustration: Start to Finish – Drawing Workshop with Emma Skurnick**

**Tuesday, October 3, 1:30 p.m.—Art Studio**

“Botanical illustration, start to finish” will be a 2.5 hour-long, hands-on class. Students at all levels of skill will be led, step-by-step, in drawing a realistic flower in pencil. Students will practice close observation, contour drawing, proportion, layering and shading. Each student will leave the workshop with their own drawing, plus the skills to create further.

**Sign up by Sunday, October 1. Limited to 25.**

### **Galloway Ridge Hops & Barley Brew Boys**

**Wednesday, October 4, 4:30 - 6:00 p.m.—Zen Garden**

The Galloway Ridge Hops & Barley Brew Boys are sponsoring an Oktoberfest, A donation of \$5 each will get you unlimited Brew Boys draft beer, large beer pretzels, and bratwurst. Net proceeds will go to the Employee Scholarship Fund.

The Brew Boys will also be selling six-packs of their various beers for a donation of \$12, so you can enjoy Oktoberfest at home.

**REMINDER: Registration for ALL events advertised in this month’s Heard opens at noon on Friday, September 1, 2017.**

## UPCOMING EVENTS

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### **Yadkin Valley Wine Tasting Day Trip**

**Thursday, October 5**

**Check-in: 8:30 a.m./Depart: 8:45 a.m.**

**Return: 6:45 p.m.**

**Cost: \$50 plus tax (includes lunch and three tastings)**

Join us for this visit to one of North Carolina’s wine regions. Our first stop will be Tuscan-styled Raffaldini Vineyards for both a wine tasting and lunch. Next it’s Jones von Drehle Vineyards & Winery, a producer of fine dry wines. We will end with RagApple Lassie Vineyards located in the heart of Yadkin Valley.

**Sign up by Friday, September 22.**

### **Galloway Ridge Family Picnic**

**Friday, October 6, 4:00 p.m.—Courtyard**

Who doesn’t enjoy a family picnic? We want to invite you to come on out to fun, food, games and entertainment. All residents, staff and their immediate family members have been invited so we can take time out to have a great time together. Town Hall Grill will be grilling up some good old American Fare and the music will be toe tapping terrific. So come with an appetite and a desire to have some fun!

### **Collaborative Artist Reception**

**Friday, October 20, 4:30-6:00p.m.**

**Café and Belties Lounge**

Please enjoy the reception and wonderful new artwork displays.

## MEETING NOTICE

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### **Town Hall Meeting**

**Wednesday, September 6, 10:00 a.m.—Chapin Auditorium & TV Channel 1390**

Please join us for our monthly Town Hall meeting.

### **Safety, Parking and Traffic Committee**

**Tuesday, September 12, 2:00 p.m.—Meeting Room**

### **Semi-Annual Community Garden Meeting**

**Tuesday, September 12, 2:00 p.m.—Players Lounge**

All interested gardeners are welcome.

### **Residents Council**

**Tuesday, September 19, 2:00 p.m.—Chapin Auditorium & TV Channel 1390**

Join us for our monthly Residents Council meeting.



## LIBRARY NEWS



### New Arrivals

On a recent Sunday, labels were made for approximately 45 books new to our collection – some purchased, some donated. Here is a small sampling of “what’s new”:

- *Misquoting Jesus* by Bart Ehrman, Chair of the Department of Religious Studies at UNC, Chapel Hill – shows where and why changes were made in early manuscripts leading to intentional and accidental alterations by scribes.
- *Man’s Search for Meaning* by Viktor E. Frankl - has more than 12 million copies in print since the first writing in 1945 after his release from a WWII concentration camp.
- *Conscience of a Conservative* by Jeff Flake, Junior Senator from Arizona – while rejecting the politics of the nasty and punitive, he describes limits to what government can and should do.
- *A Daughter’s Tale: Memoirs of Winston Churchill’s Youngest Child* by Mary Soames – mutual love and affection between Mary Soames and her parents pour forth from every page of this elegantly written memoir.
- *Walden* by Henry David Thoreau on the 200th anniversary of his birth – celebration of personal renewal through self-reliance, simplicity, and independence – a must read or re-read.

I end with a memorable quote from the Viktor Frankl book:

“So let us be alert - alert in a twofold sense:  
Since Auschwitz, we know what man is capable of.  
Since Hiroshima, we know what is at stake.”

*Submitted by Peggy Masterson*

### Sounds of Music

Our library continues to grow. The Troutman family has donated a fine collection of classical, pop, Broadway, Christmas, and folk songs to Galloway Ridge. There are over 500 piano solos, vocal songs, and duets (sheet music).

Check with Lynn Savitzky or Wanda Cottongim for more information. at 542-4970.

## DCFL NEWS

### Wellness Seminars

DCFL Wellness Seminars are 30-minute informative sessions on a wide range of health and fitness-related topics.

Space is limited and registration is required. Call DCFL at 545-2133 to register, or stop by DCFL Member Services. Seminars are FREE and open to the public - bring a friend!

#### The Truth about Exercise and Osteoarthritis (Kayla)

**Monday, September 11, 1:00 p.m.**

With joint pain and stiffness caused by osteoarthritis, exercise may seem an unlikely solution. Come see what the research says! We will discuss the most effective forms of exercise, the quantity of exercise, and other recommendations to improve symptoms so that you can live an active and healthy lifestyle.

**Register through DCFL Member Services**

#### Morning Neck and Back Pain (Stephanie)

**Thursday, September 21, 1:30 p.m.**

How often do you wake up with a stiff neck or an aching back? Or suffer from neck soreness throughout the day? Come to this seminar to learn about the main causes of morning neck and back pain, some healthy habits to combat it, and a simple morning routine to help start the day out right!

**Register through DCFL Member Services.**

#### Myth Busters: Women and Weights (Noelle)

**Wednesday, September 27, 4:30 p.m.**

Will lifting weights make you bulky? What does it mean to just “tone”? Should women be lifting the same way as men? Come to this seminar to hear common myths debunked and learn the truth about women and weightlifting.

**Register through DCFL Member Services.**

### Programs and Announcements

#### Posture Program at DCFL

**Mondays, September 18–November 6, 1:00-2:00 p.m.**

**Cost: \$80 members & residents, \$120 non-members**

This 8-week program is designed to improve static posture as well as movement patterns. Correction begins with understanding how the body is structured and applying the knowledge through corrective exercise and stretching. Space is limited.

**Register through DCFL Member Services.**

## DCFL NEWS

### Yoga for Balance Series at DCFL

Wednesdays, September 13, 20, and 27, 1:00- 2:00 p.m.

Cost: \$34 members & residents, \$48 non-members

Join Emily Silverman for a yoga practice to strengthen the core, legs, ankles and feet, and build a confident, strong and stable base. Props and chairs will be offered as options so as to accommodate all ability levels. Space is limited. **Register through DCFL Member Services.**

### Tai Chi Returns!

Tai Chi returns to DCFL on Tuesday, September 5.

### DCFL Holiday Hours

Monday, September 4th—Closed

## FOR YOUR INFORMATION

### R4

#### Reduce, Recycle, Reuse, Repurpose

*Why should I reduce my use of...electricity, water, or plastic bags?*

Come to the R4 Event, November 7th in Chapin Auditorium, anytime between 11:00 a.m. and 2:00 p.m. and find out!

*Galloway Ridge's efforts to recycle confuse me! I don't know what's what. What does it matter anyway?*

Come to the R4 Event, November 7th in Chapin Auditorium, anytime between 11:00 a.m. and 2:00 p.m. and find out!

*I don't know the difference between a CFL, and LED, and an incandescent light bulb. Why does it matter?*

Come to the R4 Event, November 7th in Chapin Auditorium, anytime between 11:00A.M. and 2:00 P.M. and find out!

*See you in Chapin Auditorium on November 7th*

### Trash Talk

If you can please break down the cardboard boxes you place in the bin in the Trash Room. It helps the porters transport them to the recycling area. If you cannot manage it, don't worry - the porters will take care of it.

Taking small bags of trash to the Trash Room in between visits from your Housekeeper also helps the Housekeepers be more efficient with their appointments. If you are unable to handle the trash, please contact April Weaver and she will make arrangements for additional assistance.

## WELLNESS DEPARTMENT NEWS

BEGINNING IN SEPTEMBER

### Jordan Lake Cleanup

Wednesday, September 6, 9:00-12:00 p.m.

#### Front Lobby

Join us for our third Jordan Lake cleanup of the year at our adopted shoreline, Bell's Church Fishing Access. After Labor Day visitors, the shoreline will need some extra love and attention so please consider volunteering for this great cause. **Spots are limited and sign up is required on the Portal.**

### CONDUCTORCISE with Maestro David Dworkin

Thursday, September 14, 10:30-11:30

#### Chapin Auditorium



Maestro David Dworkin who, as the New York Times said, “sparkles with high spirited virtuosity” has led orchestras across the globe and performed as a clarinetist with international ensembles. Upon his retirement, the energetic and inspiring David

Dworkin launched his exhilarating new fitness fusion CONDUCTORCISE, a sound workout for mind, body, and soul, as a natural outgrowth of his lifelong passion for conducting, performing, educating, and physical fitness. Come join us for a genuinely fun and exhilarating performance.

### \*NEW\* Total Brain Health 2.0

Starting September 21, Thursdays, 3:00-3:45 p.m.

Past participants and new participants are invited to try out this new version of Total Brain Health. TBH 2.0 takes brain health to a new level by getting participants to work in groups and live with their brains in mind, not just in class but outside of the class as well. Dr. Green has evaluated feedback from past Galloway Ridge participants to create this new edition and has now included more context and research to support the habits highlighted in each class. This program also features new activities for each topic covered! Participating in the research track for this program is highly encouraged, so that we can continue giving Dr. Green our valued feedback. Being a part of the research track simply means you will complete a survey at the beginning and end of the program and commit to attending as many of the classes as possible.

**Please register on the Portal to reserve your spot, starting September 1.**

# WELLNESS DEPARTMENT NEWS

## Community Heart Project

September 25-28, 9:30-10:30 a.m. and 4:00-5:00 p.m.

### The Great Hall

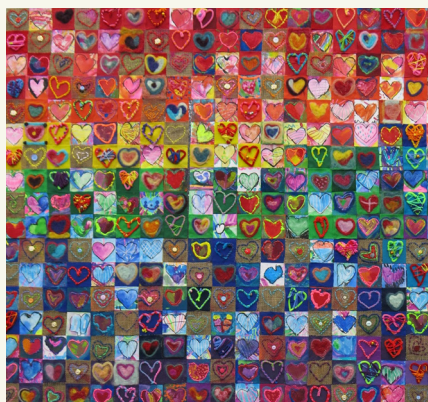
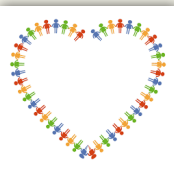
To celebrate Galloway Ridge's 12-year anniversary, all residents and employees are invited to be a part of this community art piece, expressing what it means to be a part of the Galloway Ridge community. This will be done by each participant using various materials to interpret a heart on a tile and incorporating it into a master collage.

**No sign up is required, just drop by to complete your tile in the time slots listed above. No art experience required to participate!**

## Community Heart Project Reception

Friday, September 29, 3:00 p.m.—Great Hall

You are invited to join us for a reception in the Great Hall, to celebrate the collaboration of our community in creating this completed masterpiece. Light hors d'oeuvres and refreshments will be served.



CONTINUING IN SEPTEMBER

## Line Dancing

Mondays, 3:00-3:30 p.m.—Chapin Auditorium

Learn the steps to classic line dancing songs! Any level of dance experience is welcome.

## Chair Combo

Tuesdays and Wednesdays, 10:30 a.m. and Fridays, 2:00 p.m.—Players Lounge

This class is geared to getting you stronger and more aerobically fit through a variety of chair-oriented exercises.

## Tai Chi for Balance and Arthritis

Tuesdays and Thursdays, 1:00 p.m.

### Chapin Auditorium

Build balance and strength through this gentle Tai Chi class. This class can be done both seated and standing.

# WELLNESS DEPARTMENT NEWS

## Green Trekkers Club

Select Fridays, 8:00 a.m.—Front Lobby

Exercising outdoors can have a hugely positive impact on your health and wellness. If you wish to be put on the interest list for upcoming group hikes, please contact Cori Cook directly.

## Resident Wellness Planning

Do you want to be the healthiest, happiest version of yourself? Not sure how to do it? Cori Cook, in the Wellness Department, is now offering individual wellness planning for all residents who are interested. Your Wellness Plan will be tailored to your personal interests and goals, and will be updated every 6 months to reflect your achievements. **Contact Cori Cook for more information or to schedule an appointment.**

## Walking Pole and Fitbit Check-outs

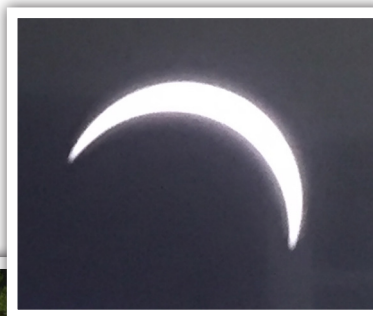
Both of these items can be borrowed from the Wellness Department to aid in your fitness journey! Please contact the Wellness Department to schedule an appointment to learn how to use them and discuss whether they are a good option for your lifestyle.



## Contact us

We are here! Call or drop by to see us. We are happy to help with your program questions and wellness needs. Find us on the 2nd floor between the J-K wing or reach us with the contact information below:

**Cori Cook** 545-2661, [ccook@gallowayridge.com](mailto:ccook@gallowayridge.com)



Last seen Monday, August 21, 2017





### **OLLI: Angela Carter Novels: Feminism Meets Magical Realism**

**Monday, September 11, 18 & 25, 10:30 a.m.**  
**Players Lounge**

Starting Monday 9/11 at 10:30 and running for 10 classes, *The Novels Of Angela Carter: Feminism Meets Magical Realism* is free for Galloway residents. Although not as well known in this country as in Great Britain, Carter is considered one of the most influential writers of the last 100 years. We will read three of her extraordinary novels. **For more information, and reading list, contact Louise Masurat.**

### **Turnaround Resale Shop**

Turnaround Resale Shop will reopen Friday, September 8. Because of generous donations during the summer, the Shop will be offering many new items for your shopping pleasure. Come in and have a look. Shop early to get the best bargains!

Have you cleared out your no longer wanted items lately? Turnaround always needs them. Do you know that all donations are tax deductible? Just ask one of the staff for a donation form.

The Shop will be open Tuesdays, September 12 and 26; and every Friday, 11:00 a.m.-4:00 p.m.

Donations accepted every Tuesday morning 9:30-11:30

*Joan Zollinger*

### **Fearrington Republican Club**

**Wednesday, Sept. 27, 7:00 p.m.—Gathering Place**

This will be our annual dinner for our members. The FRC will provide the food and drinks. We want our Republican neighbors to come out to enjoy a light dinner and refreshments and have a social night. We will send an email reminder to all on our list for an RSVP. Our email is [frc-nc@hotmail.com](mailto:frc-nc@hotmail.com) You can also look at our web page on the FHA website.

**Contact: Donna Stewart 919-533-6886**



### **Fall Film Festival**

**Academy Awards in the USA**  
**Fridays, 1:00 p.m.—Cinema**

September 8: *All Quiet on the Western Front* (1929)

September 15: *It Happened One Night* (1934)

September 22: *The Best Years of Our Lives* (1946)

September 29: *All About Eve* (1950)

**Contact Wendy Beachy for reservations.**  
**Series cost: \$5.00**

### **Classics in the Cinema**

**Celebrating John Wayne**

**Mondays, 2:15 p.m.—Cinema**

September 11: *True Grit* (1969)

September 18: *The Quiet Man* (1952)

September 25: *The Train Robbers* (1973)



### **Foreign Language Films in September**

**Award-Winning Foreign Films**

**Saturdays, 7:45 p.m.—Cinema**

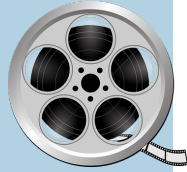
September 2: *Jules and Jim* (1962) (French Film)

September 9: *From Russia with Love* (1963) (British Film)

September 16: *Romantics Anonymous* (2010) (Belgium/French Film)

September 23: *My Life as a Dog* (1985) (Swedish Film)

September 30: *The Lives of Others* (2006) (German Film)



Galloway Ridge's Minerva Book Club is looking for a few more members.

The next meeting is Tuesday, September 26. The book to be discussed is: *Jack Kennedy* by Chris Matthews

If you would like to join us, call Jackie on 202-403-9582 or send an email to [kdurham@gmail.com](mailto:kdurham@gmail.com)

### **Labor Day Buffet**

**Monday, September 4, 2017**

**Serving Times: 11:30 a.m.-3:00 p.m.**

Please make reservations for five or more by Wednesday, August 26, 2017 by call 919-545-2645.

**No dinner service this evening.**

### **Fearrington Democratic Club**

**Tuesday, September 26, 7:00-8:15 p.m.**

**Refreshments starting at 6:30 p.m.**

**The Gathering Place**

It is clear from past elections that the Democratic Party needs to adjust its message to clarify its platform and inspire more voters to take action at the polls.

This month, our speaker will be Wayne Goodwin, previously North Carolina Commissioner of Insurance and Chair of the North Carolina Democratic Party.

**All Galloway Ridge residents are cordially invited.**

## GALLOWAY RIDGE MOVIES

### Cinema

Wednesday, 2:00 p.m. and 7:45 p.m.

**Digital Channel 1390**

Thursday, 7:45 p.m.; Saturday, 2:00 p.m. and 7:45 p.m.



#### ***Kong: Skull Island***

(2017: Action, Adventure, Fantasy, 1h 58min)

August 30, 31; September 2

**Rated PG-13 for intense sequences of sci-fi violence and action, and for brief, strong language**

A team of scientists explore an uncharted island in the Pacific, venturing into the domain of the mighty Kong.

**Stars: Tom Hiddleston, Samuel L. Jackson, Brie Larson**

#### ***Gifted***, (2017: Drama, 1h 41min)

September 6, 7, 9

**Rated PG-13 for thematic elements, language and some suggestive material**

A single man raising his child prodigy niece is drawn into a custody battle with his mother.

**Stars: Chris Evans, McKenna Grace, Lindsay Duncan**

#### ***King Arthur: Legend of the Sword***

(2017: Action, Adventure, Drama, 2h 6min)

September 13, 14, 16

**Rated PG-13 for sequences of violence and action, some suggestive content and brief strong language**

Robbed of his birthright, Arthur comes up the hard way in the back alleys of the city. But once he pulls the sword from the stone, he is forced to acknowledge his true legacy—whether he likes it or not.

**Stars: Charlie Hunnam, Astrid Bergès-Frisbey, Jude Law**

#### ***Going in Style***, (2017: Comedy, Crime, 1h 36min)

September 20, 21, 23

**Rated PG-13 for drug content, language and some suggestive material**

Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

**Stars: Bryce Dallas Howard, Robert Redford, Oakes Fegley**

#### ***Megan Leavey***

(2017: Biography, Drama, War, 1h 56min)

September 27, 28, 30

**Rated PG-13 for war violence, language, suggestive material, and thematic elements**

Based on the true story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.

**Stars: Kate Mara, Ramon Rodriguez, Tom Felton**

## GALLOWAY RIDGE MOVIES

### Digital Channel 1390

Friday, 7:45 p.m.

Sunday, 2:00 p.m. and 7:45 p.m.



#### ***The Lovers***

(2017: Comedy, 1h 37min)

September 1, 3

**Rated R for sexuality and language**

A long-married couple are both in the midst of serious affairs. But on the brink of calling it quits, a spark between them suddenly reignites, leading them into an impulsive romance.

**Stars: Debra Winger, Tracy Letts, Aidan Gillen**

#### ***The Exception***

(2016: Drama, Romance, War, 1h 47min)

September 8, 10

**Rated R for sexuality, graphic nudity, language and brief violence**

A German soldier tries to determine if the Dutch resistance has planted a spy to infiltrate the home of Kaiser Wilhelm in Holland during the onset of World War II, but falls for a young Jewish Dutch woman during his investigation.

**Writers: based on the novel “The Kaiser’s Last Kiss” by Alan Judd**

**Stars: Lily James, Jai Courtney, Christopher Plummer**

#### ***Colossal***

(2016: Action, Comedy, Drama, 1h 49min)

September 15, 17

**Rated R for language**

An out-of-work party girl is forced to leave her life in New York City and move back home. When reports surface that a giant creature is destroying Seoul, she gradually comes to the realization that she is somehow connected to this phenomenon.

**Stars: Anne Hathaway, Jason Sudeikis, Austin Stowell**

#### ***The Wall***, (2017: Drama, Thriller, War, 1h 28min)

September 22, 24

**Rated R for language throughout and some war violence**

Two American soldiers are trapped by a lethal sniper, with only an unsteady wall between them.

**Stars: Aaron Taylor-Johnson, John Cena, Laith Nakli**

#### ***Tommy’s Honour***

(2016: Biography, Drama, Romance, 1h 52min)

September 29, October 1

**Rated PG for thematic elements, some suggestive material, language and smoking**

The powerful and moving tale of the founders of the modern game of golf.

**Stars: Sam Neill, Ophelia Lovibond, Jack Lowden**

## SPIRITUAL EVENTS

### Contemporary Religious Thought Discussion Group

**Thursday, September 7, 10:00 a.m.—Players Lounge**  
Join us to discuss a book chosen by the group. We do not focus on any specific doctrines and welcome all opinions.  
**Contact Bob Marshall for more information.**

### Shabbat Service

**Friday, September 1, 4:00 p.m.—Dogwood Room**  
All are welcome to these monthly services.  
**Contact Ruth Katz at 545-9567.**

### Ecumenical Worship Service

**Sunday, September 3, 3:00 p.m.—Players Lounge**  
Celebration and fellowship are the aims of services facilitated by the Rev. David Goehring.  
**Contact Claude or Betty Jean Young 919-542-3302.**

### Catholic Communion Service

**Wednesday, September 13, 2:30 p.m.**  
**Chapin Auditorium B**  
**For information, call Philip Stadter 919-533-6852**

### Duke Chapel Sunday Service

**Sunday, September 10 & 24, 11:00 a.m.—Cinema**  
This is a simulcast of the Duke Chapel Sunday Service.

### Episcopal Church Service

**Thursday, September 21, 2:00 p.m.**  
**Chapin Auditorium B**  
**Contact Virginia Young at 545-9944.**

### Early Bird Sunday School

**Sundays, 9:15 a.m.—Players Lounge**  
Stop by our weekly Sunday School Class. It is part of Evergreen United Methodist Church. All are welcome.

### Monday Night Bible Study Group

**Mondays, September 11, 18 & 25, 7:00 p.m.**  
**Meeting Room**  
Group discussion questions distributed prior to meeting. Each Bible study lasts 4-8 weeks. All are welcome.  
**Contact Andi Dickson at 542-0205.**

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



*In Loving Memory of . . .*  
Joseph Hammond

## GIVING BACK

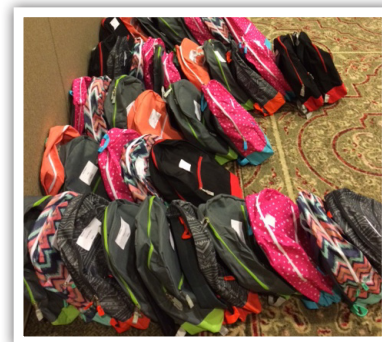
### LEDGE Collection

**Wednesday, September 6, 3:00 p.m.**

If you wish to make a donation, please put your LEDGE bag on or beneath your ledge by 3:00 p.m. Villa residents can place any donations in CORA tubs near the front desk or you may call Becky Sbröllini to request a pick-up from your porch. Resident volunteers will be once again be joined by Northwood High School students in the AVID program for the collection. Especially needed this month by CORA are canned salmon, canned ham, kitchen staples such as flour, sugar, salt, canned fruit with light syrup, canned vegetables - mixed greens, tomatoes, potatoes, kidney and dried beans. Personal items like lotion, shampoo and toothpaste and paper goods like toilet paper and paper towels are always very welcome.

CORA'S birthday closet always needs restocking. Colorful 12 inch tall shopping bags that contain a cake mix, frosting, small gift etc make it possible for CORA to help families celebrate a child's birthday. Check the CORA website for more information on creating a birthday bag. <http://corafoodpantry.org/birthday-closet/>. For safety reasons please NO GLASS CONTAINERS. If you need a new LEDGE bag, you can get a replacement one at the front desk. If you prefer to make a cash donation, you may leave it on your ledge. Please write CORA on the envelope so our volunteers know that it is for the food pantry.

Galloway Ridge collected 285 lbs. of food for CORA in the month of July. The LEDGE team wishes to thank everyone in the Galloway Ridge community who has made donations to LEDGE or participated in the collection and sorting of these donations.



### B2 School Backpack was another success!

Thank you to all who volunteered to help stuff and distribute 125 backpacks this year! Your continuous support of the Galloway Ridge staff is immeasurable.



## GIVING BACK

### Guardians for Galloway Ridge Society

The Third Annual Guardian for Galloway Ridge luncheon will be Thursday, Sept 21, at noon in the Bistro. All members are welcome.

The Guardians for Galloway Ridge Society recognizes residents and friends who, through their own vision and generosity, seek to ensure that the highest quality of life and healthcare services will be available to future generations at Galloway Ridge. These donors support a tradition of caring that began with the dreams and ideals of our first residents.

The Guardians for Galloway Ridge Society recognizes all donors who have included in their wills or estate plans the Galloway Ridge community. In forming the Society, Galloway Ridge expresses its appreciation to those who have made a planned gift for the future benefit of their friends and neighbors. We also invite others to become partners in continuing an extraordinary legacy of service to seniors for many years to come. Please note the Legacy Tree in the Great Hall.

Any resident or friend of Galloway Ridge who donates over \$15,000 to any of the Galloway charities will become a member of the Guardians for Galloway Ridge Society with all rights and privileges.

Donors have the option of choosing which Galloway Ridge charity or charities they would like to support with their gift. All gifts that are made to the Galloway Ridge Resident Reserve Fund are restricted for the Benefit of Benevolent Care, Charitable Fund, Employee Scholarship Fund, Library Fund, and Special Events Fund.



Alzheimer's Campaign: Italian Dinner Night, Saturday, July 29

## GIVING BACK

### Planning to live to be 100? Volunteer

Volunteer. Share your skills and your passion with others. Find a need and devote your time to filling it. It's the closest thing to a silver bullet we have discovered for personal and social well-being.

Most of us who have volunteered know the positive jolt of what's been called a "giver's high." But the benefits of contributing your talents to others go way beyond that transitory buzz. Many of us have heard the saying, "the more you give, the more you get."

Donating one's time to benefit others has deep individual value as well. A growing body of research tells us that those who volunteer have lower mortality rates and less depression, along with a greater sense of control over one's life and higher rates of self-esteem and happiness.

The Volunteer Services Coordinating Committee is sponsoring a Galloway Ridge Volunteer Fair on Tuesday, October 3, from 4:30-6:00 p.m. in the Great Hall. We expect to propose 12 activities and would love to have you volunteer. Please mark your calendar and come learn about opportunities to volunteer, and maybe even live to be 100.

(Some of this article was borrowed from the June/July 2017 AARP magazine)

### Reporting Your Volunteer Hours is Very Important

We asked that residents report volunteer hours. WHY? The tally of hours is used in the Community Engagement Annual Report to document our "giving back to the community." These hours are shown on the Galloway Ridge website to get across the message to prospects that we are an active community. Some have even commented that they moved to Galloway because of this perceived volunteer activity level.

WHAT counts? Any time that you volunteer for charities that are tax free, or volunteer for religious institutions, you should report those hours. Volunteer time spent at UNC, Duke, Habitat is reportable. If you serve on the Resident Council or any Council Committees those hours are reportable. If you go to Current Events as an activity, or play bridge, that does not count.

Please help us support the Legacy of Volunteerism here at Galloway by reporting your volunteer hours each month. If you have any questions, please call Bob Holton 545-0810.

## NEIGHBORS HELPING NEIGHBORS

### A Friendly Visit

Pat Miller 919-542-2686

### Woodworkers for Small Repairs

David Klapper 919-967-3937

### Geek Squad for Computer and Technical Help

Windows Computers, DVD/CD  
Players, TVs, Land- Line Telephones

John Combest 919-542-7328

Don Francisco 919-933-0541

Mark Blaustein 919-704-8609

### Apple Mac, iPad, and iPhone

Louise Masurat 919-542-6589

Joan Tenchar 845-616-5166

Sharon Maggiore 845-430-2009

### iPad

Eilean Yates 704-466-9757

### Portal Pals

Marion Graney 919-542-5867

Bill Nye 919-542-1101

Alex Weller 919-542-4829



Now is the perfect time to  
review your financial plans and  
documents that affect those

plans. Are your Powers of Attorney (POA)  
documents, Beneficiaries, Wills, etc. in  
order? Schedule an appointment now  
with Julie or Linda to have that important  
review before they are needed to take care  
of you should you no longer be able. The  
Branch is conveniently located on the  
Terrace Level of Galloway Ridge with  
hours Monday-Friday, 9:00 a.m.-1:00 p.m.  
SunTrust also has a branch located in  
Farrington Village with hours Monday-  
Thursday, 9:00 a.m.-5:00 p.m.; Friday, 9:00  
a.m.-6:00 p.m.; and Saturday, 9:00 a.m.-  
12:00 p.m.

Come in and let us help you with all of  
your banking needs.

Galloway Ridge: 726-5008

Farrington Village: 726-5028

## HAPPY BIRTHDAY

September 1	Vonna Graves	September 15	Dolores Yoder
September 1	Bob Griffith	September 15	Elora Young
September 1	Jack Owens	September 16	Susan Puett
September 1	Stephanie Schoppe	September 18	Denny Reid
September 2	Betty Crook	September 19	Phyllis Larson
September 2	Genie Frick	September 20	Margot Friedrich
September 2	Terrance Ransbury	September 20	Nancy White
September 3	Mary Thormann	September 21	John Whiteman
September 5	Edythe Klein	September 21	Marty Walsh McGehee
September 5	Verne Lynn	September 23	Scobie Arnott
September 5	Al Schalk	September 23	Elaine Crescenzi
September 6	Rosalie F. Morris	September 25	Carol Orringer
September 7	Fred Sparling	September 26	Toby Britts
September 8	Jesse Boggs	September 26	Winifred Simmons
September 8	Edward Giles	September 28	Wanda Cottongim
September 12	William Weinreich	September 28	Sandy Holton
September 13	Jim Cox	September 28	Frank Myers
September 15	Dave Heining- Boynton	September 30	Ruth Flannelly
September 14	Earl Johnson	September 30	Mary Tripodi
September 15	Ray Johnsen		

Names are excluded from the birthday list based on resident preferences as indicated in our records. If your birthday is not on the list, but you wish it to be, please contact the Concierge Desk to update your resident profile.

### “No Phishing Allowed”

#### “I’ve Lost my Passport/I Need Money to Get Home”

You’re checking your e-mail and a message appears from *someone you* know saying they are stranded somewhere, and they’ve lost their passport or money. The message usually includes a request to send money so they can return home. This is probably a scam, so it’s a good idea to call your friend to see if he or she sent the message. If not, their e-mail may have been hacked, and they need to change their password.

Watch the next issue of the Heard for more tips to avoid being “hooked” by a Phishing scam

### Would you like to receive menus by email?

**The Ridgers** is a by-invitation-only email group exclusively for Galloway Ridge residents. To get menus by email and occasional special notices posted by other residents, please send a request to be added (including your apartment or villa number) to [lmasurat@yahoo.com](mailto:lmasurat@yahoo.com).

The Galloway Ridge Heard is a monthly publication from Galloway Ridge, a Distinctive Retirement Community. Articles are submitted from a variety of contributors. Send submissions to [theheard@gallowayridge.com](mailto:theheard@gallowayridge.com) by the 10th of the month for events and activities occurring the following month. Material submitted to *The Heard* may be edited for accuracy and to fit space constraints. If you have questions or concerns, please call the Communications Department at 919-545-2643.

The photograph of the belted cows on the cover was taken by the very talented Roy Lindholm.

