

welcome guide



WELCOME TO

GALLOWAY RIDGE

AT FEARRINGTON

A LETTER FROM LEADERSHIP

As Chief Executive Officer and Executive Director of Galloway Ridge at Farrington, I'd like to extend a warm welcome to you as our guest. Whether you are here visiting a loved one or are considering becoming a member of the Galloway Ridge family, we want your stay with us to be comfortable and enjoyable. This guide contains helpful information about our services and amenities as well as resources in our area that you may need while here.

Galloway Ridge has recently been recognized as one of the top 25 "Best in Wellness" senior living community in North America with the Beacon Award, through the International Council on Active Aging (ICAA) in conjunction with NuStep LLC, a major manufacturer of recumbent cross-training equipment used not only in senior living facilities but also in fitness and healthcare.

This award is meaningful to us because it recognizes how we put our mission into practice every day: our goal, quite simply, is to ensure our residents live a life full of meaning through engagement and a superior quality of life and care. We strive to achieve this level of excellence through community involvement, an assortment of activity programming, top-notch health care and fitness facilities, volunteer and giving initiatives, and the comfort and security of Life Care, including assisted living, skilled nursing, or memory care, if, in the future, the need should arise.

The late Robert Browning put it best in his poem, Rabbi Ben Ezra, saying, "Grow old along with me! The best is yet to be..." I like to imagine he would have felt the same, had he been a part of the Galloway Ridge family. On behalf of our board of directors, our dedicated and compassionate staff, and our truly inspiring residents, I'd like to say, simply, welcome home.

sincerely,



Bob Zimmer
Executive Director/Chief Executive Officer

Well Home



IMPORTANT INFORMATION

IN CASE OF EMERGENCY

911

NEAREST MEDICAL CENTER

UNC Medical Center
101 Manning Drive
Chapel Hill, NC 27514
(984) 974-1000

Non-Emergency Police Number: (919) 542-2811

CHECK OUT INFORMATION

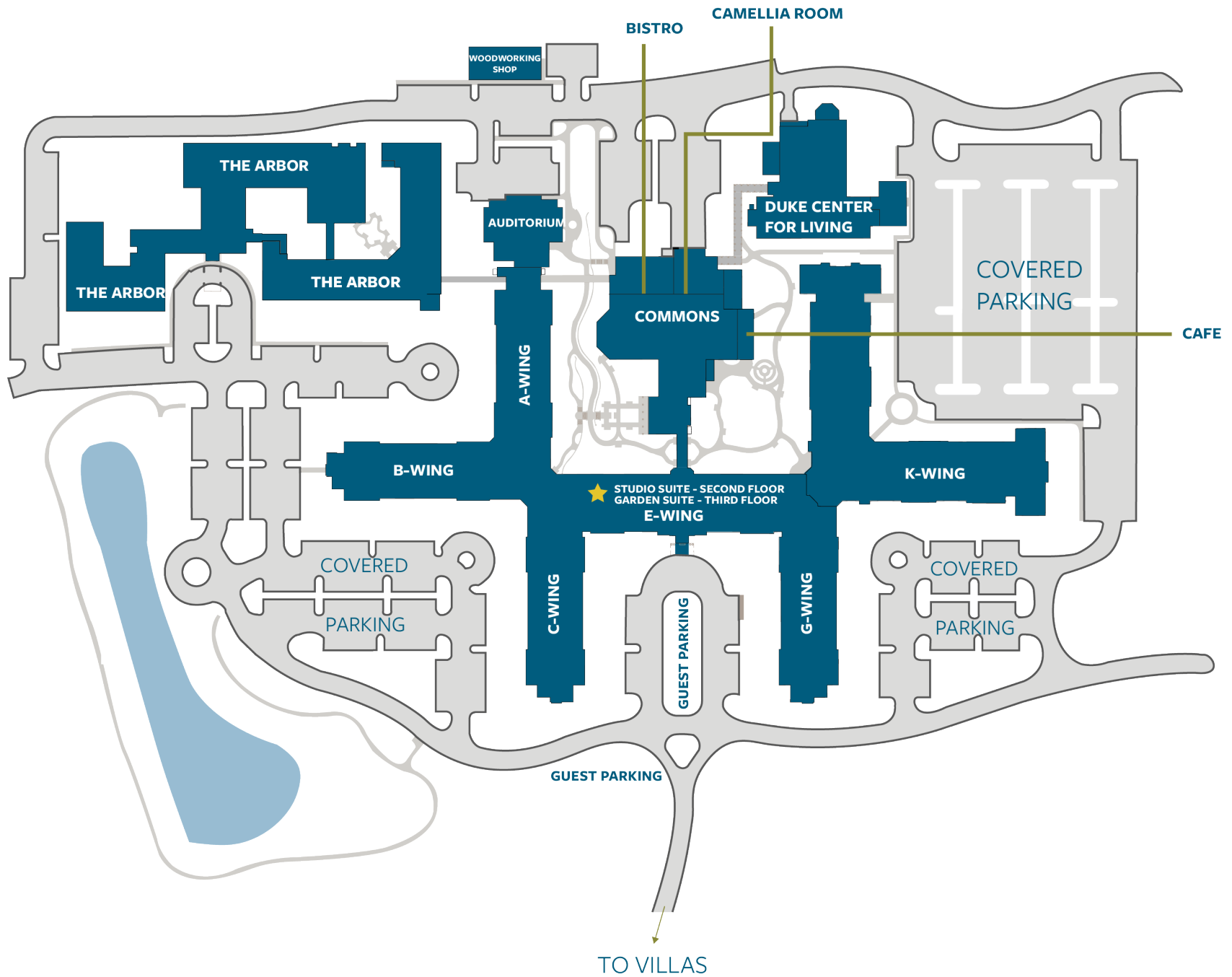
Checkout is at 11 a.m.

Please return key fob to the Concierge desk.

CONTACT CONCIERGE

(919) 545-2215

WWW.GALLOWAYRIDGE.COM



GALLOWAY RIDGE

AT FEARRINGTON



DISTANCE FROM GALLOWAY RIDGE TO KEY AREA LOCATIONS

SCHOOLS

UNC Campus	10.0 miles
Dean Smith Center	9.9 miles
Duke Campus	19.9 miles

MEDICAL

UNC Chatham Medical	5.7 miles
UNC Hospital	8.9 miles
Duke Hospital	20.1 miles
Duke Primary Care	On-site

OVERNIGHT ACCOMODATIONS

Carolina Inn	9.1 miles
Fearrington Inn	0.9 miles

VETERINARIAN SERVICES

Dogwood Vet	2.2 miles
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SHOPPING

Harris Teeter	3.0 miles
Polks Village	3.4 miles
Chatham Crossing	4.1 miles
Costco	19.5 miles
The Veranda	2.2 miles

FITNESS FACILITY

Duke Center for Living	On-site
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POINTS OF INTEREST

Ackland Art Museum	9.4 miles
Morehead Planetarium	10.0 miles
NC Botanical Garden	9.6 miles
Southern Village	7.0 miles
Fearrington Village	0.9 miles
Haw River Trail	6.3 miles
Downtown Pittsboro	8.0 miles
Finley Golf Club	10.3 miles
Jordan Lake	8.1 miles

All information is based on Galloway Ridge being the starting location.

TELEVISION REMOTE GUIDE

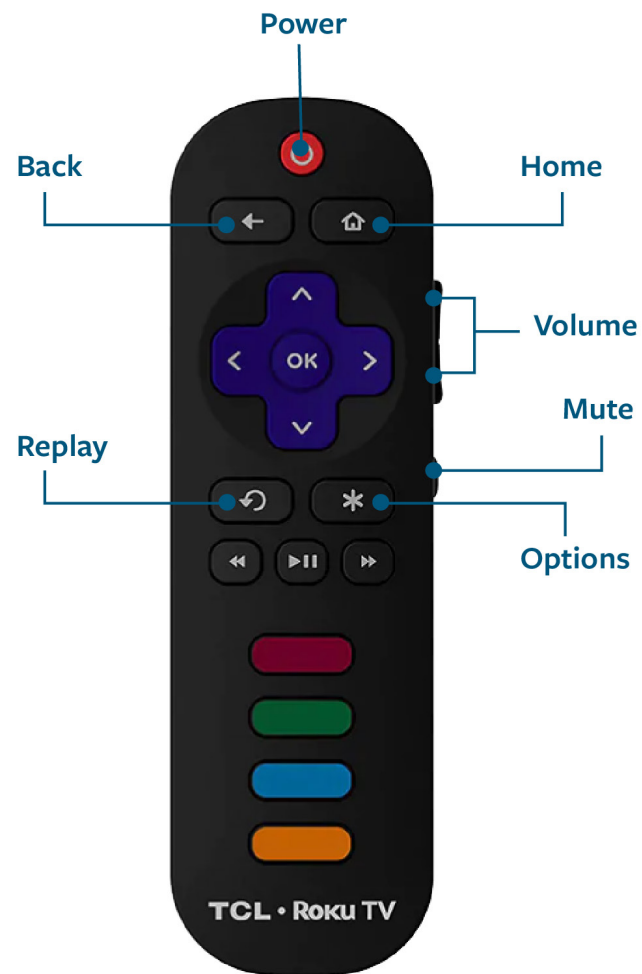
TO WATCH TV

Press Power, select the “Spectrum TV” application with the arrow keys and press “OK” to open it.

TO CHANGE CHANNELS

Press Left on the directional keys. This will bring up a listing of channels. Use Up and Down to scroll through the channels. Press “OK” to select the channel.

Press “Back” at any time to close the onscreen menus.



wellness

Duke Center for Living at Fearington

SERVICES & AMENITIES

- State-of-the-art cardiovascular and strength exercise equipment
- Heated saltwater chlorinated pool and hot tub
- A cushioned three-lane indoor track
- Land and aqua group exercise classes
- Outstanding fitness services including personal training, massage therapy, pilates, reformer training, and weight management
- Complimentary Wi-Fi throughout the facility
- Locker rooms and towel service
- Audio Fetch television audio systems

ADDRESS

100 Clynelish Close
Pittsboro, NC 27312

PHONE

(919) 545-2133

HOURS

Monday - Thursday

6 a.m. - 8 p.m.

Friday

6 a.m. - 7 p.m.

Saturday

8 a.m. - 4 p.m.

Sunday

9 a.m. - 5 p.m.



dining options



BELTIES LOUNGE

- Collared shirts for gentlemen.
- No shorts for residents or guests please.

Monday - Saturday
4 - 7 p.m.

THE BISTRO

- Collared shirts for gentlemen.
- No shorts for residents or guests please.

Monday - Saturday
Dinner | 4:30 - 7:30 p.m.

Sunday
Breakfast | 8 - 10 a.m.
Brunch | 11:30 a.m. - 2 p.m.
Sunday Supper | 4 - 6:30 p.m.

THE WEATHERSFIELD CAFE

- Casual Dress
- Reservations not required.

Monday - Saturday
Breakfast | 8 - 10 a.m.
Lunch | 11:30 a.m. - 2 p.m.
Dinner | 4:30 - 7 p.m.

Closed on Sundays

THE CAMELLIA ROOM

- Formal Dress

Wednesday - Saturday
5 - 7 p.m.
By reservation only. Please call (919) 545-2627 to make a reservation. Reservations should be made no later than 8 p.m. the night before the desired time.

WALKING TRAILS AT GALLOWAY RIDGE

POND LOOP

Access: Two direct access points: one by the community garden, one across from the Arbor entrance

Distance: 0.35 miles

Terrain: Paved, flat

Description: This trail encompasses the pond area, passing by the community garden, bird feeders, and a picnic area where the Pond Loop meets the Villa Trail. This trail connects to the Villa Trail and has very little tree coverage.

SPEYSIDE LOOP

Access: Glenturret Way in front of the front entrance of Galloway Ridge

Distance: 0.5 miles

Terrain: Paved, flat

Description: This path loops the Villa neighborhood and has very little tree coverage. Note this path is 0.7 miles if you include Glenturret Way.

RING ROAD LOOP

Access: can be accessed from any Galloway Ridge exit

Distance: 0.9 miles

Terrain: Paved, flat

Description: This path loops all of Galloway Ridge via the paved pathways and has very little tree coverage.

PARK LOOP TRAIL

Access: Direct access is in between the facilities operations and maintenance buildings

Distance: 0.25 miles

Terrain: Packed gravel, occasional steep sections, uneven terrain

Description: This wooded trail loops the Bark Park and old tobacco barn and connects to the Ridge Trail.

RIDGE TRAIL

Access: Two direct points off Clynelish Close: one by Rehab Center, one toward Weathersfield Road

Distance: 0.20 miles

Terrain: Packed gravel, occasional steep sections, uneven terrain, boardwalks

VILLA TRAIL

Access: Direct access to this trail is along Glenturret Way in between the Front Entrance of Galloway Ridge and the Villas.

Distance: 0.20 miles

Terrain: Packed gravel, occasional steep sections, uneven terrain, boardwalks, and steep drop-offs along trail edge

Description: This shaded trail runs between the pond and Villas. There is a picnic table along the far end near the horse pasture and a seating area on the same end, toward the Villas. This trail connects to the Pond Loop.

walking trails

restaurants

PITTSBORO

POSTAL FISH COMPANY

\$\$\$ Seafood and oyster bar
75 W. Salisbury St, Pittsboro, NC 27312
(919) 704-8612

PITTSBORO ROADHOUSE

\$\$ Laid-back café and bar
39 West St, Pittsboro, NC 27312
(919) 542-2432

S & T SODA SHOPPE

\$\$ Throwback diner
85 Hillsboro St, Pittsboro, NC 27312
(919) 545-0007

THE CITY TAP

\$\$ Casual bar; vegan menu options
89 Hillsboro St, Pittsboro, NC 27312
(919) 545-0562

THE MODERN LIFE

\$\$ Deli & pizza
46 Sanford Rd, Pittsboro, NC 27312
(919) 533-6883

ANGELINA'S KITCHEN

\$\$ Greek cuisine
23 Rectory St, Pittsboro, NC 27312
(919) 545-5505

ALLEN & SON BAR-B-Q

\$\$ Very casual
5650 US-15, Pittsboro, NC 27312
(919) 542-2294

COMPADRES TEQUILA LOUNGE

\$ Mexican
193 Lowes Dr #107, Pittsboro, NC 27312
(919) 704-8374

THE BELTED GOAT

\$\$ Deli
254 Market St, Pittsboro, NC 27312
(919) 545-5717

THE FEARRINGTON HOUSE

\$\$ Locavore American fare; fine dining
2000 Fearington Village Center,
Pittsboro, NC 27312
(919) 542-2121

ROOST BEER GARDEN

\$\$ Craft beer, wine, wood-fired pizza, live music
2000 Fearington Village Center,
Pittsboro, NC 27312
(919) 542-2121

DAVENPORT'S CAFÉ DIEM

\$ Coffee, tea, bakery
439 Hillsboro St, Pittsboro, NC 27312;
(919) 704-4239

THE ROOT CELLAR CAFÉ

\$\$ Comfort food
35 Suttles Rd, Pittsboro, NC 27312
(919) 542-1062

PICKLE JAR CAFÉ

\$\$ American cuisine
480 Hillsboro St, Pittsboro, NC 27312
(919) 704-8878

restaurants

CHAPEL HILL/CARRBORO

BREAKWAY CAFÉ

\$\$ American cuisine
58 Chapelton Court #100,
Chapel Hill, NC 27516
(984) 234-3010

TOWN HALL BURGER

\$\$ Burgers
58 Chapelton Court #140,
Chapel Hill, NC 27516
(984) 234-3504

CAPP'S PIZZERIA

\$\$ Pizza
79 Falling Springs Dr, Chapel Hill, NC 27516
(919) 240-4104

MOON ASIAN BISTRO

\$\$ Bistro
111 Knox Way #100, Chapel Hill, NC 27516
(919) 869-7894

MEDITERRANEAN DELI

\$\$ Mediterranean & Greek cuisine
410 W Franklin St., Chapel Hill, NC 27516
(919) 967-2666

ELAINE'S ON FRANKLIN

\$\$\$\$\$ New American cuisine
454 W Franklin St, Chapel Hill, NC 27516
(919) 960-2770

MAMA DIP'S

\$\$ Southern country cooking
408 W Rosemary St, Chapel Hill, NC 27516
(919) 942-5837

SQUID'S

\$\$\$ Seafood, soups, steaks
1201 Fordham Blvd, Chapel Hill, NC 27514
(919) 942-8757

ACME

\$\$\$ Local Southern American cuisine
110 E Main St, Carrboro, NC 27510
(919) 929-2263

CITY KITCHEN

\$\$\$ Traditional American cuisine
201 S Estes Dr, Chapel Hill, NC 27514
(919) 928-8200

TARANTINI

\$\$\$ Traditional Italian dishes
50160 Governors Dr,
Chapel Hill, NC 27517
(919) 942-4240

BIN 54

\$\$\$\$\$ Steakhouse
1201-M Raleigh Rd, Chapel Hill, NC 27517
(919) 969-1155

TALULLAS

\$\$\$ Turkish cuisine
456 W Franklin St, Chapel Hill, NC 27516
(919) 933-1177

TOP OF THE HILL

\$\$\$ Eclectic American fare; housemade
draft beer
100 E Franklin St #3, Chapel Hill, NC 27514
(919) 929-8676

LANTERN

\$\$\$ Asian cuisine
423 W Franklin St, Chapel Hill, NC 27516
(919) 969-8846

PROVENCE

\$\$ French cuisine
203 W Weaver St, Carrboro, NC 27510
(919) 967-5008

restaurants

DURHAM

PARIZADE

\$\$\$ Mediterranean cuisine
2200 W Main St, Durham, NC 27705
(919) 286-9712

NANA'S

\$\$\$\$\$ Upscale New American cuisine
2514 University Dr #104, Durham, NC 27707
(919) 493-8545

PIEDMONT

\$\$\$\$\$ Contemporary American cuisine
401 Foster St, Durham, NC 27701
(919) 683-1213

HARVEST 18

\$\$\$ Southern dishes, local ingredients
8128 Renaissance Pkwy #114,
Durham, NC 27713
(919) 316-1818

JUJU ASIAN TAPAS & BAR

\$\$\$ Noodles, dumplings
737 9th St #210, Durham, NC 27705
(919) 286-3555

FAIRVIEW

\$\$\$\$\$ Fine dining
3001 Cameron Blvd, Durham, NC 27705
(919) 490-0999

GUGLHUPF

\$\$ Seasonal German fare
2706 Durham-Chapel Hill Blvd,
Durham, NC 27707
(919) 401-2600

MATEO BAR DE TAPAS

\$\$ Southern-style tapas
109 W Chapel Hill St, Durham, NC 27701
(919) 530-8700

MEZ

\$\$ Modern Mexican cuisine
5410 Page Rd #8, Durham, NC 27703
(919) 941-1630

HILLSBOROUGH

SARATOGA GRILL

\$\$\$\$\$ Seafood, clam chowder, steak
108 S Churton St, Hillsborough, NC 27278
(919) 732-2214

PANCIUTO

\$\$\$\$\$ Italian-inspired food & drinks
110 S Churton St, Hillsborough, NC 27278
(919) 732-6261

ANTONIA'S

\$\$\$ Italian cuisine
101 N Churton St, Hillsborough, NC 27278
(919) 643-7722

HILLSBOROUGH BBQ COMPANY

\$\$ BBQ
236 S Nash St, Hillsborough, NC 27278
(919) 732-4647

restaurants

RALEIGH

ANGUS BARN

\$\$\$\$ Steakhouse

9401 Glenwood Ave, Raleigh, NC 27617
(919) 781-2444

BLOOMSBURY BISTRO

\$\$\$\$ French-influenced menu

509 W Whitaker Mill Rd, Raleigh, NC 27608
(919) 834-9011

SECOND EMPIRE

\$\$\$\$ Steak, seafood, dining at its finest

330 Hillsborough St, Raleigh, NC 27603;
(919) 829-3663

J. BETSKI'S

\$\$\$ German and Polish dishes

10 W Franklin St #120, Raleigh, NC 27604
(919) 833-7999

POOLE'S DOWNTOWN DINER

\$\$\$\$ Seasonal American "comfort" food
in a retro chic setting

426 S McDowell St, Raleigh, NC 27601
(919) 832-4477

DEATH & TAXES

\$\$\$ New American cuisine, focusing on
wood-fired fare

105 W Hargett St, Raleigh, NC 27601
(984) 242-0218

BEASLEY'S CHICKEN & HONEY

\$\$ Specializing in fried chicken & waffles,
Southern staples

237 S Wilmington St, Raleigh, NC 27601
(919) 322-0127



FLORISTS

Purple Puddle

400 S Elliott Rd # H, Chapel Hill, NC 27514
(919) 967-2919

Blossom

260 West St, Pittsboro, NC 27312
(919) 545-2837

Orchid Gallery

2698 Hanks Chapel Rd, Pittsboro, NC 27312
(919) 542-6887

Floral Expressions

11455-C US Highway 15 501 S,
Chapel Hill, NC 27517
(919) 933-1505

GROCERY STORES

Harris Teeter

88 Chatham Downs Dr, Chapel Hill, NC 27517
(919) 960-0275

Lowe's Foods

11312 US Hwy 15 501 N, Chapel Hill, NC 27517
(919) 969-1464

Trader Joe's

1800 E Franklin St, Chapel Hill, NC 27514
(919) 918-7871

Whole Foods

81 South Elliot Rd, Chapel Hill, NC 27514
(919) 968-1983

Weaver Street Market

101 E Weaver St, Carrboro, NC 27510
(919) 929-0010

HARDWARE STORES

Town & Country Hardware

11470 US Hwy 15 501 N, Chapel Hill, NC 27517
(919) 969-1400

Lowe's Home Improvement

121 Lowes Dr, Pittsboro, NC 27312
(919) 642-4030

Fitch Lumber & Hardware

309 N Greensboro St, Carrboro, NC 27510
(919) 942-3153

Local venues

PHARMACIES

501 Pharmacy

98 Chapelton Court #300,
Chapel Hill, NC 27516
Briar Chapel Plaza
(984) 999-0501

CVS Pharmacy

11314 US 15 501 N, Chapel Hill, NC 27514
(919) 929-5664

Walgreens

321 East St, Pittsboro, NC 27312
(919) 542-1661

HOSPITALS & WEEKEND DRs.

Avance Primary Care

98 Chapelton Court #310
Chapel Hill, NC 27516
(919) 590-9005

University of North Carolina Hospitals

101 Manning Dr, Chapel Hill, NC 27514
(984) 974-1000

Duke University Hospital

2301 Erwin Rd, Durham, NC 27710
(919) 684-8111

FastMed Urgent Care

1407 E Franklin St, Chapel Hill, NC 27514
(919) 913-0996

MinuteClinic at CVS

11314 US 15 501 N, Chapel Hill, NC 27514
(866) 389-2727

DENTISTS

Parkway Family Dentistry

79 Falling Springs Dr #110
Chapel Hill, NC 27516
(919) 636-9717

Wagoner DDS

77 Vilcom Center Drive Suite 110,
Chapel Hill NC 27514
(919) 968-9697

Studio G Dentistry

104 North Elliott Rd,
Chapel Hill NC 27514
(919) 942-7163

Pittsboro Family Dentistry

987 East St H, Pittsboro NC 27312
(919) 545-9500

Local venues

MECHANICS

Sanders Automotive

5701 US-15, Pittsboro, NC 27312
(919) 542-1386

Chapel Hill Tire

11470 US Hwy 15 501 N, Chapel Hill, NC 27517
(984) 528-3083

BEAUTY SALONS

Galloway Ridge Salon

Located by the Café

The Spa at Fearington

405 W Camden, Pittsboro, NC 27312
(919) 542-2121

Shampoo Salon

11312 US Hwy 15 501 N Suite 101,
Chapel Hill, NC 27517
(984) 234-3013

Salon Blue

49 W Salisbury St, Pittsboro, NC 27312
(919) 913-0996

TRANSPORTATION

Ride Smith Taxi

(919) 672-5460

RDU Taxi, Inc. (Airport Shuttle)

(919) 840-7277

Local venues

SHOPPING

Dovecote Style

250 Market Street, Fearington Village,
Pittsboro, NC 27312
(919) 542-1145

McIntyre's Books

220 Market St, Fearington Village,
Pittsboro, NC 27312
(919) 542-3030

New Horizons Tracing Company

52 Hillsboro St, Pittsboro, NC 27312
(919) 542-7366

French Connections

178 Hillsboro St, Pittsboro, NC 27312
(919) 545-9296

Beggars & Choosers Antiques

38 Hillsboro St, Pittsboro, NC 27312
(919) 542-5884

Second Bloom Thrift Shop

10 Sanford Road, Pittsboro, NC 27312
(919) 545-5565

PTA Thrift Shop

125 W Main St, Carrboro, NC 27510
(919) 942-6565

Tanger Outlet

4000 Arrowhead Blvd.
Mebane, NC 27302
(919) 304-1520

The Streets at Southpoint

6910 Fayetteville Rd, Durham, NC 27713
(919) 572-8808

Crabtree Valley Mall

4325 Glenwood Ave, Raleigh, NC 27612
(919) 787-8993

Triangle Town Center

5959 Triangle Town Blvd, Raleigh, NC 27616
(919) 792-2222

Cameron Village

2108 Clark Ave, Raleigh, NC 27605
(919) 821-1350

PARKS & RECREATION

Galloway Ridge Trails

Jordan Lake State Recreation Area

280 State Park Rd, Apex, NC 27523
(919) 362-0586

American Tobacco Trail

1309 New Hill-Olive Chapel Rd,
Apex, NC 27502
(919) 387-2117

Lake Crabtree County Park

1400 Aviation Pkwy, Morrisville, NC 27560
(919) 460-3390

William B. Umstead State Park

8801 Glenwood Ave, Raleigh, NC 27617
(919) 571-4170

Chatham County Northeast District Park

5408 Big Woods Rd, Chapel Hill, NC 27514
(919) 545-8555

Local venues

MOVIE THEATERS

Silverspot Cinema

201 S Estes Dr #100, Chapel Hill, NC 27514
(919) 357-9887

Regal Cinemas Beaver Creek

1441 Beaver Creek Commons Dr,
Apex, NC 27502
(844) 462-7342

Regal Cinemas Timberlyne 6

120 Banks Dr, Chapel Hill, NC 27514
(844) 462-7342

AMC Southpoint 17

8030 Renaissance Pkwy, Durham, NC 27713
(919) 313-6627

Varsity Theatre

123 E Franklin St, Chapel Hill, NC 27514
(919) 967-8665

CineBistro

575 New Waverly Pl, Cary, NC 27518
(919) 678-0878



Local venues



thank you
FOR VISITING GALLOWAY RIDGE