

STROLL[®]

Quail Hollow



DELIVERING NEIGHBORHOOD CONNECTIONS



B E Y O N D GYM DESIGN

Build Your Dream Home Gym

We Design + Build Premium Residential Fitness & Wellness Spaces

- Gym Design & 3D Layouts
- Equipment Sourcing & Selection
- Fitness Flooring
- Turnkey Installation

Schedule a Call or Visit our Showroom
704-462-7016 | beyondgymdesign.com

"Hiring Adam and Beyond Gym Design was one of the best decisions we've ever made. From start to finish, the experience exceeded our expectations on every level."
- Livesey Family (Heydon Hall)



A CREATIVE NIGHT OUT

Girls Nights - Date Nights - Parties - Senior Events

Wine & Design Matthews is where friends, couples and neighbors come to **relax, laugh** and create together.

No experience needed, our team handles all instruction, set up and clean up

- ✓ Team Building
- ✓ DIY Crafts
- ✓ Bachelorette Parties
- ✓ Art Buzz Kids
- ✓ On Wheels

Many events sell out in advance!



Scan to see upcoming events



Call 704-246-7294 or email matthews@wineanddesign.com

HELPING YOUR FAMILY LIVE
HEALTHIER AND PAIN-FREE,
naturally.



LIMITED TIME OFFER
NEW PATIENT SPECIAL

\$49

Consultation • Evaluation • INCLUDES X-RAYS



King TUT
CHIROPRACTIC

"King Tut Chiropractic has truly transformed our family's health. We're all more active, sleep better, and live with significantly less pain. Their holistic approach is a game-changer!"

kingtutchiropractic.com • 980-443-8684
6303 Carmel Road Ste #101



GIER
EVENT MANAGEMENT

WE LITERALLY DO IT ALL!

Catering? Absolutely! **Need a professional bartender for your in-home event?** We've got you covered! **Dirty sodas or Mocktails for your graduation party?** Yes we can do that!

Inquire now and use code **Quail Hollow** and **save 10%** (offer ends June 1st 2026)

giereventmanagement.com

PREFERRED PARTNERS

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

**ACUPUNCTURE/CUPPING/
FUNCTIONAL MEDICINE**
Deep Roots Natural Medicine
(980) 949-7515

**ADDICTION AND MENTAL
HEALTH TREATMENT**
HopeWay
(980) 859-2106
www.hopeway.org

CHIROPRACTIC CARE
King Tut Chiropractic
(980) 339-9571
kingtutchiropractic.com

CHIROPRACTOR / FAMILY WELLNESS
Carolina Family Chiropractic
(704) 321-0656

CLOSET SOLUTIONS
The Closet Rehab
(704) 942-7469
www.theclosetrehab.com

**CUSTOM WOODWORKING/
FURNITURE**
Carolina Urban
(704) 889-0380

ELECTRICAL SERVICES
Illuminated Electric
(803) 370-1498
illuminatedelectric.net

ESTATE LIQUIDATION
Flippin Farmhouse Estate Sales
(704) 281-4347

EVENT MANAGEMENT
Gier Event Management
(847) 345-5133
www.giereventmanagement.com

FAMILY DENTISTRY
Phoenix Dental
(704) 460-4600
www.phoenixdentalclt.com

FAMILY LAW
Modern Legal
(704) 286-6302

**FUNERAL HOME /
FUNERAL SERVICES**
McEwen Funeral Home
- Pineville Chapel
(704) 544-1412

**GUTTER INSTALLATION
& GUTTER GUARDS**
Universal Gutters
(704) 792-8926
uniguttersllc.com

**HANDCRAFTED ACAI/PITAYA
BOWLS & SMOOTHIE**
Smooth Monkey
(704) 883-6359

HOME GYM & FITNESS EQUIPMENT
Beyond Gym Design
(980) 219-4054

**HOME IMPROVEMENT &
INT & EXT. PAINTING**
Exterior Home Repair LLC
(678) 768-4159
exteriorhomerepair.net

IN-HOME HEALTH CARE
Krystal's Haven Care
(980) 334-5759

INSURANCE
Geico Insurance
(704) 523-2886

INTERIOR DESIGN
Heather Martin Interiors
(704) 579-1259

IV THERAPY/Wellness Studio
4 Everyyoung Anti Aging Solutions
(770) 722-5780

KITCHEN AND BATH REMODELING
Artisan Kitchen and Bath
(704) 292-0166
www.artisanCLT.com

LANDSCAPING
Freedom Landscapes
(703) 489-1054
freedomlandscapesclt.com



JN PROPERTY SERVICES

PRESSURE WASHING • SOFT WASHING • WINDOW CLEANING
GUTTER CLEANING • CHRISTMAS LIGHTS

jnpropertieservices24@gmail.com | 704-223-8810 | jnpropertieservices.com



DON'T LET WATER WIN

Professional gutter installation designed to protect your home from the top down

Properly installed gutters do more than move water. They protect your foundation, siding, and landscaping from costly damage.

Seamless gutter installation • 5" & 6" aluminum or copper options
Custom fit for your home • Built for durability and proper drainage

Exceptional gutter cleaning, installation, repair, and gutter guard services

UNIVERSAL GUTTERS, LLC 704-792-8926
UniversalGuttersLLC.com

Discounts for Seniors & Veterans

Scan for Smart Gutter Tips Every Homeowner Should Know



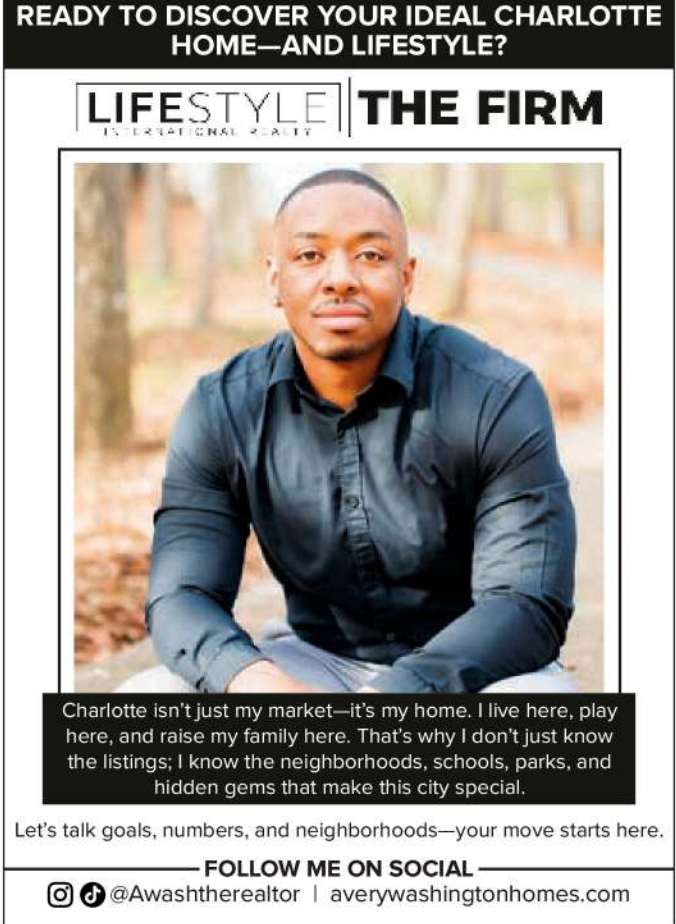
SMOOTH Monkey

LOCALLY OWNED AND OPERATED

No Ice, No Syrup, No Sugar
Smoothies, Acai Bowls, Food Truck, Catering Fresh Fruit, Healthy Food
Daily Specials • Acai Bases Made in House • Top Notch Customer Service

WE ALSO OFFER
FRUIT BOUQUETS
AND CHOCOLATE
COVERED STRAWBERRIES

info.smoothmonkey@gmail.com
704-817-7633
LOCATIONS:
Strawberry Hill and Plaza Midwood



READY TO DISCOVER YOUR IDEAL CHARLOTTE HOME—AND LIFESTYLE?

LIFESTYLE THE FIRM
EXCEPTIONAL REALTY

Charlotte isn't just my market—it's my home. I live here, play here, and raise my family here. That's why I don't just know the listings; I know the neighborhoods, schools, parks, and hidden gems that make this city special.

Let's talk goals, numbers, and neighborhoods—your move starts here.

FOLLOW ME ON SOCIAL
@Awashtherealtor | averywashingtonhomes.com

LIVE MUSIC/EVENTS
Suite Strings CLT LLC
(704) 390-0156

LUXURY TRAVEL
Carefree Dream Travel
(980) 376-2236

MED SPA
The Modern Aesthetic
(704) 291-1568

MED SPA / AESTHETICS
Dermani MedSpa- Ballantyne
(704) 749-0440

ORGANIZATION/REDESIGN
Simply Styled Charlotte
(980) 272-7839
SimplyStyledCLT.com

**OUTDOOR LIVING/
OUTDOOR FURNITURE**
Kasby's by the Lake
(980) 224-9868

PARTIES - PAINT & DIY
Wine & Design Matthews
(704) 246-7294

PEDIATRIC HEALTHCARE
The Peds MD
(980) 983-0643

PERSONAL TRAINING
ATD Coaching LLC
(661) 755-9667

The Fitness Studio LLC
(704) 819-9576

PLUMBING/HEATING
E.R. Plumbing
(704) 846-5371

POOL CARE
Puddle Pools of Charlotte
(701) 714-0509
puddlepools.com

POOLS/OUTDOOR LIVING
G7 Beach Pools
(704) 412-9300

PREPARED MEALS
Healthy Chef Steph
(704) 912-1605

PRESSURE WASHING & WINDOWS
J and N Property Services
(704) 924-0070

REAL ESTATE
Avery Washington Lifestyle
International Realty
(919) 931-8079
averywashingtonhomes.com

Helen Adams Realty
(704) 944-9316

REALTOR
Liz Young REMAX Executive
(704) 578-9513

**TALLOW-BASED & NATURAL
SKINCARE PRODUCTS**
Heddy + Hinton Naturals
(704) 266-0675

**TRANSPORTATION/
LIMOS/PARTY BUS**
King Limousine
(704) 999-7878

VEIN CARE
Vascular Solutions
(704) 337-9069

VETERINARY HOSPITAL
Whole Pet Veterinary
Hospital South Charlotte
(704) 919-0405

Quality Work, Inside and Out.

\$400 OFF
ANY COMPLETE
EXTERIOR/INTERIOR
HOME REMODEL

CALL
Todd
Driver

**SIDING • WOOD ROT • PAINTING (exterior & interior)
DOORS & WINDOWS • KITCHEN & BATHROOM • GUTTERS
BUYING/SELLING • HOME INSPECTION • MAINTENANCE
AND SO MUCH MORE**

FAMILY COMPANY • LOCALLY OWNED & OPERATED • LICENSED • BONDED • INSURED

Service Area: Charlotte, North Carolina and surrounding areas



(678) 768-4159

info@exteriorhomerepair.net



exteriorhomerepair.net



Google
★★★★★



strollmag.com

Delivering Neighborhood Connections
© 2026 The N2 Company, Inc.

the life in
QUAIL HOLLOW



DISCLAIMER: This publication, also known as *The Life in Quail Hollow*, is owned by The N2 Company and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.



We're proud to showcase businesses that share our commitment to fostering local connections. When perusing our pages, keep an eye out for the "Local Sponsor" icon to identify articles highlighting these valuable partners. Please note that businesses profiled may have provided free products and / or services for the review.

THE EXPERIENCE AND KNOWLEDGE OF OUR TEAM CAN HELP YOU

MAXIMIZE THE VALUE OF YOUR ITEMS. ENABLING YOU TO CONCENTRATE ON WHAT TRULY MATTERS.

We manage every detail of your estate sale, guaranteeing a seamless and profitable experience for you.
Simply take what you wish to keep and leave behind what you don't.

Our team will sort and expertly curate your items to unlock their full potential,
Professionally photograph them, and promote them across various platforms!

Do you require the property to be cleared out and cleaners scheduled after the sale? We can take care of that as well!



Reach out to us for your
complimentary consultation!
You can call us at 704-281-4347.

Follow us on Facebook at Flippin Farmhouse

A May Bouquet

May, with its blossoming flowers and warming days, brings a sense of renewal and unity to our lives.

IN CASE YOU HAVEN'T NOTICED, spring is springing! Or has it sprung? Either way, welcome to the May edition of *Stroll Quail Hollow*, your personalized neighborhood magazine crafted by and exclusively for the residents of Quail Hollow area.

This cheerful month brings us one of my very favorite holidays: Mother's Day. This day holds a special place in our hearts as a time dedicated to celebrating and honoring the women who have played pivotal roles in nurturing, guiding and supporting us throughout our lives.

And that's not all: May is brimming with significance. We also pay tribute to the brave souls who made the ultimate sacrifice for our country on Memorial Day. It's a time of reflection, appreciation and togetherness, and we are honored to share it with you.

Within the pages of this month's issue, you'll find personal stories and photos featuring your neighbors and friends, details about local social events, essential save-the-dates, and reliable and reputable business partner information. As always, we extend our heartfelt gratitude to our dedicated business partners whose unwavering support ensures each issue of *Stroll Quail Hollow* reaches your doorstep. We encourage you to support them as they support us.

May's celebration of bloom and rebirth also serves as a reminder to our residents: your contributions and participation breathe life into this publication. Whether you've shared a story, attended a neighborhood event, or simply engaged with your fellow neighbors, your presence enriches our lives.

Thank you for being an integral part of *Stroll Quail Hollow*, and we look forward to the adventures that await us in the month of May and beyond.

Andrea Kroger

Publisher
704.497.7087 • andrea.kroger@n2co.com
@strollquailhollow

SPRING REFRESH

Transform Your Outdoor Style & Comfort



 sunbrella™

Pet & Child Friendly • Fade Resistant • Fast Drying • Bleach Cleanable • Rust-Free Frames

Kasby's offers the largest collection of **Sunbrella** in the area.
Choose from over 3,000 **Sunbrella** fabric combinations.

Kasby's

Family Owned
4.8 Google Rating

980-224-9868
www.kasbys.com
14040 S. Tryon St.
Charlotte, NC 28278

MEET YOUR NEIGHBORS: The Farley Family

In our beautiful Quail Hollow neighborhood, Linda and Tom Farley have created something truly special—a home marked by warmth, consistency, and a deep love for family. Originally from Chicago, the Farleys moved to Charlotte nearly four decades ago as a young couple with a shared dream. Over time, that dream has grown into a close-knit family with five daughters—Jenna, Kate, Megan, Meredith, and Caroline—and a joyful circle of grandchildren who now bring new life and laughter into their days.

Now approaching 39 years of marriage, Linda and Tom reflect on a life built together through partnership and dedication. Tom spent his career caring for the Charlotte community through his dental practice, while Linda, a trained cardiology nurse, gradually devoted herself to raising their family as life became busier. With five active daughters involved in dance and school activities, Linda became the steady heartbeat of the home—even working at their dance studio to stay closely connected to their world.

Parenting, for the Farleys, was always intentional and shared. Linda emphasizes the importance of unity between parents—agreeing on values, setting clear expectations, and staying consistent. Their daughters laughingly describe them as “predictable,” a quality that brought comfort and trust. As Tom explains, they encouraged their girls to stay committed and follow through on what they started—lessons that continue to shape their lives today.

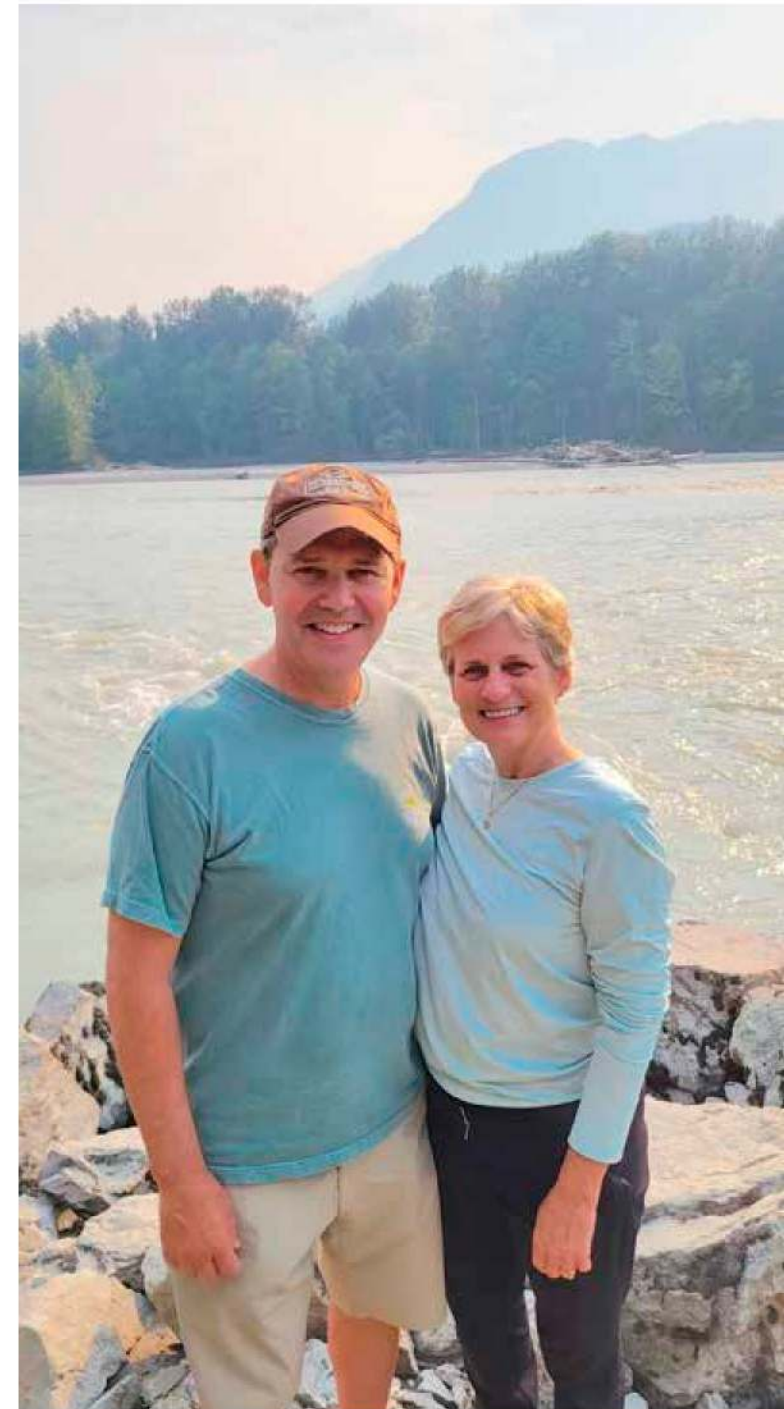
Today, while the house is quieter, life feels just as full. Their daughters are grown and thriving, and the family now includes

photo credit to Kristen Montgomery Photography



five grandchildren, with another on the way. Despite busy schedules, they remain closely connected through regular calls and visits, keeping strong family ties alive.

In this newest chapter of life, Linda and Tom are embracing what Tom calls their “platinum years.” It’s a season to enjoy one another and pursue interests that once had to wait. They love to travel—whether relaxing in Turks and Caicos, exploring Europe by river cruise, or visiting Charleston, where they’ve taken hands-on cooking classes together. Cooking, once a daily necessity, has become a creative and meaningful way to spend enjoyable time side by side.



They’ve also made health and fitness a priority, working out together and staying active—something they didn’t always have time for while raising their family. From pickleball to golf to simply enjoying the outdoors, they are making the most of this season.

At the heart of it all is a simple but powerful truth Linda holds close: *“A parent’s job is to teach their children not to need them anymore—and the hardest part is accepting that success.”*

For the Farleys, success is found not in accomplishments alone, but in the enduring closeness of a family that continues to grow, connect, and thrive—together. Their family is indeed a treasure to our neighborhood!

THE #1 FRANCHISE Helping Local Businesses Win.



Entrepreneur magazine ranked Stroll the **#1 Franchise in Ad Services** on the 2026 Franchise 500 list.

Reach out to the publisher of this magazine to learn more about advertising in Stroll.



WHERE LUXURY LIVING *Begins at Home*

For Quail Hollow homeowners who believe their spaces should be as exceptional as the life they live.



Your home is more than walls and rooms — it's where life unfolds.

At Artisan Kitchen & Bath, we create kitchens and bathrooms that feel intentional, timeless, and deeply personal. Every detail is designed around how you live, how you gather, and how you want your home to feel.



Licensed North Carolina General Contractor — License # L.107583
NKBA Member — National Kitchen & Bath Association
Charlotte's Design-Build Remodeling Specialists

Schedule Your Private Design Consultation

704-292-0166 | ArtisanCLT.com



ARTISAN KITCHEN & BATH — DESIGNED FOR THE WAY YOU LIVE.

SIP AND STROLL

Join Us For Our 2nd Annual Sip & Stroll

An evening of live music, local shopping and community



JOIN US ON MAY 28 FROM 6PM TO 8PM ON
THE LAWN AT BALLANTYNE COUNTRY CLUB.

MAKE A SPLASH THIS SUMMER

*Innovative sculpted swimming pools aren't just a place to swim
— they're a statement, a sanctuary, and a sculpture.*



Request Your
FREE Quote today.

G7 Beach Pools & Hardscapes | Charlotte, N.C.
704.412.9300 · call or text

SPECIAL
**FREE POOL
HEATER**
Up to \$2,400
value



Family-owned & Operated
out of Charlotte NC



ER SERVICES

Plumbing • Heating • Air Care

Serviced Once, Client for Life

\$50 Off
Your Next Service

**Residential HVAC
Service & Install**

**Residential/Commercial
Plumbing Service**

- Mini Splits
- Equipment Replacement
- New Installations
- Indoor Air Quality
- Tune Ups
- Repairs
- Routine Replacement
- Drain Cleaning
- Booster Pumps
- Lift Station
- Emergency Repairs
- Pressure Jetting
- Backflow Testing/Repairs



www.erplumbing.com
704-846-5371



DO YOU LIKE TO WRITE AND MEET NEW NEIGHBORS?

WE ARE LOOKING FOR a few awesome students to help us with writing content and meeting new pets, athletes and neighbors. This is a great way to enhance your college applications or career resume. If you are interested, please reach out to us at andrea.kroger@n2co.com



HELEN ADAMS REALTY



MARKET READY

IN TODAY'S MARKET, MOVE-IN-READY IS MORE THAN A PREFERENCE – IT'S AN EXPECTATION AND NECESSITY.

HASSLE-FREE HOME UPGRADES WITH ZERO UPFRONT COSTS OR FEES.

"The 'Market Ready' program Helen Adams Realty offered really clinched the deal. We were able to get new flooring, refinish the hardwoods and banisters, new paint, a kitchen update, etc. Because the firm paid the upfront costs, we did this ALL without having to tap into our cash reserves.

It is an amazing program. Our agent managed it all! She scheduled the vendors and had all of our updates done and went to market in under 30 days. We had multiple offers within several days."

MORE THAN \$4M INVESTED AND 300 HOMES UPGRADED THROUGH STAGING, DESIGN SERVICES, REPAIRS, LANDSCAPING, AND MORE.

helenadamsrealty.com | [@helenadamsrealty](https://www.instagram.com/helenadamsrealty)



Charlotte's Trusted Choice for
Natural Healing

Acupuncture Integrated Medicine

Women's Health | Fertility | Digestion
Anxiety | Chronic Pain & Inflammation

deep roots
natural medicine

4108 Park Rd, Suite 210, Charlotte, NC 28209
704.765.6813 | deeprootsnm.com

**CALL.
SWITCH.
SAVE.**

Yes, it's that easy!

Megan Donoho
Charlotte
geico.com/charlotte-donoho
¡Hablamos Español!

Limitations apply. See geico.com for more details. GEICO & affiliates.
Washington, DC 20076 © 2023 GEICO. 21_662671044

MOVE FOR JENN

KELSEY RUOCCO



The fifth annual Move For Jenn Open was more than a day on the course. It was a powerful reflection of what happens when community, purpose, and perseverance come together in the fight against sarcoma, a rare cancer.

Held on March 30 at The Club at Longview, the event brought together supporters, survivors, families, and advocates united by a shared mission: to restore movement and fund critical research for those impacted by this horrible disease. At its core, Move For Jenn exists to bridge the gap for individuals who have lost limbs to cancer by providing activewear prosthetics that allow them to return to the activities they love. It also exists to help support sarcoma-specific research.

Throughout the day, that mission came to life in deeply personal ways.



At its core, Move For Jenn exists to bridge the gap for individuals who have lost limbs to cancer by providing activewear prosthetics that allow them to return to the activities they love.



One of the most emotional moments centered around 12-year-old Addie, a recent osteosarcoma warrior whose journey has been defined by resilience. After undergoing chemotherapy, a complex surgery called a rotationplasty, and a life-altering amputation, Addie has remained determined to return to the activities that bring her joy, especially horseback riding.

Surrounded by supporters at the Open, Addie was surprised with a custom running blade, a life-changing prosthetic designed to help her run, ride, and simply be a kid again. The moment captured exactly what Move For Jenn stands for: not just recovery, but possibility. As the organization often says, movement is more than physical activity. It is freedom, confidence, and a return to self.

Equally impactful was a presentation that underscored the event's commitment to advancing research. During the Open, a \$27,000 check was presented to support sarcoma-specific clinical trials at Atrium Health Levine Cancer Center. The funds were raised through the Sarcoma Sucks 5K, an initiative born from personal loss and a determination to create better outcomes for future patients. This milestone was

made possible by the incredible efforts of Dusty Harman and his children, Claire and Cooper, whose dedication to honoring their family's story has translated into meaningful, lifesaving impact for others facing sarcoma.

Sarcoma remains a rare and aggressive cancer, with limited treatment advancements due to a lack of targeted research. Events like the Move For Jenn Open are helping to change that by directly funding studies that could lead to more effective therapies and, ultimately, a cure.

While the dollars raised and the milestones achieved are significant, the true impact of the day is measured in moments. It is in the joy of a young girl receiving the chance to ride again. It is in the collective pause as a community reflects on lives lost and the urgency of the work ahead. And it is in the unwavering belief that even in the face of something as devastating as sarcoma, hope can still move people forward.

That hope is fueled by partners like Providence Plastic Surgery and a growing community of supporters who continue to show up year after year.

The Move For Jenn Open is not just a golf tournament. It is a reminder that movement is a gift, one that too many people have had taken from them, and one that this community is determined to restore.

And as long as there are stories like Addie's, and breakthroughs still to be made, the Move For Jenn mission will keep moving forward.



PAJAMAS

ALL DAY 5K

SUNSET RUN

END THE DAY THE COZY WAY

WHEN & WHERE
Saturday, August 22
Evening Start Time
Blakeney Professional Park
8840 Blakeney Professional Dr.,
Charlotte, NC 28277

MARK YOUR CALENDARS

End your Day the Cozy Way

The 7th annual Pajamas All Day 5K in on
August 22 at Blakeney Professional Park at 5pm

CHARLOTTE'S FIRST

holistic house call pediatrician

No more waiting rooms,
no more urgent care visits, just
personalized convenient care.

DR. TREY WILLIAMS

TEXT/CALL ME DIRECTLY! **980-983-0643**
www.thepedsmd.com cwilliams@thepedsmd.com

- Direct access to your pediatrician 24/7
- Membership* based holistic care on your terms
- Spend actual time with your doctor in the convenience of your home
- Members get unlimited text/virtual visits anytime

*Available to non-members for sick visits M-F, non-holidays only

PedsMD

DESIGNED TO ENDURE

CAROLINA URBAN

CUSTOM FURNITURE AND WOODWORK

Our builders aren't just employees- they're craftsmen who have shaped the identity of our shop and the quality of every piece that leaves it.

Call: **704-889-0380**
Text: **980-346-9672**
carolinaurbanlumber.com
Damon@carolinaurbanlumber.com
Josh@carolinaurbanlumber.com
10412 Rodney St. Pineville, NC 28134

puddle

pool services

FULL SERVICE PROVIDER:

- Pools & Hot Tubs
- Routine Maintenance
- Openings & Closings
- Equipment Repair

Unmatched Care.
Unmatched Clarity.

GNOME MORE WORRIES — Call 704.741.2185 today!

FOLLOW US ON INSTAGRAM

@strollquailhollow



Check our instagram page for the latest *Stroll Quail Hollow* news



704-999-7878
WWW.KINGLIMONC.COM



PROM, WEDDING, BIRTHDAY PARTY, AIRPORT
PROVIDING CAR SEAT FOR FAMILIES TRAVELING WITH INFANTS

Guiding You Through Life's Detours



Mediation
Family Law
Child Custody
Collaborative Law
Divorce

**THERESA E. VIERA &
DEBORAH L. DILMAN**
CERTIFIED MEDIATORS



MODERN
LEGAL

ModernLegalNC.com
704-286-6302

THE ART OF EFFORTLESS TRAVEL:

From Busy Itinerary to True Escape

GINA CRITTENDEN



Santorini

For many high-achieving professionals and families, life moves fast. Calendars are full, responsibilities are constant, and downtime is limited. So when it's finally time to take a vacation, the expectation is simple: relax, recharge, and return feeling renewed.

However, for many, that's not what happens.

Instead, vacations often become another form of busy—early flights, packed itineraries, back-to-back tours, and the pressure to “see it all.” We return home with beautiful photos and great memories, but physically drained and mentally still catching up. The trip was wonderful... but not exactly restorative.

This is something my husband and I came to realize in our own travels. Like many, we approached vacations with the

mindset of maximizing every moment. If we were going all the way to places like the Amalfi Coast or Paris, we wanted to experience everything. And while those trips were incredible, we often came home feeling like we needed a few days to recover before jumping back into real life. That realization led us to rethink how we travel. We began shifting away from doing more, and instead focused on traveling better.

Slowing down the pace. Choosing accommodations that offered not just luxury, but a true sense of calm. Leaving space in the itinerary for unplanned moments—morning coffee with a view, a leisurely walk through a neighborhood, an afternoon with no agenda at all.



Beach Getaway



River Cruise



Great Wall of China



Amsterdam



Cruising thru Antarctica



We began shifting away from doing more, and instead focused on traveling better.

What we discovered was simple, but powerful: the most memorable trips weren't the ones where we saw the most—they were the ones where we felt the best.

Today, luxury travel is evolving. It's no longer just about five-star hotels or exclusive destinations. True luxury is about how seamlessly a trip fits into your life—and how it allows you to step out of the noise of everyday routines. It's about thoughtful pacing, personalized experiences, and incorporating elements of wellness so that you return home not just inspired, but genuinely recharged.

What many travelers don't realize is how much of that experience comes down to the design of the trip itself. The location of a hotel can shape the entire flow of your days.

The balance between activity and downtime can determine whether you feel energized or exhausted. Not all “luxury” experiences are created equal—some simply look the part, while others truly deliver it.

These are the details that often go unnoticed until they're either done exceptionally well—or not at all.

In a world where time is one of our most valuable resources, travel should be the one place where everything feels effortless. It should give back more than it takes. And when it's designed with intention, it can do exactly that—leaving you not only with incredible memories, but with a sense of balance and renewal that stays with you long after you return home.

Because the best vacations aren't just about getting away—they're about coming back better.

To begin planning a vacation that leaves you truly refreshed and inspired, connect with us:

Website: www.CarefreeDreamTravel.com

Email: gina.crittenden@cruiseplanners.com

Phone: (980) 376-2236

Office: 4100 Carmel Road, Suite B, #213, Charlotte, NC 28226-6151

CAREFREE DREAM TRAVEL



Follow our journey and travel inspiration:

Instagram: @carefree_dream_travel

Facebook: @carefreedreamtravel

LinkedIn: @carefree-dream-travel-cruise-planners

CAREFREE DREAM TRAVEL

May Your Next Journey Be Exceptional

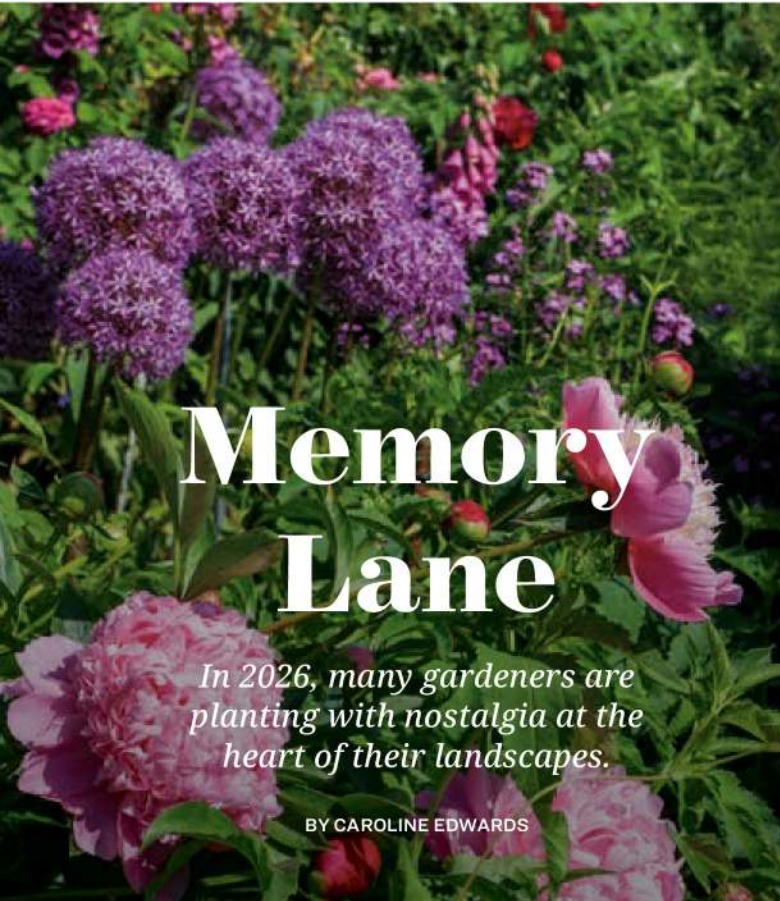
Summer is approaching, making now the perfect time to plan your next extraordinary escape. From private villas and luxury cruises to tailor-made adventures across the globe, we design refined travel experiences centered entirely around you.

Plan your 2026 travels now and travel with complete peace of mind.



980.376.2236 • www.CarefreeDreamTravel.com





Memory Lane

In 2026, many gardeners are planting with nostalgia at the heart of their landscapes.

BY CAROLINE EDWARDS

Gardens have always been places where memories abound, and lately, many homeowners are leaning into that nostalgic feeling. Classic plants like peonies, hydrangeas, lilacs, and roses are finding their way back into modern landscapes, prized not only for their beauty but for the stories they carry.

These plants often remind people of childhood homes, family celebrations, a favorite neighbor's yard, or in the background of their favorite comfort TV show. A row of lilacs can recall spring evenings. A blooming rose bush might echo a tradition passed down through generations. In times of change, these familiar blooms offer comfort and continuity.

Today's gardeners are pairing nostalgia with practicality. Many traditional varieties now come in cultivars that are more disease-resistant and better suited to a range of climates. Hydrangeas thrive in containers or foundation plantings, peonies return year after year with little fuss, and roses have shed much of their high-maintenance reputation thanks to newer hybrids.

Planting with nostalgia does not mean recreating the past exactly as it was. It can be as simple as adding one meaningful plant to an existing garden or choosing flowers that feel personal rather than trendy. The goal is connection, not perfection.

As these plants grow and change with the seasons, they create a living link between memory and the present. In that way, a garden becomes more than a design choice. It becomes a quiet reminder of where we have been and what we hope to carry forward.




Your Neighborhood REALTOR!




liz@lizyoungrealtor.com • (704) 578-9513





FREEDOM LANDSCAPES

WHEN HARD WORK & DETAILS MATTER

**Completed numerous projects
in the neighborhood!**



Landscape Design & Consultation | Landscape Removal & New Plant Installations
Drainage Solutions | Turf Renovation & Sod Installation | Low-Voltage Landscape Lighting
Mulch & River Stone Installation | Post-Construction Landscaping (Pools & Courts)

Freedom Landscapes is a project-based landscaping company serving Charlotte and Fort Mill.

Built on hard work, attention to detail, and thoughtful planning, we deliver high-quality results with a customer-first approach. From landscape design and installation to lighting, drainage, sod, mulch, and stone—experience landscaping done right.

(703) 489 1054 | FREEDOMLANDSCAPESCLT@GMAIL.COM



Are Weight Loss Meds Right For You?

WRITTEN BY NIKKI FRANCOIS
THE MODERN AESTHETIC



AT THE MODERN AESTHETIC, our approach to weight loss is rooted in both medical integrity and elevated, personalized care. One of the most transformative offerings we provide is tirzepatide—a next-generation, clinically backed treatment designed to support sustainable weight loss with a refined patient experience.

Tirzepatide works by mimicking the body's natural hormones that regulate blood sugar and appetite, helping to reduce cravings, improve portion control, and enhance metabolic function. What sets this treatment apart is not only its effectiveness, but also its ability to promote gradual, consistent results without the extreme highs and lows often associated with traditional dieting or stimulant-based weight loss methods.

Clients often report feeling more in control of their hunger cues, with a noticeable reduction in food noise and fewer energy crashes throughout the day. Compared to earlier weight loss medications, tirzepatide is widely recognized for having a more favorable side effect profile when

properly managed. At The Modern Aesthetic, we take a highly customized approach to dosing and patient care, which helps minimize common side effects such as nausea and ensures a more comfortable, supportive journey.

All treatments are overseen by Kendra Lopez, PA-C, a licensed Physician Assistant and the CEO of The Modern Aesthetic. With her extensive medical background and commitment to patient safety, every weight loss plan is thoughtfully curated to align with each client's lifestyle, goals, and overall health. This is not a one-size-fits-all program—it is a concierge-style experience designed to deliver results while prioritizing well-being.

Beyond the physical transformation, our clients often experience renewed confidence, improved energy levels, and a deeper sense of alignment with their bodies. At The Modern Aesthetic, weight loss is not just about numbers on a scale—it's about creating a balanced, elevated lifestyle that feels as good as it looks.

This is modern weight loss, redefined.

Where Popular Music Meets the Sophistication of Strings!

Suite Strings

Live music for corporate events, weddings, special occasions, and more!



Scan Here for More Information!

Inquire for your date at
<https://www.suitestringsCLT.com>



HEATHER MARTIN
INTERIORS

(704) 579-1259 | heathermartinteriors.com | @heatherlistmartin



Limited Time Mother's Day Offer



SCAN TO BOOK

980-470-4744

25% OFF
SALE

- ✓ FILLERS
- ✓ FACIALS & IVs
- ✓ TOX AT MEMBER PRICING

MOM GLOW
PACKAGE

Hydrafacial + Glow IV

\$50 BONUS GIFT CARD
Get a \$50 Bonus Card when you buy \$150 in Gift Cards!



7510 PINEVILLE-MATTHEWS RD, STE 2A • CHARLOTTE, NC 28226

4everyoungantiaging.com/charlotte-carmel-village

More Than Just Cake



Ingredients

- 1 refrigerated pie crust or homemade pastry dough
- 1 pound carrots, peeled and sliced lengthwise
- 1 tablespoon olive oil
- Salt and freshly ground black pepper
- ¾ cup whole-milk ricotta
- 1 teaspoon lemon zest
- 1 tablespoon fresh thyme leaves
- 1 egg, beaten
- 1 tablespoon honey (optional)
- Flaky sea salt for finishing

Instructions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Toss carrots with olive oil, salt, and pepper. Roast for 18

- to 22 minutes until just tender and lightly caramelized. Let cool slightly.
3. Roll dough into a 12-inch circle on the prepared baking sheet.
4. In a small bowl, mix ricotta, lemon zest, thyme, and a pinch of salt. Spread over the center of the dough, leaving a 2-inch border.
5. Arrange roasted carrots over the ricotta. Drizzle lightly with honey if desired.
6. Fold the dough edges over the filling, pleating as needed. Brush crust with beaten egg.
7. Bake for 25 to 30 minutes until crust is golden brown. Finish with flaky sea salt and additional thyme.

Carrots reach their sweetest potential in the oven. Roasting draws out their natural sugars and deepens their flavor, making them an ideal centerpiece for a rustic spring galette. BY CAROLINE EDWARDS

**CHARLOTTE'S WELLNESS COACH
NOW DELIVERS!**
PRIVATE WELLNESS CUISINE & ELITE MEAL PREP

“ I ABOUT FELL BACK
**OUTTA
MY CHAIR,
IT WAS SO
DELICIOUS!!!** ”



Scan to Order

Healthy Chef Steph
it's...
DeFaRekinLicious™

**STEPHANIE
MCPHERSON**
HEALTH, NUTRITION AND WORTHINESS
EMPOWERMENT COACH



**SPECIAL: STARTING AT
\$45 PER SESSION**
*FIRST TIME CLIENTS ONLY

- ONE-ON-ONE PERSONAL TRAINING
- SMALL GROUP PERSONAL TRAINING
- SENIOR PERSONAL TRAINING
- PRE & POST NATAL PERSONAL TRAINING
- IN-HOME PERSONAL TRAINING
- TPI GOLF ASSESSMENTS

SCAN
NOW!

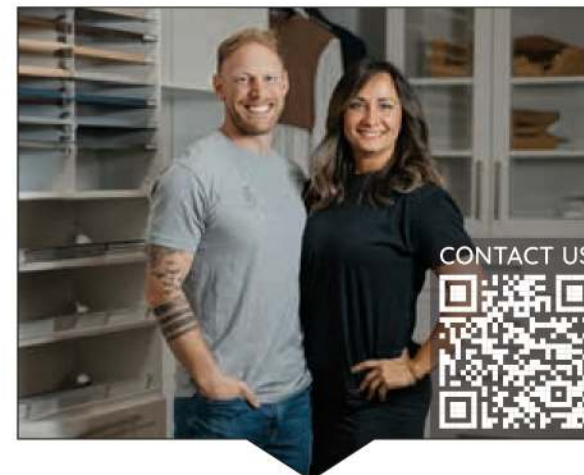


INCREASE RANGE OF MOTION | BUILD STRENGTH | REDUCE MUSCLE & JOINT PAIN

704-819-9576
THEFITNESSSTUDIOCHARLOTTE.COM

6420 REA RD UNIT A2 | CHARLOTTE, NC 28277
By Trader Joe's
We have own dedicated parking on side.

YOUR DREAM SPACE,
ORGANIZED.



CONTACT US

THE CLOSET REHAB

The Closet Rehab is a local, family-owned company dedicated to beautiful custom storage solutions. From primary closets to garages and home offices, our experienced team has you covered.

SCHEDULE YOUR DESIGN CONSULTATION:
704-604-3870 | theclosetrehab.com
design@theclosetrehab.com

The premier path to mental wellness
starts here in our neighborhood.



Every day, HopeWay provides evidence-based mental health treatment that saves lives and renews hope for children, adolescents, and adults - offering specialized services for Veterans, First Responders, and teens and young adults navigating eating disorders or disordered eating.

HOPEWAY

Contact us today.
1-844-HopeWay | hopeway.org



Bloom & Zoom

These flower fields may look the same at first glance. Take a closer look and uncover the fifteen hidden differences. BY CAROLINE EDWARDS



Think you cracked it?
Scan to check
your answers!



ATD COACHING

Call today and receive your complimentary session to Perspire Ballantyne: Infrared Saunas w/Red Light Therapy using code "ATD2025".

Attention to Detail Coaching is all about helping individuals move and feel better through effective programming and progressive overload! Whether you are gearing up for game day or you just want to be able to move and play freely with your grandchildren, ATD can help structure that process. With a complimentary consultation, movement assessment, and training session, ATD will establish a program that fits your wants AND needs!

- 1:1 personal training
- Sports Performance (EXOS)
- Active Isolated Stretching (AIS)
- Hypertrophy/Strength/ESD
- Corrective Exercises (NASM/FMS)
- In-home Training Available

atd_coaching • (980) 263-4792

Giovan Clark
(owner)



Happy Mother's Day

Where we do care

Krystal's HAVEN CARE

Our Services Include:

- Companionship
- Personal Care
- Errand Runs
- Hourly Care
- Respite Care
- 24 Hour Care
- Hourly Care
- Meal Preparations
- 24 Hour Care
- Light Housekeeping
- Meal Preparations
- Registered Nurses Assistants

CONTACT US ! 980-334-5759
www.KrystalSHavenCare.com

McEwen Funeral Service

Pineville Chapel

FUNERALS | CREMATIONS | PREPLANNING



704-544-1412
10500 Park Road, Charlotte, NC 28210
mcewenpinevillechapel.com

Helping Neighbors Feel at Home



SimplyStyled CLT is proud to work with residents right here in our community—helping with move-ins, unpacking, organizing, and light design to make new spaces feel like home.

If spring has you ready for a refresh, we'd love to help.

simplystyledclt.com@simplystyledclt



Aimee Sebestyen, Owner

☎ Serving Charlotte & Surrounding Areas
☎ 980-272-7839 | ☎ SimplyStyledCLT.com
✉ Inquiries@SimplyStyledCLT.com
📷 @SimplyStyledCLT



For 26 years, Dr. George Limbanovnos has been a steady, trusted presence in the neighborhood—someone families turn to when they want to feel better, move better, and live better. As the owner of Carolina Family Chiropractic, George has built a practice rooted in personal attention, integrity, and a genuine passion for helping people change their lives.

A JOURNEY THAT BEGAN WITH FAMILY

George’s story starts in 1999, when he and his wife Jenny opened their first chiropractic office after he graduated from Logan University. Their early days in Matthews, NC, laid the foundation for what would become a long-standing commitment to serving local families with hands-on, personalized care.

What drives him hasn’t changed since day one: *helping people improve their body’s function so they can live fuller, healthier lives.*

A DAY IN THE LIFE

George’s routine reflects the discipline and dedication he brings to his work. His mornings begin at 5 a.m. with stretching and breakfast before he heads into the office to start adjusting patients at 7 a.m. After a midday break—more stretching included—he returns to patient care until 5 p.m. Evenings are reserved for dinner, family time, and more exercises to keep himself in the same healthy shape he encourages in others.

Outside the office, George finds balance through golf, mountain biking, and the occasional fishing trip.



CHANGING LIVES, ONE PATIENT AT A TIME

Patients often come to George with a simple but urgent question: “Can you help me change my... problem?” Whether it’s back pain, neck pain, migraines, or hip issues, he approaches each case with the same goal—restore function and improve quality of life.

One of his most memorable moments came last year, when three patients arrived with scheduled back surgeries they were anxious to undergo. Through decompression plans and consistent care, all three avoided surgery. One even had a follow-up MRI showing that three disc bulges had returned to normal. Stories like these fuel George’s passion for his work.

WHAT MAKES CAROLINA FAMILY CHIROPRACTIC STAND OUT

George believes the heart of his practice is simple: personal care and a commitment to changing lives. Patients value the attention he gives them—care that goes beyond what insurance covers and focuses on what each individual truly needs.



CONNECTING WITH CAROLINA FAMILY CHIROPRACTIC

Neighbors looking to improve their health can reach George and his team directly at Carolina Family Chiropractic by calling 704-321-0656. Or visit them at 8019 Ardrey Kell Road, #100, Charlotte, NC 28277.



“Love what you do and do it with integrity.”

—DR. GEORGE LIMBANOVNOS



ROOTED IN THE COMMUNITY

Being part of the neighborhood means everything to George. He sees the community as “one big family,” where a smile and a handshake still matter. Carolina Family Chiropractic stays active locally through health fairs, educational talks, and fundraisers—always looking for ways to give back.

And when he’s not in the office or on the golf course, you might find him at his favorite local spot: Maxwell’s Restaurant in Waxhaw, a place he’s enjoyed for more than 25 years.

A FEW FUN FACTS

George’s home life is as lively as his practice. Though he once planned on having just one dog, he now cares for two dogs, two cats, a goldfish, and a hermit crab—a full house that keeps things interesting.

CONNECTING WITH CAROLINA FAMILY CHIROPRACTIC

Neighbors looking to improve their health can reach George and his team directly at Carolina Family Chiropractic by calling 704-321-0656.

His advice for anyone running a business? “Love what you do and do it with integrity.”



Our Chiropractic care isn't just pain relief- it's a way of life that keeps you moving, living, and

feeling your best.



Carolina Family Chiropractic has been proudly serving the Carolinas for over 25 years. Our mission is to educate and provide care to help our community toward optimal health. Our honest, ethical, and affordable services are what makes us the best chiropractor near you.



704-321-0656
Carolinafamilychiropractic.com
8019 Ardrey Kell Rd #100
Charlotte, NC 28277

WE WANT TO HEAR FROM YOU

Share Your Stories & Photos With Us

Stroll Quail Hollow is your neighborhood publication. Break out your cameras and share your pictures with us for our May 2026 issues. Please send pictures to us at strollquailhollow@gmail.com for our upcoming issues. Pictures must be 1 MB or larger to be of good print quality.

NEW TO THE NEIGHBORHOOD?

Are you and your family new to Quail Hollow? If so, welcome! Please send your contact info to Andrea at andrea.kroger@n2co.com to be added to our monthly sneak peek email and event invitation list. To submit an idea, photo or article, please email us at andrea.kroger@n2co.com



HERE ARE A FEW SUGGESTIONS FOR PHOTO SUBMISSIONS:

Holiday - We want to see all your photos of decor, events and family.

Milestone Celebrations - Do you or a loved one have a milestone birthday or anniversary coming up? Send us some photos!

Weddings - We'd love to share photos from spring weddings in our community. Share the love by sending your special wedding day pictures to us!

Family and Neighborhood Gatherings - *Stroll Quail Hollow* is all about family and community. Our favorite photos are those of kids playing, birthday parties and neighborly gatherings.

Graduation - We will be celebrating our graduates all summer long.

Travels - We would love to see all the exciting places you visited over spring break

Pets - We would love to see your fur babies or feather babies



Cool kids - Do you have a "cool kid" in your house?

Athletes - Are you running a marathon? Do you have an athlete in your family? Are you a dancer?

Neighborhood Events - Any parties or events happening in the neighborhood

Local Nonprofits - Local nonprofits are changing the lives of Charlotte residents. Do you volunteer for a great organization? Are you a board member of an awesome organization making a difference?

Resident Business Guide - Do you own a business? We have guide. Email us to have your business listed.

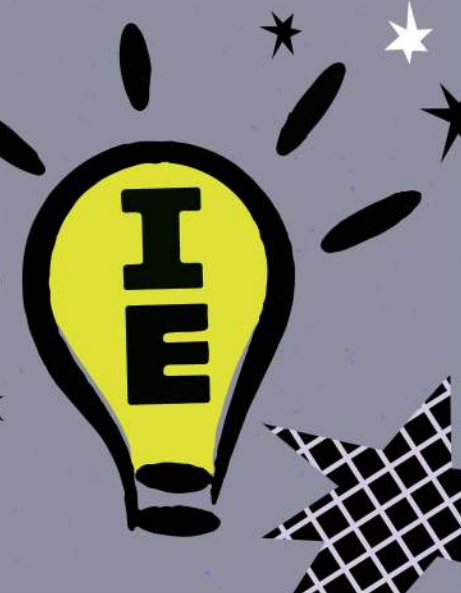
Let us brighten your day

Specializing in residential, commercial, and industrial electrical services. Our electrical company services Rock Hill SC & the surrounding areas.



ILLUMINATED
ELECTRIC LLC

(803) 370-1498 | ILLUMINATELETRIC.NET



BIG NEWS!

**VASCULAR
SOLUTIONS**
VEIN & VASCULAR CENTER

**NOW WELCOMING A NEW PROVIDER TO
OUR FACILITY:**

RACHEL VAN AMBURGH, PA-C



Rachel is a board-registered Physician Assistant and a recent graduate of Wingate University, where she completed her clinical training with a strong focus on patient-centered care. Originally from Atlanta, Georgia, she has proudly called North Carolina home for the past five years and is eager to serve the community she now calls her own. Rachel is committed to delivering compassionate, high-quality care while building meaningful relationships with her patients. In her free time, she enjoys running, spending time with friends and family, trying new restaurants with her fiancé, and taking walks with their Labradoodle and two Australian Shepherds.

If you are experiencing lower-extremity pain, cramping, fatigue, burning, ankle discoloration, or a leg wound, you may be suffering from leg vein disease.

At Vascular Solutions, led by Board-Certified Vascular Surgeon Dr. Peter Ford, our specialized team provides advanced diagnostics and treatments to restore leg health.

SCHEDULE AN EVALUATION TODAY Call us at: (704) 544-7535

The Arboretum • 7800 Providence Road, Suite 209 • Charlotte, NC 28226



LEARN
MORE!

PREMIUM, ADVANCED SERVICES - WITHOUT THE PREMIUM PRICE.

From a new puppy visit, to complex procedures and everything in between like rehabilitation and chemotherapy, we've got your family covered. Give our office a call and let us provide all the care your pet needs, at a reasonable price.

SERVICES:

WELLNESS

SURGERY

DENTISTRY

NUTRITION

CHEMOTHERAPY

REHABILITATION

ACUPUNCTURE

CHIROPRACTIC

HERBAL MEDICINE

EXOTICS MEDICINE

HOLISTIC CONSULTS

MOBILITY & COMFORT

DAVIDSON

NORTH CHARLOTTE

SOUTH CHARLOTTE

WILMINGTON

You heard right!
Our members get

\$9 BOTOX® UNITS

+25% Off Skincare Products



Scan the QR code for details, or
give us a call at (704) 749-0440

16045 LANCASTER HWY SUITE E, CHARLOTTE, NC 28277

dermani
MEDSPA

Rise Above the Standard



PHOENIX
DENTAL

At Phoenix Dental, we envision a future where dental anxiety is obsolete, where patients look forward to appointments, and where comfort is the standard—not the exception. Through continuous learning, collaboration, and pride in our craft, we rise together—creating an environment where both patients and team members feel valued, confident, and inspired.



ACCEPTING NEW PATIENTS



10949 Old Ardrey Kell Road.
Suite 202 Charlotte NC 28277
704-733-9174
smile@phoenixdentalclt.com



The Modern Aesthetic welcomes Sareena Patel, BSN, RN

— one of Charlotte's most skilled aesthetic injectors. A graduate of Duke University with advanced training through the Allergan Master Injector Series, Sareena specializes in full-face rejuvenation using dermal fillers, neurotoxins, biostimulators, and emerging techniques such as PRP and exosome therapies. Her background as a critical care nurse at MedStar Georgetown University Hospital, combined with extensive aesthetic experience at leading med spas, allows her to bring both artistry and clinical precision to her clients.

At The Modern Aesthetic, Sareena embodies the practice's mission: delivering natural, confidence-enhancing results in a luxury environment where science and beauty meet.