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October Musings

Pumpkin patches, porch lights, and the sweet chaos of a season built for making memories.

Somewhere between the first crunch of leaves and the sweet aroma of a pumpkin spice latte, October sneaks up and takes over the calendar. Suddenly there are costumes to plan, pumpkin patches to visit, and apples to be picked and peeled. The holiday season, in all its glittering, list-making glory, has officially begun its slow climb.

It's tempting to treat October like a checklist. Pumpkin patch, check. Costume photos, check. Fall festival, corn maze, hayride, check, check, check. But what if the phone stayed in a pocket a little longer than usual, and something magical happened instead? A kid twirling in a homemade (or store-bought!) costume, or a backyard movie projected onto a bedsheet, nobody rushing anywhere.

That's the trick to this month, no pun intended: loosening the grip on tasks and happenings just enough to actually enjoy them. Take the one photo of the costume. Then put the phone down, or leave it at home, and watch the rest of the night happen live. Jump in the leaf pile before you bag it up. That memory sticks around a lot longer than the perfectly raked yard.

Here's to a messier-than-usual October. May yours be the kind you remember, not just the kind you documented.

Andrea Kroger

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Mums 101

Picking, planting, and protecting fall's favorite bloom. BY NICOLE LETTS

Few garden varieties are as synonymous with a season as mums are in autumn. Whether you're decking your porch with mountainous mums or simply trying to keep one seasonal container alive, this is a practical guide to make sure your mums thrive this fall.

Start at the nursery.
As you meander your local garden shop's selection seeking the best option, experts say there's one piece of advice to keep in mind: skip the plants already in full bloom. Instead, look for domes covered in tight, green, unopened buds. Those will unfurl gradually over several weeks, giving you far more mileage than a mum that's already peaked. While you're at it, check the leaves. Healthy foliage should be deep green and free of yellowing or spots, both signs of a stressed plant that won't last.

Choose the right container.
Once home, the mums' container matters more than people expect. Mums need well-drained soil and a spot with plenty of sun, ideally morning light with a little afternoon shade. Water at the base and only when the top inch of soil feels dry; both overwatering and underwatering can cut a bloom cycle short. If you live in an especially dry climate, some experts recommend soaking the base of the mum before transferring it to its container. The soak gives the plant a nice drink.

When in doubt, deadhead.
Don't be scared to deadhead. As flowers fade, pinch them off. Deadheading won't necessarily trigger a second full flush, since mums are bred to bloom all at once, but it keeps plants tidy and lets sunlight and air reach the buds still waiting to open, focusing the energy where it counts: new blooms.

Be frost-forward.
When a hard frost is in the forecast, don't panic. Potted mums can handle a light frost just fine, but for a harder freeze, move containers indoors overnight, or insulate them outside with mulch or a simple bedsheet draped over the display. If you insulate them, be sure to remove their covering once the temperatures rise; otherwise, you'll stifle your plant.





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ENCHANTING ENTRIES

The introduction to your home starts here.

BY NICOLE LETTS

Despite their limited space, entryways do a lot of work for a home. They serve as the first impression for guests, the daily drop zone for coats and keys, and the opening note for the design story the rest of the home tells. The best entryways manage to do it all. They offer a beautiful first look as well as practical storage solutions, without those two jobs fighting each other.

The entryway is a natural, low-risk place to make a bold design choice. A statement wallpaper, paint color, or rug can set a tone for the rest of the home. An oversized mirror adds both visual depth and practical last-glance convenience on the way out the door. Layered lighting such as a ceiling pendant, sconces, or lamps on a nearby console adds warmth and signals that this small space was designed on purpose. A large-scale piece of art, or even a smattering of family photos, welcomes visitors with personality.

Storage is the backbone of a functional entryway. A bench with built-in cubbies, wall hooks at varying heights, or a slim console with drawers all give coats, bags, and keys a designated home. Because entryways absorb daily wear, from muddy shoes to dripping umbrellas, durable materials matter more here than almost anywhere else in the home. Stone or tile flooring, rugs made of wool or indoor/outdoor material, and scuff-resistant paint all hold up better than delicate finishes. Umbrella holders, baskets, and trays for smaller items like mail and sunglasses round out the space, keeping it tidy without sacrificing practicality.







One Pumpkin, Twice the Fun

BY NICOLE LETTS

PUT THIS YEAR'S PUMPKIN to work doing double duty: once as a salivating mix where pumpkin seeds tossed in cinnamon and toasted in the oven become a delicious snack, and again as a container for holding plants or flowers.

Cinnamon-Toasted Pumpkin Seeds

INGREDIENTS:

- Seeds from 1 medium pumpkin (about 1 to 2 cups)
- 2 tbsp melted butter
- 2 tbsp granulated sugar or brown sugar
- 1 tsp ground cinnamon
- ¼ tsp salt

STEP 1:
Start by scooping the seeds and pulp out of your pumpkin with a large metal spoon, transferring everything into a big bowl of cool water. Use your fingers to separate the seeds from the stringy pulp.

STEP 2:
Rinse the seeds in a colander under cold water, then spread them in a single layer on a clean towel or parchment-lined baking sheet. Pat them dry, or let them air-dry for 30 minutes to an hour.

STEP 3:
Preheat the oven to 325°F and line a baking sheet with parchment paper. In a bowl, toss the dried pumpkin seeds with melted butter, sugar, cinnamon, and salt until evenly coated. Spread the seeds in a single layer on the prepared baking sheet.

STEP 4:
Bake for 20 to 25 minutes, stirring every 7 to 10 minutes, so the seeds toast evenly. They're done once they're golden and fragrant.

STEP 5:
Let the seeds cool completely on the pan. Store in an airtight container at room temperature for up to two weeks.

Pumpkin Planter

Using a hand drill, create three to five small drainage holes evenly spaced across the bottom of the pumpkin. From here, nestle a plastic nursery pot with your plant already inside directly into the pumpkin's cavity. For a more built-in look, add a couple inches of potting soil to the bottom of the pumpkin, then plant directly into the shell. Mums, kale, and pansies all hold up well in cooler fall temperatures.



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Strolly Trick-or-Treats

It's Halloween night, and Strolly is hitting the neighborhood in his favorite costume! Grab your crayons, markers, or colored pencils and help bring his spooky, sweet adventure to life with your favorite colors. Let your imagination run wild!

BY NICOLE LETTS



Decoded Movie Messages

The emojis below are hints at popular fall movies. Decode the symbols to name that film. Can you name them all?

Scan here for the answers!

MOVIE 1:



MOVIE 2:



MOVIE 3:



MOVIE 4:



MOVIE 5:



MOVIE 6:



MOVIE 7:



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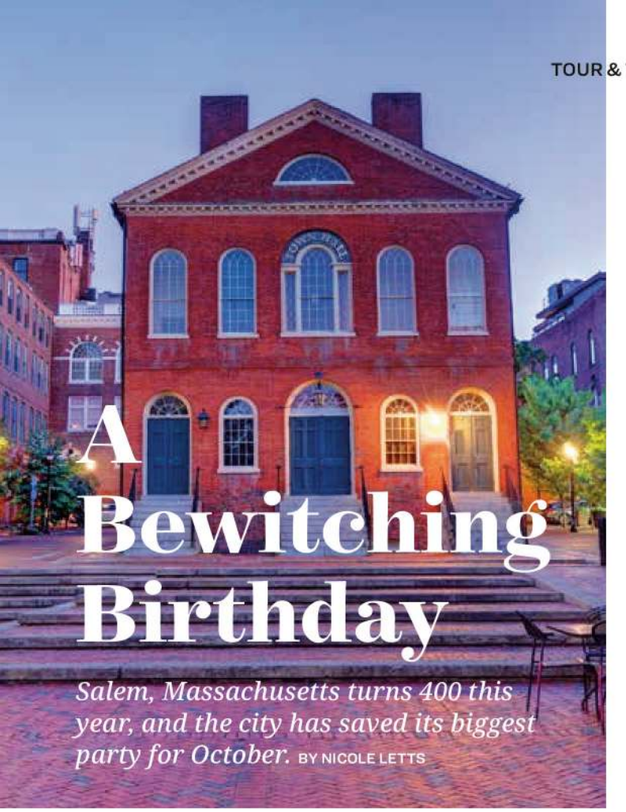
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A Bewitching Birthday

Salem, Massachusetts turns 400 this year, and the city has saved its biggest party for October. BY NICOLE LETTS

Long before it became synonymous with black cats and cauldrons, Salem was a scrappy 1626 fishing outpost, and this milestone year is finally giving that fuller story its due. This October, the classics are all still present. There's the Haunted Happenings parade, the witch-shop shopping sprees, and a spooky stop at the infamous Witch House, once home to the witch trial magistrate, Judge Jonathan Corwin. But 2026 comes with bonus content, and it's worth building into your trip.

Salem 400+ is the city's yearlong celebration of its anniversary, honoring the 1626 English settlement while acknowledging the Naumkeag people who called this harbor home long before anyone else arrived. Walk the waterfront this fall, and you'll feel that layered history everywhere, built specifically to fill in the centuries Halloween sometimes skips over. The Peabody Essex Museum has leaned into the milestone with new exhibits, and down at the water, Pickering Wharf and Derby Street have become an anniversary destination in their own right with harbor views, pop-up installations, and a noticeably different energy than the packed sidewalks and shop lines a few blocks up.

With organizers expecting the largest October crowds in years, timing matters. Arrive early for museum galleries, book tours, and dinners well in advance, and consider wandering the town's quieter stretches, away from the Essex Street crowds. While you might be drawn by the Hocus Pocus set of it all, incorporate the other historical stops for a full story of Salem.



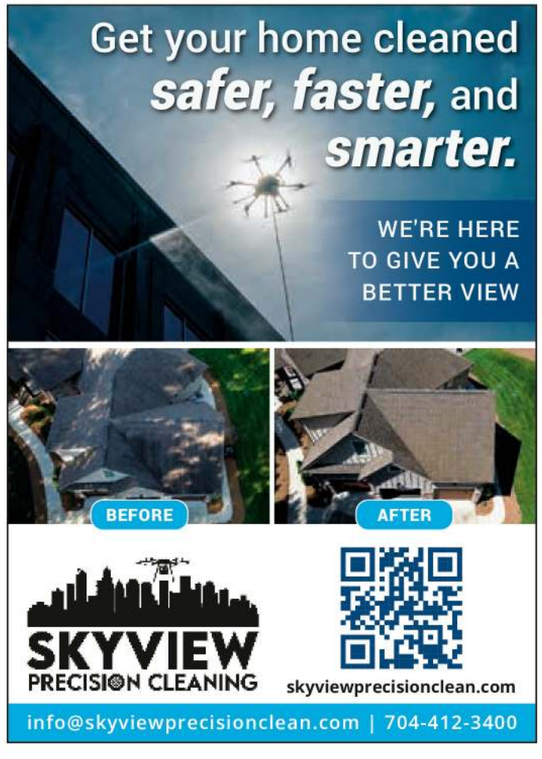
MORE SPOOKY CELEBRATIONS

Can't make it to Salem? Check out these Halloween happenings across the country.

San Antonio, Texas
Día de los Muertos is this Texas town's signature nearly month-long festival. It includes live music, shopping, and even a Day of the Dead River Parade featuring brightly decorated barges.

St. Helens, Oregon
As the filming site of Disney's Halloweentown movie, St. Helens recreates the magic annually with its month-long Spirit of Halloweentown festival, complete with a Great Pumpkin lighting, haunted house, celebrity meet-and-greets, and costume contests.

Anoka, Minnesota
Designated by Congress as the "Halloween Capital of the World," visitors can expect a parade kicked off with the Gray Ghost 5K, which has been running for more than 40 years.










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MEET TOBY

A Rescue Dog With a Story to Tell

From a chance call at a North Carolina rescue to becoming a beloved member of the family, Toby has found exactly where he belongs.

Sometimes, the dog you're meant to find isn't the dog you originally went looking for. That's exactly what happened with Toby, a Belgian Malinois mix estimated to be five or six years old.

Toby's story began at Godbey Creek Canine Rescue in Mocksville, North Carolina. His owner had actually applied to adopt a different dog when the rescue reached out with a special request. They asked if she would consider meeting a very special boy who wasn't even listed on their website and who had a complex history.

Something about Toby's story—and the opportunity to meet him—was enough to say yes.

After spending time together, the decision became clear. Toby was going home with her. As she drove back toward Charlotte with her new companion, she looked up and saw one of those moments that feels almost like confirmation: a beautiful rainbow stretched across pink clouds over the city.

Toby was going to be her dog.

About a year and a half later, it's easy to see that Toby has settled comfortably into his new life. He has discovered some



"He loves training...and goodness is he smart."


Toby and his girlfriend Rue

of his favorite things, including Chuckit! balls and freeze-dried beef, which are apparently excellent motivators for this very smart boy. And while he has plenty of refined talents, Toby still enjoys some of the classic canine pursuits—namely, chasing squirrels, bunnies and raccoons whenever the opportunity presents itself.

But what really sets Toby apart is his love of training.

"He loves training...and goodness is he smart," his owner says.

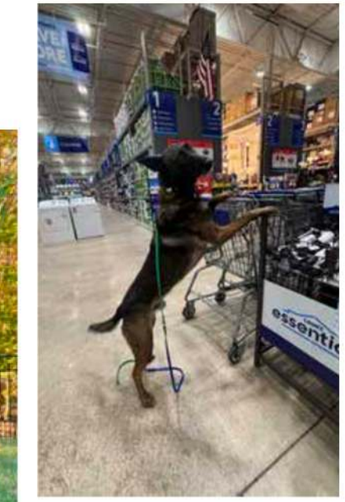
Toby's intelligence is more than just impressive—it's occasionally very convenient. He has figured out how to open the door to the house and let himself out into the yard, proving that when Toby wants something, he is more than capable of finding a way to make it happen.

Training has also played an important role in helping Toby build relationships with other dogs. Through his training, he had the opportunity to meet plenty of canine friends, and several have become especially memorable.

Among Toby's favorites are the pit bulls who have come through his life, particularly Rue and Hammer. Their friendships are a sweet reminder of just how much a rescue dog's world can expand when given patience, training, love and the chance to connect.

From an unexpected phone call at a rescue to a rainbow-filled drive home, Toby's journey is one of those wonderful rescue stories that seems to have been written before anyone even knew how it would end.

He may have started out as the dog no one was expecting to meet, but today, Toby is exactly where he was meant to be—home, loved and surrounded by plenty of balls, treats and four-legged friends.









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13TH ANNUAL YMCA REINDEER ROMP

Romp Into the Holiday Season

The 13th Annual YMCA Krueger Reindeer Romp brings neighbors together for a festive morning of fun, fitness and community











There is something special about kicking off the holiday season with your neighbors—and even better when you can do it in a pair of running shoes, surrounded by Christmas cheer.

On Saturday, December 5, 2026, the 13th Annual YMCA Krueger Reindeer Romp 5K will return to SouthPark for a festive morning that brings families, friends and community members together. The event begins at the Harris YMCA and offers a fun way for participants of all ages and abilities to celebrate the season while supporting the YMCA of Greater Charlotte.

Whether you are a dedicated runner looking to set a new personal record, a casual walker wanting to enjoy the morning with friends, or a family searching for a fun holiday tradition, the Reindeer Romp offers something for everyone. Participants can expect a festive 5K through the SouthPark area, with plenty of holiday spirit along the way.

And, of course, the fun doesn't stop at the finish line.

Families can enjoy a **kids obstacle course**, and no holiday event would be complete without a special appearance from **Santa Claus**. Participants are encouraged to pull out their favorite holiday attire, making the event as much a celebration as it is a race.

For many Charlotte families, events like the Reindeer Romp are about more than crossing a finish line. They are opportunities to slow down during a busy season, spend time together and connect with the people who make our community special.

The Reindeer Romp also reflects the YMCA's larger mission of strengthening the community. For more than a decade, the event has served as a holiday tradition that combines healthy activity with an opportunity to give back.

So grab your family, gather your friends, put on those festive socks—or perhaps an entire Santa suit—and get ready to **romp into the holidays**. Whether you're running, walking or simply cheering from the sidelines, the morning promises plenty of smiles, holiday spirit and community connection.



HOW TO GET INVOLVED

The 13th Annual YMCA Krueger Reindeer Romp 5K takes place Saturday, December 5, from 8 to 11 a.m. at the Harris YMCA. Registration is open, and early registration is encouraged.

Because sometimes the best way to begin the holiday season is to lace up, show up and celebrate together.

Event: 13th Annual YMCA Krueger Reindeer Romp 5K
Date: Saturday, December 5, 2026
Time: 8–11 a.m.
Location: Harris YMCA

Featuring: 5K, kids obstacle course and Santa



Restored Widows-After Loss, the Question Becomes: Now What?

How RESTORED Widow is helping women navigate grief, reclaim hope, and rebuild life

BY ANDRIA GASKINS



When my husband, Scott, died in April 2021, I knew my life had changed. What I did not know was how many times in the years that followed I would find myself asking the same question:

Now what? At first, that question was practical. How do I manage the things we once handled together? How do I keep showing up for my sons? How do I make decisions without the person I expected to grow old with? Eventually, it became something deeper.

Who am I now? What does my life look like from here? Can grief and joy exist at the same time? Is it possible to build a meaningful life after the life I thought I would have is gone? Those questions became the foundation for RESTORED Widow, a growing movement created to help widows navigate grief, reclaim hope, and rebuild life without disappearing inside their loss.

RESTORED Widow is not about "moving on." I do not believe love works that way. It is about learning how to live forward while honoring the life and love that came before. It is about giving women permission to hold heartbreak and hope at the same time. Widowhood can be deeply isolating. In the early days of loss, people often surround you with love and support. Eventually, though, the calls become less frequent, the cards stop arriving, and the rest of the world resumes its normal rhythm long before a widow has figured out what normal means for her now.

RESTORED Widow was created for that space. I want women from every background to feel welcome. Grief does not belong to one race, neighborhood, income level, or age group, and neither does our community. My vision extends far beyond one city. I want widows everywhere to know that losing a husband may change the shape of a life, but it does not erase a woman's identity, purpose, or possibility.

Today, RESTORED Widow includes a private Facebook community, brunches and gatherings, workshops, The RESTORED Widow Podcast, and experiences designed to help women reconnect with life. RESTORED Widow also reaches women through my "Cooking for Yourself" segments on Charlotte Today, built around a simple message I believe matters deeply after loss: You're worth cooking for. In September, we are gathering for an apple orchard outing—a day of fresh air, cider, laughter, and connection. That may sound simple, but after loss, simple things can become significant. Sometimes healing happens during a difficult conversation. Sometimes it happens at a workshop. And sometimes it happens while picking apples beside women who understand why enjoying an afternoon again can feel like a milestone.

That is the heart of RESTORED Widow. I do not want women only to talk about grief. I want them to begin discovering what life can look like alongside it. One of our next projects is a special RESTORED Widow art experience planned for January 2027 at the Mint Museum. The vision is to bring widows together for an afternoon centered on creativity, connection, healing, and possibility.

My hope is that members of the Charlotte community will help make the experience a gift. Through sponsorships, participating widows could attend at no cost—a tangible way for someone to say, I may not know your story, but I see you, and I want you to have this day.

RESTORED Widow began with my own questions, but it is becoming something much larger than me.

I never would have chosen the heartbreak that brought me here. But I have learned that rebuilding rarely happens through one enormous, life-changing decision. More often, it happens through a series of smaller ones—the next conversation, the next courageous yes, the next faithful step.

Sometimes, it begins with simply asking: Now what?

Navigate grief. Reclaim hope. Rebuild life.

Andria Gaskins is the founder of RESTORED Widow and host of *The RESTORED Widow Podcast*. Through community, workshops, experiences, and honest conversations about life after loss, she helps widows navigate grief, reclaim hope, and rebuild life. Her vision is for RESTORED Widow to grow into a movement that reminds widows everywhere that loss may change the shape of a life, but it does not erase identity, purpose, hope, or possibility.



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PAINT & SIP

MORE THAN A PAINT & SIP

For Nicole and Kennon Cofield, Wine & Design Matthews is about creating a place where people can relax, reconnect and make time for themselves.



Ken and Nicole





Sometimes the best businesses begin with a simple idea. Other times, they begin with a life-changing moment, a little persistence and a husband who initially says, "No." For Nicole and Kennon, the story of Wine & Design Matthews has a little bit of all three.

Kennon is Charlotte born and raised and has called the area home his entire life. Nicole originally came to the Charlotte area to attend Belmont Abbey College, where she studied business, and eventually made Charlotte home as well. The two first met years ago while working for the Charlotte Area Transit System (CATS). What began as two separate career paths eventually became a life, a family and, years later, a business they would build together.

Today, the couple lives in Matthews with their 16-year-old daughter, Allie, who is an honor roll student and competitive swimmer with plans to attend college and pursue a career in anesthesiology. Family is incredibly important to Nicole and Kennon, and many of the values they bring into their home have become part of the experience they hope to create for every person who walks through the doors of Wine & Design Matthews.

Their professional journeys, however, took some time to lead them there. Kennon attended UNC Charlotte and earned his degree in civil engineering, eventually spending years in construction before transitioning into engineering and project management. Nicole built her career in Human Resources. Then, about five years ago, Nicole suffered a stroke.

The experience changed the way the couple looked at work, stress, family and how they wanted to spend their time. Like so many people, they had become accustomed to the constant demands of careers, family responsibilities, deadlines and everything else life puts on the calendar. The experience reminded them that sometimes you have to be intentional about making time to enjoy life. A few years later, Nicole happened to walk into a Wine & Design studio. She immediately thought, *"I can do this. I could throw a party every single day!"* Kennon's initial response was a very quick, "No."









Stained glass



chunky blanket



FUN ACTIVITIES

- Chunky blankets
- Sip and Paint
- Stained Glass
- Glass Blowing
- Resin Board work
- Brim Hat Burning and hat design
- Summer and Holiday Camps



But Nicole knew how to make her case. She came back with the numbers and showed Kennon, with his engineering mind, what the business could become and the possibilities that existed. The more they talked, the more the idea began to make sense. For Nicole, though, it was never simply about owning a business or throwing parties. She saw an opportunity to create a place where people could step away from their responsibilities for a few hours, be taken care of, connect with others and simply have fun. That vision eventually became Wine & Design Matthews.

Today, the studio is much more than a traditional paint-and-sip. Guests can paint, create stained glass, try glass blowing, burn designs into hats, make chunky knit blankets or create resin art. The studio also offers kids' activities, private celebrations, team-building experiences and themed events, with Nicole and her team constantly looking for something new to bring to the community.

But what Nicole and Kennon believe truly sets the studio apart isn't necessarily what guests make. It's how they feel while they're there.

One of their biggest philosophies is that **every guest is a VIP**.

From the moment someone walks through the door, the goal is to make them feel welcomed and cared for. The studio handles the setup, supplies, instruction and cleanup, allowing guests to simply show up and enjoy themselves. And for those who walk in saying, "I'm not creative" or "I can't do this," the team is ready to prove them wrong.

There might be music playing, people dancing, friends celebrating or complete strangers laughing together. Someone may arrive after a long day at work and, for a couple of hours, forget about everything else.

That is exactly what Nicole and Kennon hope will happen.

Their mantra, **Relax. Recharge. Reset.**, is more than a catchy phrase. It reflects something they have learned through their own experiences.

"You don't have to be an artist to benefit from being creative," they believe. "You don't need a special occasion to spend time with people you care about."

That message extends beyond the walls of the studio. Since opening, Nicole and Kennon have made community involvement a priority. They are proud members of the Matthews Area Chamber of Commerce and work with local senior communities, schools, churches, nonprofits, businesses and other organizations. Sometimes they welcome groups into the studio, while other times they pack up their supplies and bring the experience directly to them. They also love collaborating with other local businesses and finding ways to support one another. "We don't just want to do business in Matthews," they say. "We want to be part of Matthews."

At the heart of it all is their family. Nicole and Kennon want Allie to see that it's okay to take chances, change direction, work hard for something you believe in and build a life you're proud of. Running a small business certainly comes with long days and late nights, but there is one thing that makes it worthwhile: hearing a guest say, *"I really needed this."*

Or watching someone return with friends because they enjoyed their first experience so much.

For Nicole and Kennon, that's the real creation happening inside Wine & Design Matthews. Yes, guests leave with something they made themselves. But they hope they leave with something even more valuable — a few hours of laughter, connection and time for themselves.

And if Nicole walks in one day with another "I have an idea," Kennon has learned that saying "no" probably just means she hasn't shown him the numbers yet.

LOCATION & HOURS

1600-E Matthews
Mint Hill Road
704-246-7294
matthews@wineanddesign.com
Instagram: @wndmatthews
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Inside the 12th Annual Bloody Mary's on Five Tournament

ON SEPTEMBER 28, 2026, the fairways of TPC Piper Glen buzzed with a distinct blend of competitive spirit, shared memories, and charity. The occasion was the **12th annual Bloody Marys on Five (BMOF) charity golf tournament**, an extraordinary community milestone led by the **Meck South Rotary Club**.

What began as a localized tribute has transformed over the last twelve years into one of the area's most deeply felt philanthropic traditions, **surpassing more than $500,000 in total historic donations** to the local community.

BORN FROM FRIENDSHIP

The tournament's origin story is etched into the neighborhood lore of hole #5 at Piper Glen. In 2014, the event was established to honor the vibrant memory of **Steve Baune**, an esteemed Rotarian and cherished friend who lived right along the fifth hole. On Saturday mornings, Steve was famous for texting his inner circle with a simple, celebratory message: *"Bloody Marys on Five!"* True to his word, he would leave a fully stocked table on his lawn so golfers could pull up in their carts and grab a drink as they played through.

Following Steve's passing from cancer in 2014, his fellow Rotary club members launched the inaugural tournament to preserve his name, his generosity, and his iconic hospitality.



A MODERN TRADITION OF GIVING BACK

The 2026 gathering saw golfers return to the manicured grounds of Piper Glen for an experience that honors Steve's precise definition of a good time. BMOF is legendary for its premium, all-inclusive hospitality, providing attendees with breakfast and range drinks, an on-course lunch, an elegant post-round banquet dinner, custom tee gifts, and—naturally—flowing Bloody Marys scattered across the course.



While the atmosphere remained undeniably celebratory, the core mission of the day was deeply purposeful. Proceeds from this year's tournament were channeled directly into three vital community organizations:

- **Families Forward**
- **Feeding Charlotte**
- **Beds for Kids**—an organization Steve Baune supported personally as a dedicated Board member, and which continues to receive the primary share of the tournament's collective fundraising strength.

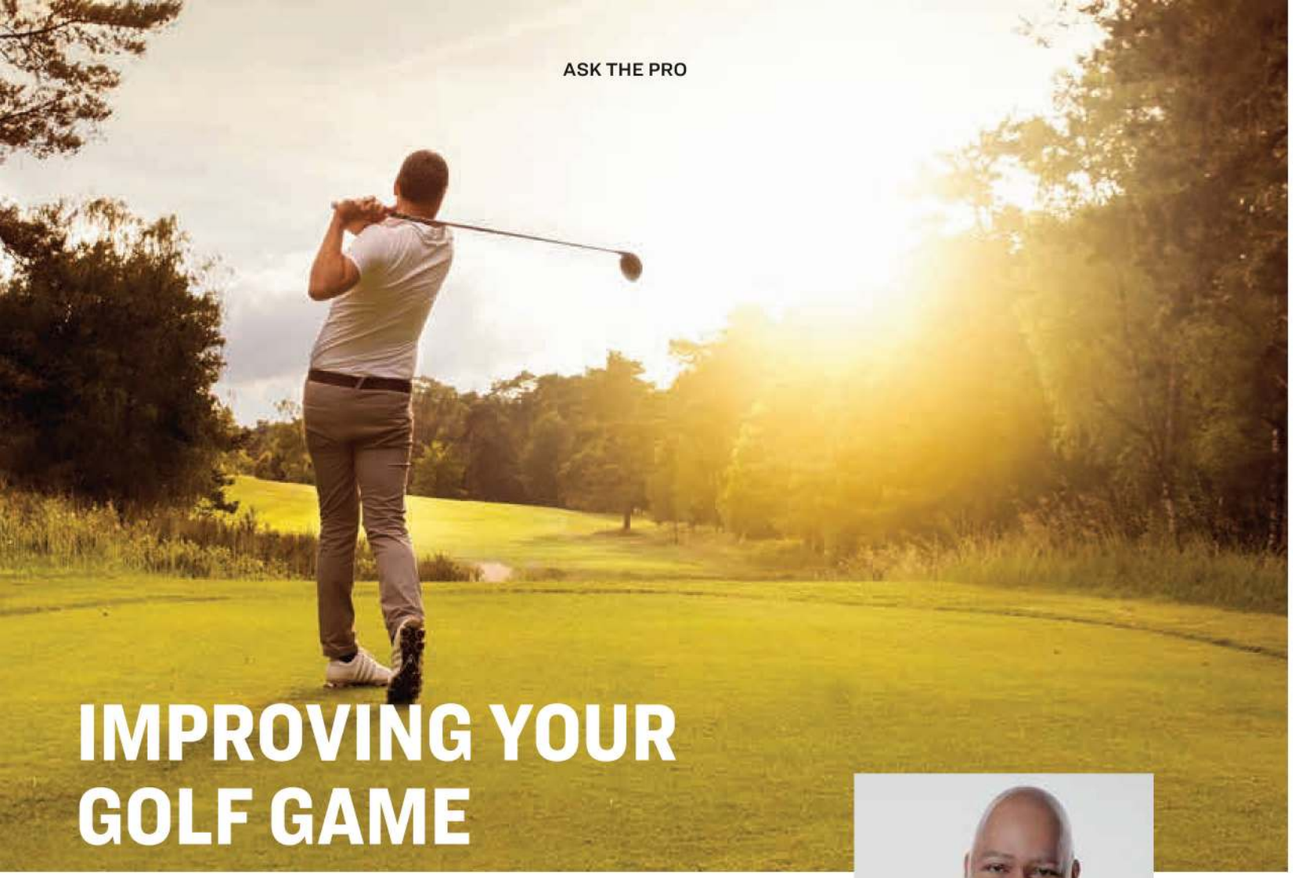
GET INVOLVED FOR NEXT YEAR

Though the final putts have dropped for the 2026 season, the momentum for the 13th annual event is already building. Community members, corporations, and golfers looking to carry on Steve's legacy through corporate sponsorships or foursome registrations can view complete event summaries and secure future spots by visiting the official event page at **birdease.com/BMO5**.









IMPROVING YOUR GOLF GAME

Building a golfer from the ground up: the slice isn't a swing flaw — it's a muscle asking for attention

ROD GREENE

YOU'VE TRIED EVERYTHING. New grip. Slower backswing. A lesson or two. And yet that same slice keeps showing up, like it's got your number.

Here's what almost nobody tells you: a slice usually isn't a technique problem at all. It's a body problem wearing a technique costume.

Last month we talked about gas pedal muscles and brake pedal muscles — the pair that's supposed to work together to drive and control your swing. A slice shows up when your hips and torso can't rotate through the shot at the same rate your arms and hands want to move. When your gas pedal muscles in your hips are too weak or too slow to keep pace, your body doesn't stop swinging — it just lets your arms and hands take over early, cutting across the ball instead of through it. That's the slice. Not a flaw in your technique. A timing mismatch between body parts that were never given a reason to work together properly.

Golf instructors can fix your grip and your stance all day. But if the muscles driving your hip rotation are still lagging behind your arms, the slice comes right back — because the root cause was never in your hands to begin with.

The takeaway: Your slice shows up at the club — but the bottleneck may be somewhere else in your body. Before you keep rebuilding your swing, make sure your body can actually do what you're asking your swing to do.

Next time in this series: why that ground ball has nothing to do with "keeping your head down."



Rod Greene has spent 31 years as a massage therapist and owns The Muscle Engineers, a mobile sports massage company serving Charlotte's active adults. He specializes in outcome-based massage that gets to the root cause of pain and performance issues, not just the symptoms. Every session also gives back — $10 from each visit supports local Alzheimer's caregivers through Rod's Massage for The Cause initiative.

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Stroll Into Wellness Celebrating Health, Wellness & Connection at Ballantyne Country Club

















ON SEPTEMBER 3, we had the pleasure of bringing our Stroll community together for a special evening dedicated to **health, wellness and connection** at Ballantyne Country Club. With 22 of our incredible health and wellness partners joining us, the event was a wonderful opportunity for residents to meet the local professionals who are committed to helping our community live healthier, happier lives.

From fitness and nutrition to beauty, mental wellness and overall health, our partners represented a diverse range of services and expertise. More than simply introducing businesses, the evening was about creating meaningful connections and putting names and faces to the people behind the services our residents may need throughout different seasons of life.

























One of the things that makes Stroll so special is the opportunity to bring **residents and local businesses together in a genuine, personal way**. Events like this give our partners the chance to share what they do, answer questions and get to know the families who make our neighborhoods so special.

And to our residents—**thank you!** Your engagement, curiosity and willingness to connect with our partners made the evening such a success. Whether you stopped to learn about a new wellness service, caught up with a familiar face or simply enjoyed spending time with your neighbors, your participation is what makes these events meaningful.

We are equally grateful to our **22 health and wellness partners** for investing their time and energy into our community. Thank you for showing up, sharing your expertise and helping us create an evening centered around something we can all benefit from: taking care of ourselves and one another.

At Stroll, we believe that strong communities are built through relationships. We are grateful for every resident and partner who continues to engage, connect and make our neighborhoods such wonderful places to live.

Here's to wellness, community and continuing to Stroll into a healthier future together!

SEEKING A COMMUNITY REPORTER

Would you like to get more involved in the community? We are looking for a community reporter. This would be great any resident that loves their community and would like to get to know more families in the area. Reach out to us at Andrea.kroger@n2co.com

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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.

Fall Fun - Hayrides, pumpkins, corn mazes and more.

Travels - We would love to see all the exciting places you visited.

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

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

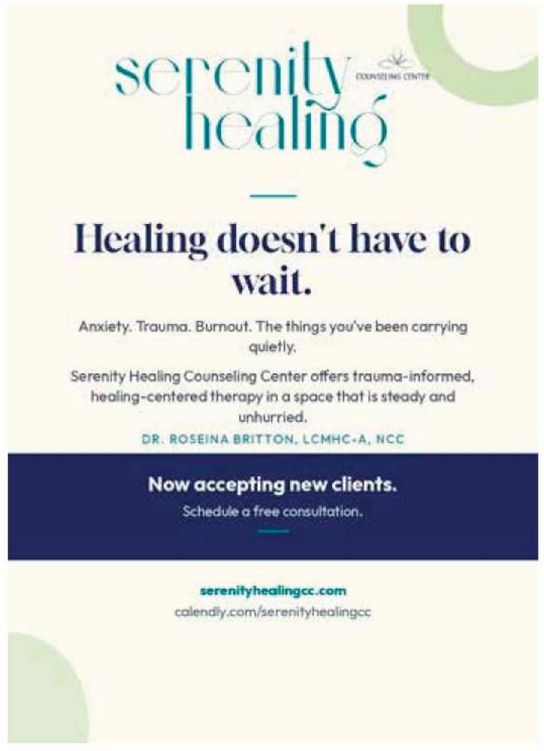
Local Nonprofits- Local nonprofits are changing the lives of Charlotte residents. Do you volunteer for a great organization? Are you a board member of an awesome organization making a difference?

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









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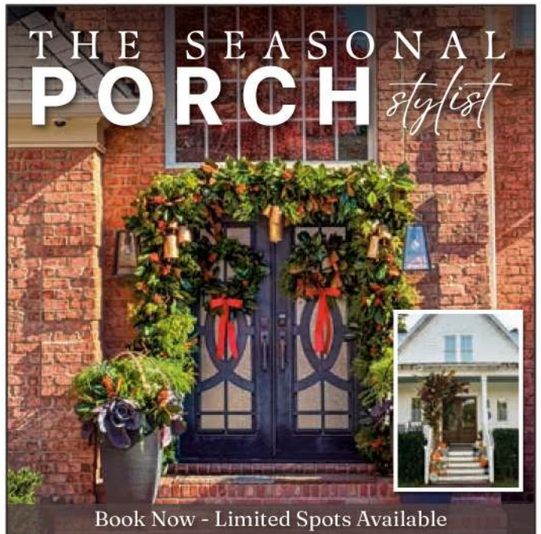
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Gingerbread House Classes & Kits — AGES 2+

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Holiday Parties & Adult Classes — ADULT BYOB

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Private Classes — AGES 2-17

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Birthday Parties — AGES 3-17

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Corporate Events — ADULT BYOB

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