

Our residents enjoy a wide range  
of activities each month!

CALL 919-848-7080 TODAY FOR MORE INFORMATION



OUR PATHWAYS PHILOSOPHY recognizes wellness as a multi-dimensional state of being. Here you'll find services, amenities, and activities that enhance and celebrate optimal health in every dimension—intellectual, spiritual, physical, social, emotional, nutritional, vocational, and environmental. Pathways acknowledges the good things that are and embraces new adventures and opportunities that lie ahead!

## APRIL HIGHLIGHTS

April /'äprəl/ n.:

The fourth month of the year; usually considered the second month of spring in the northern hemisphere. A month of rebirth and renewal.

### EXPLORE AND SHOP THE NC FARMERS MARKET

#### MONDAYS IN APRIL, DEPART AT 10 AM

*Take the Springmoor Bus to the Farmers Market*

The freshest and widest variety of produce and plants in the area are available at the NC Farmers Market. Local fruits and veggies are sold throughout the growing season in a 30,000-square-foot open air market. The Market Shoppes offer 5,600 square feet of additional products: meats, cheeses, crafts, gifts, bakery items, NC wines, custom picture framing, old-fashioned candies, and more!

### SPECIAL OPPORTUNITIES FOR WORSHIP: HOLY WEEK SERVICES

#### APRIL 1, 2, AND 4

*Auditorium and Live-Streamed on Springmoor TV 1341*

Special services will be held on Maundy Thursday (4/1 at 7 pm), Good Friday (4/2 at 2 pm), and Easter Sunday (4/4 at 7 pm). Join the Chaplains and your fellow residents in-person or virtually.

### RALEIGH TRAVEL SERIES

#### APRIL 5 AND 19 AT 1:15 PM

*Tour Raleigh via the Springmoor Bus*

Each month you have the opportunity to get better acquainted with all that Raleigh has to offer. Tour guide Parker Call will lead this free excursion.



### CHAPLAINS' MONDAY MOVIE MATINEE

#### MONDAY, APRIL 5 AT 2 PM

*Auditorium*

This month's film is *Quartet*, directed by Dustin Hoffman and starring Dame Maggie Smith and Tom Courtenay. At a home for retired musicians, the annual concert to celebrate Verdi's birthday is disrupted by the arrival of Jean Horton (Smith), an eternal diva and the former wife of a resident.

### WALK WITH EASE

#### PROGRAM STARTS THE WEEK OF APRIL 12TH

*Contact the Pathways Wellness Center to Sign Up*

If you have arthritis or another chronic condition like diabetes or heart disease and want to be more active, check out Walk with Ease! This 6-week program can help reduce arthritis symptoms like pain, stiffness, and fatigue. Participation can also help you improve your strength, balance, and walking pace. You can increase your confidence in your ability to manage your arthritis.

### FUSED GLASS CLASSES

#### APRIL 16 AND 30 AT 9:30 AM AND 1:30 PM

*Meraki Arts Studio*

Design and create a night light for yourself or a loved one on 4/16. You choose the colors and design. On 4/30, you have the opportunity to make a "Carolyn" bowl. Named after a resident who was part of our first year in the Meraki Arts Studio, these bowls are easy to make.

### SPRING WALKS

#### APRIL 16 AND 30, DEPART AT 10:30 AM

*Socially-distanced transportation on the Springmoor Bus*

Enjoy a walk at the NC Museum of Art. The paved nature trails feature large works of art as well as the wonders of nature. On 4/30, we'll visit the Annie Louise Wilkerson Nature Preserve. Trails are unpaved.

### PIZZA LUNCHEONS

#### APRIL 20, 21, 22, AND 23 AT NOON

*North Village Pool Breezeway*

Choose a date to join us for pizza with a wide variety of toppings (two slices each), salad, dessert, lemonade or water, and congenial company.

### BALANCE SCREENINGS

#### TUESDAY, APRIL 27 FROM 1 PM TO 3 PM

*Auditorium*

Springmoor Physical Therapy will offer Balance Screenings by appointment. Rather than having a single cause, falls result from multiple risk factors like lack of muscle strength. Simple tests such as asking you to balance on a single leg help us assess your risk for falls. Our Wellness Team can then offer advice for steps you can take to help you avoid falls.

## JUST A FEW PERENNIAL FAVORITES AT SPRINGMOOR

BRIDGE

WORSHIP SERVICES

DISCUSSION GROUPS

WINE & CHEESE SOCIALS

DEMENTIA CAREGIVERS SUPPORT GROUP &  
SOCIAL CLUB

CARDIO CLASSES AT PATHWAYS WELLNESS CENTER

JEWELRY MAKING OPEN STUDIO

GROUP HARRIS TEETER RUNS

LIVE MUSIC ON CAMPUS

*While wearing masks and observing  
social distancing, we're currently able  
to gather in groups of up to 10.*