

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!

MARCH HIGHLIGHTS

March /'mārch/ n.:

The third month of the year; usually considered the first month of spring in the northern hemisphere. A month of great expectations.



BLOOMSBURY BOYS DIXIELAND BAND

MARCH 2, 16, AND 30 AT 7:15 PM

Auditorium

The Bloomsbury Boys are a four-piece Dixieland combo playing music from the 20's, 30's, and 40's. Come enjoy the festive sounds of banjo, trombone, soprano sax, and washtub bass.

NATIONAL NUTRITION MONTH® 2021

TUESDAYS AND THURSDAYS AT 3 PM

Springmoor TV 1341

The Academy of Nutrition and Dietetics sponsors this educational campaign, and this year's theme is "Personalize Your Plate." There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, tastes, and backgrounds! Springmoor's Registered Dietitian, Joanna Bell, will provide information on how you can choose foods that are right for you.

LENTEN BIBLE STUDY

TUESDAYS AT 4 PM

Auditorium & Live-Streamed on Springmoor TV 1341

Join the Chaplains to explore different spiritual practices, or "disciplines," in a Lenten journey to deepen our relationship with God. To help us move toward a more balanced spiritual life, we will examine inward practices like meditation and prayer, as well as outward practices such as service and simplicity.

SPRING ART

EACH SATURDAY IN MARCH

Meraki Arts Studio

Free art classes this month include creating felt shamrock hair clips or pins and small quilled butterflies from paper for cards, door signs, or even earrings. You can also make jewelry during our Beaded Open Studio. Want to give acrylic painting a try? We will paint a soft, dreamy backgrounds with bright, whimsical flowers on top.

THE BACKFENCE DUO

MARCH 9 AND 23 AT 7 PM

Auditorium

The Backfence Duo recreates classic and memorable songs from the 1930s–1980s. The band adds their own blend of swing era, beach, folk, country, movie soundtracks, blues, and light jazz tunes.

DRUMMING FOR LIFE

MARCH 10 AND 24 AT 7 PM

Auditorium

Lorrie Houze facilitates drum circles that bring people together for community, creativity, and fun. Through music and rhythm, she helps create a space where all are welcome regardless of age or skill level. Reduce stress, blood pressure, and heart rate through sound and movement. Let go of your daily routine and be creative! Lorrie is a Physical Therapist Assistant specializing in senior health and wellness.

STEP INTO SPRING WITH A SPRING WALK!

FRIDAY, MARCH 19, DEPART AT 1:30 PM

Joyner Park in Wake Forest

Socially-distanced transportation will be provided. This 117-acre park is the town's newest and largest. Enjoy Walker Garden, three miles of paved walking trails, restored farm buildings, a pecan grove, and 2,000-linear-foot stone ribbon wall.

FUSED GLASS WEEK

MARCH 22–26

Meraki Arts Studio

An entire week of creating beautiful art with glass! On Monday, we'll make pieces with a stained-glass look, as well as using decals on glass. Tuesday we'll work on a dish, bowl, or jewelry. Wednesday we'll create pieces with spring scenes and strips of texture. We'll create mosaic bowls and work with enamels and stencils on Thursday. You can complete all of your projects on Friday.

PALM SUNDAY SERVICE

SUNDAY, MARCH 28 AT 7 PM

Auditorium & Live-Streamed on Springmoor TV 1341

At this special service we will remember Jesus' triumphal entry into Jerusalem and begin Holy Week. You may pick up palms beginning Friday, March 26 outside the Chaplains' offices or near the post office boxes in North Village and South Village.

JUST A FEW PERENNIAL FAVORITES AT SPRINGMOOR

CROQUET

GROUP TARGET RUNS

INDIVIDUAL FITNESS ASSESSMENTS

A WALK AROUND OUR BEAUTIFUL 43-ACRE CAMPUS

CHAPLAINS' MONDAY MOVIE MATINEE

CONNECTIONS DISCUSSION GROUPS

INDIVIDUAL GARDENING PLOTS

SHUFFLEBOARD

BOOK CLUB

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