

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!

JUNE HIGHLIGHTS

June /jooñ/ n.:

The sixth month of the year; usually considered the first month of summer in the northern hemisphere. A time for exploring new ways of being in the world.



CITYFOLK CONCERT

JUNE 3 & JUNE 17 AT 7 PM

Auditorium

CityFolk is a personable and engaging acoustic duo/trio presenting well-crafted songs and arrangements in a wide variety of styles. Come enjoy their tight vocal harmonies and varied instrumentation. Their repertoire spans genres from pop and contemporary folk to rock, country, and jazz.

THE HISTORY AND MYSTERY OF WINE

JUNE 4 & JUNE 18 AT 2 PM

Auditorium

Dr. Elliot Engel returns with another imaginative and delightful presentation. You are sure to be both entertained and enlightened by this literary program on wine. Dr. Engel earned his MA and PhD as a Woodrow Wilson Fellow at UCLA and has taught at UNC, NCSU, and Duke. He was recently inducted into the Royal Society of Arts in England.

ENJOY GOING TO THE MOVIES AGAIN!

FRIDAYS & SATURDAYS IN JUNE AT 7 PM

University Theatre/Auditorium

Now that 99% of residents and 70% of staff have been vaccinated, we're once again screening films in our on-campus movie theatre. The films for June are *Field of Dreams*, *The Aviator*, *The Butler*, and *Gone with the Wind*. Additional features like *Emma*, *Downton Abbey*, and *The Best Exotic Marigold Hotel* continue to be shown in our Auditorium as well.

RALEIGH TRAVEL SERIES

JUNE 7 & JUNE 21, DEPARTING AT 1:15 PM

Tour Raleigh via the Springmoor Bus

This month's Raleigh adventure is a tour of architectural treasures. Join tour guide, Parker Call, for a fun and illuminating 1.5 hour excursion. Parker helped found the Raleigh City Museum and is a long-time docent at the Governor's Mansion. Even lifelong Raleigh residents are amazed at the sights and stories she shares.

GROUP GROCERY RUNS

MONDAYS & THURSDAYS IN JUNE, DEPARTING AT 10 AM

Social Distanced Transportation on the Springmoor Bus

Enjoy doing your own shopping but would love to avoid the hassle of driving and parking? Springmoor residents have the option of joining friends for grocery runs to the Farmers' Market, Food Lion, Trader Joe's, Harris Teeter, & Wegman's.

DRUMMING FOR LIFE

JUNE 9 & 23 FROM 7 TO 8 PM

Auditorium

Reduce stress, heart rate, and blood pressure through sound and movement! Physical Therapist Assistant Lorrie Houze specializes in senior health and wellness. With a BA in movement and sports science from Purdue and an AS in physical therapy from the University of Indianapolis, Lorrie is well-equipped to bring people together for community, creativity, and fun through music.

CHANGES DISCUSSION GROUP

SECOND THURSDAYS AT 2:30 PM

Room 373A in North Village

Whatever your stage of life, change is inevitable. This discussion group is a place to gather, chat, explore, and support one another in navigating the changes and challenges of this life. The Springmoor Chaplains facilitate this group, which provides an opportunity to share, listen to one another, and find common themes in life's changes.

PERFORMANCE BY TABLE 5

JUNE 10 & 24 AT 7 PM

Auditorium

Formed in 2011, Table 5 is a local jazz quartet specializing in jazz standards and selections from *The Great American Songbook*, as well as pop arrangements. The group includes stand-up bass, drums, trumpet, keyboard, and vocals.

FUSED GLASS CLASSES AND MORE

WEDNESDAY, JUNE 23 & FRIDAY, JUNE 25

Meraki Arts Studio

From 9:30–11:30 am and 1:30–3:30 pm on 6/23 and 9:30–11:30 am on 6/25, we're making beautiful drink coasters from fused glass in our Meraki Arts Studio. Free art classes this month include making a grapevine wreath with a bright assortment of flowers and ribbon, a floral painting class in which you learn to layer and blend with acrylic paint, a beaded open studio, and Fourth of July felting.

JUST A FEW PERENNIAL FAVORITES AT SPRINGMOOR

INDIVIDUAL GARDENING PLOTS

SEEING A MOVIE WITH FRIENDS ON CAMPUS

DINING AL FRESCO, COURTESY OF OUR DINING SERVICES TEAM

TOURING RALEIGH WITH PROFESSIONAL GUIDE PARKER CALL

TREATS BEING DELIVERED TO YOUR DOOR ON HOLIDAYS

HAVING YOUR HAIR DONE AT OUR SALON

VOLUNTEERING ON CAMPUS

SOAKING IN THE HOT TUB AT PATHWAYS WELLNESS CENTER

MAKING HOME ACCESSORIES IN OUR WOODWORKING SHOP

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