

*Our residents enjoy a wide range of activities each month!*

*If you're on our waitlist, we invite you to attend one of the many exercise/aquatic classes we offer in our Pathways Wellness Center. You can also join one of our card groups for a game of bridge.*

PLEASE CALL THE MARKETING DEPARTMENT AT 919-848-7080 TO LEARN MORE ABOUT OPPORTUNITIES FOR WAITLIST APPLICANTS TO PARTICIPATE.



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!

## SEPTEMBER HIGHLIGHTS

September /septembər/ n.:

The ninth month of the year; usually considered the first month of autumn in the northern hemisphere. Crisp and golden, it's a month for checking items off your list.



### CONNECTIONS DISCUSSION GROUPS

SEPTEMBER 2 AND 16

*Room 373A West in North Village; Club Room in South Village*

Join the Chaplains and other residents to connect in meaningful ways as we face the human condition of aging. We'll reflect on the wisdom we've gained, as well as discovering our hopes for future. We begin with a topic or question and see where it leads or explore what is on our hearts and minds that particular day. Offered at 11 am in North Village and 3:30 pm in South Village.

### IMMERSIVE VAN GOGH EXHIBIT

SEPTEMBER 9, DEPARTING AT 7:45 AM

*Transportation to Charlotte, NC provided on the Springmoor bus*

Immerse yourself in entrancing moving images that illuminate the color, detail, and brushstrokes of Van Gogh's works. You'll experience his sunny landscapes, night scenes, portraits, and still life paintings in a new and unforgettable way. We'll eat lunch at a nearby restaurant before proceeding to the exhibit.

### CORN HOLE PRACTICE AND TOURNAMENT!

THURSDAYS AT 1:30 PM

*Great Room*

The origins of the game of corn hole are disputed, but it gained popularity in the United States a few decades ago in the Midwest. Now you'll see it everywhere from backyard parties to craft breweries. Join friends in the Great Room to practice playing corn hole in preparation for our fall tournament. Everyone is welcome; no experience required.

### THE MAJESTY & MYSTERY OF MOUNTAINS WITH DR. ELLIOT ENGEL

SEPTEMBER 10 AT 2 PM

*Auditorium*

With his radiant wit and infectious enthusiasm, Dr. Engel is celebrated for creating imaginative and delightful presentations. He earned his MA and PhD as a Woodrow Wilson Fellow at UCLA and has taught at UNC, NCSU, and Duke. The author of 10 books, he has lectured throughout the United States and on every continent including Antarctica.

### NATIONAL GRANDPARENTS DAY CELEBRATION

SEPTEMBER 12 AT 2:30 PM

*South Village Terrace Room and North Village Garden Grill/Ammons Room*

Invite your grandchildren to visit you at Springmoor for fellowship and refreshments!

### OUT TO DINNER AT SECOND EMPIRE RESTAURANT

SEPTEMBER 21, DEPARTING AT 4:15 PM

*Transportation provided on the Springmoor Bus*

Dining at Second Empire is an event you'll remember—and rave about—for many years. The experience goes beyond gourmet food to incorporate fine wines, excellent service, Southern charm and history, and the beauty of an historic venue located in downtown Raleigh.

### FALL WALK AT FRED FLETCHER PARK

SEPTEMBER 24 AT 10:30 AM

*Transportation provided on the Springmoor bus*

We'll enjoy a stroll on the paved walking paths of this hilly Raleigh city park that once housed the Methodist Home for Children. The park features beautiful gardens with a variety of evergreen and perennial plant species, as well as a man-made wetlands area.

### CONCERT BY JAKE AND THE LADIES

SEPTEMBER 28 AT 7 PM

*Auditorium*

This quintet of strings and clarinet will present an engaging concert of music by British composers Gerald Finzi and Samuel Coleridge-Taylor. They will perform Coleridge-Taylor's "Quintet in A Major," as well as selections from Finzi's "Bagatelles for Clarinet and String Quartet."

### LUNCHEON WITH LOCAL AUTHOR SARAH SHABER

SEPTEMBER 30 AT 12:30 PM

*Auditorium*

A Raleigh resident, Sarah Shaber is mystery writer who has won numerous awards. Her WWII historical mystery series begins with *Louise's War*, which chronicles the adventures of young widow Louise Pearlie. Louise is a government worker in the Office of Strategic Services, which was the intelligence agency of the United States from 1942-45. Shaber is also the author of the Professor Simon Shaw mystery series.

## JUST A FEW PERENNIAL FAVORITES AT SPRINGMOOR

SWIMMING IN OUR SALT WATER POOL

VISITING THE NC FARMERS MARKET ON THE SPRINGMOOR BUS

ECUMENICAL HOLY COMMUNION IN THE CHAPEL

TAKING A CLASS AT OUR MERAKI ARTS STUDIO

CHAPLAINS MONDAY MOVIE MATINEE

EXPLORING ONE OF THE MORE THAN 10 MUSEUMS IN RALEIGH

TAKING A FITNESS CLASS IN OUR PATHWAYS WELLNESS CENTER

VISITING LUMPY'S ICE CREAM

RALEIGH TRAVEL SERIES WITH PROFESSIONAL TOUR GUIDE PARKER CALL

*Whereas most COVID-19 restrictions have been lifted on our campus, we currently require that everyone wear masks.*