

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!

OCTOBER HIGHLIGHTS

October /äktōbər/ n.:

The tenth month of the year; usually considered the second month of autumn in the northern hemisphere. Radiant and colorful days turn to cool nights, as we head into the holiday season.

ACTIVE AGING WEEK

OCTOBER 3–9

Numerous locations around campus

Active aging means living life as fully as possible! As part of the International Counsel on Active Aging's annual health promotion event, you can take advantage of a wide range of fun, free events on campus that include outdoor activities, book study, social gatherings, group exercise, strength training, tai chi, yoga, and more!

BLESSING OF THE ANIMALS

OCTOBER 3 AT 2 PM AND 4 PM

South Village at the croquet court at 2 pm; North Village in the pool breezeway at 4 pm

Join our chaplains and other residents for this celebration and blessing of all God's creatures—especially our own beloved pets—as we mark the feast day of St. Francis of Assisi.

LET'S GO TO THE ASHEBORO ZOO!

OCTOBER 4, DEPARTING AT 8:45 AM

Transportation to Asheboro, NC provided on the Springmoor bus

Located on 2,600 wooded acres in the heart of NC, the North Carolina Zoo has 500 developed acres, making it the world's largest natural habitat zoo. You'll be free to explore on your own. North American and Africa zones give you the opportunity to watch animals ranging from red wolves and polar bears to rhinos and giraffes. Indoor dining is available at the zoo for lunch, and we'll return in time for dinner at Springmoor.



PERFECT BEACH DAY

OCTOBER 6, DEPARTING AT 7:30 AM

Transportation to the coast provided on the Springmoor bus

We'll arrive in Morehead City, NC in time for lunch at the famed Sanitary Fish Market. Afterwards, we'll cross back over the bridge to Atlantic Beach, where you're free to walk along the beach or sit and relax until we head back to Raleigh at 2:30 pm.

GET YOUR FLU VACCINE ON CAMPUS

OCTOBER 7 FROM 9 AM TO 12 PM

South Village Gathering Room

Walgreens Pharmacy will administer the flu vaccinations. Contact Health & Fitness Director Kari Richie if you have not yet signed up for a flu shot appointment.

SPRINGMOOR PRESENTS AN EVENING WITH PIANIST FRED MOYER

OCTOBER 7 AT 7:15 PM

Auditorium

During nearly 30 years as a full-time concert pianist, Frederick Moyer has carved out a career characterized by an exacting approach to music-making and a wide variety of musical interests. Shortly after graduating from the Curtis Institute of Music in Philadelphia, he debuted at Carnegie Recital Hall in New York to great acclaim. Moyer was launched on a career that has flourished ever since, taking him to 43 countries, including Japan, England, and Australia. His repertoire reflects an affinity for the complete range of classical music and beyond.

WORTH THE WAIT! THE NC STATE FAIR

OCTOBER 15, DEPARTING AT 7:45 AM

Transportation provided on the Springmoor bus

Enjoy the food and sights of the fair! Special exhibits include: Antique Farm Machinery, Field of Dreams, Flower & Garden Show, Got to Be NC Agriculture, Heritage Circle, State Fair Ark Animals, Village of Yesteryear, and Wildlife Resources.

BRITISH HISTORY LECTURE—A VERY BRITISH LIFE: HRH PRINCE PHILIP, THE DUKE OF EDINBURGH

OCTOBER 18 AT 7:00 PM

Auditorium

Presenter Andrew O'Brien was born in England and graduated with a bachelor's and master's in history from Oxford University. He also has a teaching degree from London University and a master's from Johns Hopkins University. In this presentation, we'll follow the life of Prince Philip from his birth in Greece as a member of the Greek and Danish royal families to his role navigating the British royal family through tremendous change, until his death earlier this year.

FITNESS AND NUTRITION CLUB MEETING

OCTOBER 19 AT 1:30 PM

Auditorium

Come join the Fitness and Nutrition Club for a lively discussion on this month's topic of vegetarian eating. Springmoor Resident Ruth Marsh and Sodexo Dietitian Joanna Bell will be your hosts. A vegetarian snack will be provided!

JUST A FEW PERENNIAL FAVORITES AT SPRINGMOOR

WALKS AT LOCAL PARKS

GROUP GROCERY RUNS TO TRADER JOE'S

OUT TO LUNCH OR DINNER AT AN AREA RESTAURANT

PRAYING IN COLOR GATHERINGS WITH OUR CHAPLAINS

SHOPPING TRIPS TO LOCAL OUTLET MALLS

PARKINSON'S SUPPORT GROUP

RALEIGH TRAVEL SERIES WITH PARKER CALL

DRUMMING FOR LIFE WITH LORRIE HOUIZE

VIRTUAL BINGO!

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