

Waitlist members may once again participate with residents in certain activities each month!

We invite you to join one of our card groups for a game or attend one of the many exercise/aquatic classes we offer in our Pathways Wellness Center. Day trips to local attractions and evening events on our campus like lectures and concerts are often open to our waitlist as well.

PLEASE CALL THE MARKETING DEPARTMENT AT 919-848-7080 TO RSVP AND RECEIVE DETAILS.



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!

DECEMBER HIGHLIGHTS

December /də'sembər/ n.:

The twelfth month of the year; usually considered the first month of winter in the northern hemisphere. A time for celebration, reflection on the year that has passed, and looking with hope to the new year to come.

HAVE YOURSELF A MERRY LITTLE CHRISTMAS! **MUSIC THROUGHOUT DECEMBER**

Auditorium

Our many performers this month include composer, conductor, and humorist Pepper Choplin; The Encore Singers show choir performing Christmas songs; 13-year-old cellist extraordinaire Samuel Caplan; Jim Laing entertaining us on keyboard; The Hall Sisters showcasing stunning harmonies, piano, and strings; jazzy Capital Transit featuring sax, vocals, guitar, clarinet, and other instruments; Carpe Diem Saxophone Quartet; and Casablanca Orchestra playing Big Band Swing, Dixieland, Blues, and much more! Check our events calendar online for details.

SHARING HOLIDAY BOOKS & MEMORIES BY THE FIRE **DECEMBER 4 & 11 AT 3 PM**

Ammons Room in North Village (12/4) & Terrace Room in South Village (12/11)

Gather with other residents to share your favorite holiday book or memory. Read a selected passage or summarize the story, or share something that happened in your life on a particular holiday. Join just to listen if you prefer. Your holiday spirit is sure to be enhanced! Sponsored by the Springmoor Library.

SUGAR MAGNOLIA CAFÉ FOR LUNCHEON & TEA **DECEMBER 15, DEPARTING AT 11 AM**

Transportation provided on the Springmoor Bus

Located in nearby Wake Forest, the Sugar Magnolia Café offers scrumptious food from salads to homemade pimento cheese, cappuccinos to mini cupcakes. And, of course, organic teas! You'll love the quaint atmosphere.



CHRISTMAS DESSERT PARTY & UGLY CHRISTMAS SWEATER CONTEST **DECEMBER 16 AT 2 PM**

Great Room & Terrace Room

Enjoy yummy holiday-themed desserts and cast your vote for the ugliest Christmas sweater! We look forward to seeing you there in your Christmas or winter-themed sweater, sweatshirt, sweater vest, or jacket. You may add to your sweater however you like by attaching items. Have fun and be creative!

CHRISTMAS JUBILEE AT RUDY THEATRE IN SELMA, NC **DECEMBER 17, DEPARTING AT 11:30 AM**

Transportation provided on the Springmoor Bus

We'll travel to Selma, North Carolina to see a program titled *Christmas Jubilee*. This fast-paced show features good, clean comedy with Broadway-quality singers and dances. We'll return to Springmoor in time for dinner.

VESPERS & CHRISTMAS CANDLELIGHT SERVICE **DECEMBER 19 AT 7 PM**

Auditorium & Springmoor TV-1341

Join us for a very special Vespers and Christmas Candlelight Service filled with music. We'll mark the end of Advent and celebrate the coming of Christmas. Residents will share their musical gifts, and the Rev. Bob Inskeep will offer the reflection.

WRAL NIGHTS OF LIGHTS TOUR **DECEMBER 20 & 22, DEPARTING AT 6:45 PM**

Transportation provided on the Springmoor Bus

Towering oaks and rolling hills are the magical backdrop for this spectacular light show. Illuminated trees, festive light displays, and local art installations along the 1.3-mile route will dazzle you.

A LECTURE ON CHARLES DICKENS BY DR. ELLIOT ENGEL **DECEMBER 24 AT 2 PM**

Auditorium & Springmoor TV-1341

Dr. Elliot Engel, a regular visitor to our campus, is celebrated for his creative presentations that provide new insights into the backgrounds, lives, and accomplishments of the great masters of literature, culture, and the fine arts. Among his many accomplishments, Dr. Engel was inducted into the Royal Society of Arts in England in recognition of his 30 years of academic work and service promoting Victorian author Charles Dickens.

NEW YEAR'S EVE PARTY **DECEMBER 31 FROM 7 PM TO 8:45 PM**

Auditorium

Members of the Resident Life Committee will be your hosts! Enjoy a buffet table filled with hors d'oeuvres, sweets, and champagne. Don't miss the music and fellowship as we say good-bye to 2021 and welcome 2022.

JUST A FEW PERENNIAL FAVORITES AT SPRINGMOOR

COFFEE HOUR WITH NEIGHBORS

GETTING A MASSAGE AT OUR
PATHWAYS WELLNESS CENTER

ATTENDING A LECTURE OR "MEET THE AUTHOR"
EVENT IN OUR AUDITORIUM

JEWELRY OPEN STUDIO SESSIONS
AT OUR MERAKI ARTS STUDIO

TRIPS TO THE MARBLES IMAX THEATRE
IN DOWNTOWN RALEIGH

ENJOYING EXHIBITS AT THE NC MUSEUM OF ART

GROUP SHOPPING TRIPS ON THE SPRINGMOOR BUS

SHARING FAVORITE HOLIDAY STORIES AND
MEMORIES BY THE FIRE

BIBLE STUDY LED BY OUR CHAPLAINS

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