

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!

NOVEMBER HIGHLIGHTS

November /nō'vembər/ n.:

The tenth month of the year; usually considered the last month of autumn in the northern hemisphere. A time for expressing gratitude for all that we are and all that we have.



JOURNEY TO SPACE AT IMAX THEATRE, MARBLES MUSEUM **NOVEMBER 3, DEPARTING AT 9:15 AM**

Transportation provided on the Springmoor bus

Humans have punched through the stratosphere, walked on the moon, and lived continuously in orbit during the past half century or so. In the coming decades, our unquenchable curiosity will take our species beyond the cradle of Earth to touch the face of another world. Strap in for the next giant leap. Next stop... Mars! Join us for this exciting 45-minute 3D documentary.

AN EVENING WITH LOCAL AUTHOR SARAH SHABER **NOVEMBER 9 AT 7 PM**

Auditorium

A Raleigh resident, Sarah Shaber is a 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.

SHOPPING TRIP TO SOUTHERN SUPREME **NOVEMBER 10, DEPARTING AT 8:30 AM**

Transportation provided on the Springmoor bus

Located in Bear Creek, North Carolina, Southern Supreme has been delighting taste buds for more than 30 years. Join us for a shopping trip to purchase nuts, candy, chocolate, fruitcake and other baked goods, and much more in their 30,000-square-foot facility. Pick up some holiday gifts for the special people in your life, and remember to get a little something for yourself.

VETERANS DAY MOVIE: THE LONGEST DAY **NOVEMBER 11 AT 1 PM**

Auditorium

In 1944, the U.S. Army and Allied forces plan a huge invasion landing on the shores of France. Despite bad weather, Gen. Eisenhower gives the okay, and the Allies land at Normandy. Gen. Norman Cota (Robert Mitchum) and his men reach Omaha Beach and travel deep into French territory. The German military—due to arrogance, ignorance, and a sleeping Adolf Hitler—delays their response to the Allied landing, with crippling results.

FALL WALKS AT JOYNER PARK AND HEMLOCK BLUFFS **NATURE PRESERVE** **NOVEMBER 12 (JOYNER) AND NOVEMBER 19 (HEMLOCK)**

Transportation provided on the Springmoor bus

Raleigh's mild temperatures typically allow for outside activities year-round. On 11/12, we'll leave at 2 pm for Joyner Park, located in Wake Forest. Features include a formal perennial garden and a 2000-ft. stone ribbon wall. We depart at 10 am on 11/19 for Hemlock Bluffs in Cary. Four mulched trails of 1.2 miles in distance or less feature ridges, ravines, and creeks—and of course, hemlock trees. You'll feel like you've traveled to the mountains.

RALEIGH TRAVEL SERIES: VICTORIAN HOMES **NOVEMBER 15 AND 29, DEPARTING BOTH DAYS AT 1:15 PM**

Transportation provided on the Springmoor bus

Renowned local tour guide Parker Call is back to host another Raleigh adventure! This month we'll be focusing on the many beautiful Victorian-era homes that Raleigh boasts. Even if you're a native of the area, you're sure to learn something new.

LECTURE—A VERY BRITISH PROBLEM: **BREXIT 1945 TO 2021** **NOVEMBER 15 AND 16 AT 7 PM**

Auditorium

Anglophiles rejoice! Presenter Andrew O'Brien returns with a two-part lecture on Brexit. Born in England, O'Brien holds degrees from Oxford, London University, and Johns Hopkins. Since the end of the Second World War, Britain has struggled with this fundamental question: Is Britain European? One view is that Britain can only thrive if it becomes increasingly European. Others believe England can only succeed if it shifts to being less European. We'll explore how historical factors converged during the 2016 Brexit referendum and what it all means for the future of Britain and Europe.

VIRTUAL COOKING PARTY **NOVEMBER 17 AT 11:30 AM**

Via Zoom

Joanna Bell, Registered Dietitian, and Sous Chef, Karla Ladd, will lead us in making a Loaded Veggie Skillet. When you register in advance, Dining Services will deliver all the ingredients to your door. We'll then join a Zoom video call to cook together.

THANKSGIVING SERVICE **NOVEMBER 24 AT 10:30 AM**

Auditorium and Springmoor TV-1341

Springmoor's annual Thanksgiving Service is a time-honored tradition. We gather for a worship service to offer thanks for all of the gifts and blessing of this life. The offering will be designated to support the ministry of the Parktown Food Hub in Durham.

JUST A FEW PERENNIAL FAVORITES AT SPRINGMOOR

PARTICIPATING IN OUR LIFE WRITING WORKSHOP

A LITERARY PRESENTATION BY DR. ELLIOT ENGEL

CONNECTIONS DISCUSSION
GROUP WITH OUR CHAPLAINS

OUTINGS TO AREA RESTAURANTS

ATTENDING A PERFORMANCE OF LIVE MUSIC

OBTAINING ROUTINE HEALTHCARE ON CAMPUS—
NO TRAVEL REQUIRED!

PIZZA LUNCHEONS IN THE POOL BREEZEWAY

ART CLASSES IN MERAKI ARTS STUDIO

MOVIES IN OUR OWN UNIVERSITY THEATRE

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