

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, attend an exercise/aquatic class in our Pathways Wellness Center, or participate in one of the activities with an asterisk below. Current residents have priority for participation in all events and activities.

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!

## JANUARY HIGHLIGHTS

*"January is the month for dreaming."*

—JEAN HERSEY

Born in 1902, Jean Hersey was a prolific writer of articles for *Woman's Day* and various plant and gardening periodicals. She also wrote *The Shape of a Year* for home gardeners.



\*IF AN ACTIVITY IS MARKED WITH AN ASTERISK, IT IS OPEN TO WAITLIST MEMBERS, SPACE PERMITTING.

### RALEIGH TRAVEL SERIES: HISTORIC CHURCHES

JANUARY 3 & 24, DEPARTING AT 1:15 PM

*Transportation provided on the Springmoor bus*

This month's tour by local guide extraordinaire, Parker Call, features fascinating facts about the area's beautiful historic churches. Residents will take the Springmoor bus for this 1.5-hour excursion that is sure to include lots of laughter as we learn together.

### "DRESSING THE ABBEY" AT THE NC MUSEUM OF HISTORY

JANUARY 5, DEPARTING AT 9:15 AM

*Transportation provided on the Springmoor bus*

Fans of the wildly popular PBS series, *Downton Abbey*, will be excited to know that 35 original costumes worn by the stars are on display at the museum, located in downtown Raleigh. All ensembles are shown on mannequins and include accessories such as hats and jewelry. The exhibition includes outfits worn by both the aristocracy and the servants and demonstrates the progression of style from 1912 to 1927.

### RESIDENTS ASSOCIATION MEETING: LECTURE ON BITCOIN

JANUARY 10 AT 3 PM

*Auditorium & Springmoor TV-1341*

Residents Association President Peg Bedini will preside over the meeting, which features a talk by *New York Times* bestselling author Chris Brady. In his new book, *The Bitcoin Bride*, Brady explains this new technology in the form of a novel. If you're concerned about inflation and the devaluing of the dollar, you won't want to miss this interesting, straight-forward explanation of what Bitcoin is, why its invention was necessary, and what it means for you.

### SPRINGMOOR BRIDGE TOURNAMENT, ROUNDS 1, 2, AND 3

JANUARY 11, 18, & 25 AT 1 PM

*Carolina Room*

Residents were invited to enter their foursome in the tournament by January 7. In addition to being fun to play, bridge reinforces mathematical concepts and strengthens spatial reasoning.

### MINDFULNESS CLASS: TRANQUIL TUESDAYS\*

JANUARY 11 & 18 AT 2 PM

*Room 273-A*

Join us as we begin the New Year with the healthy habit of being more mindful! Mindfulness is simply paying attention, in the present moment, non-judgmentally. Chaplain Lori Higgins and Resident Outreach Coordinator Allison Weaver will teach this introductory class, in which we will explore basic mindfulness techniques and cultivate self-acceptance and gratitude.

### INTO AMERICA'S WILD, IMAX THEATRE, MARBLES MUSEUM

JANUARY 12, DEPARTING AT 9:15 AM

*Transportation provided on the Springmoor bus*

Step off the beaten path and connect to your inner trailblazer in this cross-country journey to some of the most beautiful but little-known landscapes of North America. From the wilds of Alaska and the lush coastline of Oregon, to the ancient canyons of the Southwest and the rolling hills of the Appalachian Trail, *Into America's Wild* is a non-stop ride via kayak, train, bike, hot air balloon, and more that explores the transformational allure of wild places and the human connection we all share with the natural world.

### SPRINGMOOR PRESENTS AN EVENING WITH THE FRED MOYER JAZZ TRIO\*

JANUARY 13 AT 7 PM

*Auditorium*

The only jazz group of its kind, the Fred Moyer Jazz Trio performs both its own improvisations and its note-for-note transcriptions of jazz trio performances of historic piano giants. Pianist Fred Moyer (along with the many bassists and drummers with whom he collaborates) transcribes every note of a legendary jazz performance. The trio then approaches the score as they would a classical work, retaining the notes and staying true to the style, but interpreting the music in their own way.

### OUT TO DINNER AT CASA CARBONE

JANUARY 19, DEPARTING AT 4:45 PM

*Transportation provided on the Springmoor bus*

Casa Carbone Ristorante offers a rich family tradition of authentic southern Italian specialties. Since 1984, co-owners Maria and Michael House have carried on the legacy of great food in a family atmosphere.

### SPRINGMOOR PRESENTS TABLE FIVE!\*

JANUARY 26 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. Their sound: female vocals, piano, trumpet/flugelhorn, upright bass, and drums.

### JUST A FEW PERENNIAL FAVORITES AT SPRINGMOOR

FUSED GLASS WEEK AT OUR MERAKI ARTS STUDIO

VESPERS ON SUNDAY EVENINGS\*

MOVIES AT OUR UNIVERSITY THEATRE\*

OUT TO LUNCH AT AN AREA RESTAURANT ON THE SPRINGMOOR BUS

DRUMMING FOR LIFE WITH LORRIE HOUZE\*

GROUP GROCERY STORE RUNS

FITNESS AND NUTRITION (FAN) CLUB MEETINGS

CONNECTIONS DISCUSSION GROUPS\*

BINGO

Follow us on Facebook.

Visit [Springmoor.org/contact](https://www.springmoor.org/contact) to sign up for our monthly e-Newsletter.



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