

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!

## MAY HIGHLIGHTS

*"When April steps aside for May, like diamonds all the raindrops glisten; fresh violets open every day; to some new bird each hour we listen."* -LUCY LARCOM

Born in 1824, Larcom was an American author and a teacher at Wheaton College. She co-founded *Rushlight Literary Magazine*.

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

### CINCO DE MAYO FIESTA LUNCHEON

MAY 5 AT 11:30 AM & 12:45 PM

*North Village Pool Breezeway*

We'll have two seatings for our Cinco de Mayo luncheon featuring a variety of delicious Mexican dishes. Local musician Jim Laing will provide us with festive music on piano keyboard.

### RESIDENTS ASSOCIATION MEETING FEATURING DRESS FOR SUCCESS

MAY 9 AT 3 PM

*Auditorium & SMTV 1341*

Heather Dennis, Executive Director for the Triangle affiliate of Dress for Success, will present on this nonprofit that has served more than 18,000 women in the Triangle since 2008. They provide a network of support, professional attire, and development tools to help women thrive in work and in life. Resident Association President, Peg Bedini, presiding.

### CHAPLAINS' MAY BOOK STUDY: NIGHT SONGS\*

MAY 10, 17, & 24 AT 3 PM

*South Village Gathering Room; Room 273A in North Village*

*Night Songs: Life in the Midst of Death* by the Rev. Phyllis Mayo is a compelling reflection on life, death, and spirituality. The book tells the death stories of 38 people. Each shares an uplifting thought, "even in the midst of death." The stories begin with the death of the author's friend before they started first grade and continue until the month before her retirement. Music lyrics are incorporated and describe the joys and challenges of life and life eternal. The founding Springmoor Chaplain, Phyllis is now a resident of our community.



### BIRD WATCHING AT BLUE JAY POINT COUNTY PARK

MAY 13, DEPARTING AT 9:30 AM

*Transportation provided on the Springmoor bus*

Blue Jay Point County Park is comprised of 236 acres in northern Wake County. Park staff offer a variety of educational opportunities, and a guide will provide residents with bird watching tips. Trails are paved with places to sit along the way.

### SPRING WALK AT HISTORIC OAKWOOD CEMETERY

MAY 14, DEPARTING AT 10 AM

*Transportation provided on the Springmoor bus*

For 150 years, this cemetery near downtown Raleigh has told the stories of families who formed our city, soldiers who honored our country, and people of today who chose to rest among the historic oaks. Many prominent city, state, and national leaders are buried on 72 beautifully landscaped acres with a variety of oaks, cedars, azaleas, dogwoods, and hollies. The Executive Director will offer us a guided walking tour, or you can explore the grounds on your own.

### VISIT TO OLD SALEM MUSEUMS & GARDEN, WINSTON-SALEM, NC

MAY 20, DEPARTING AT 7:45 AM

*Transportation provided on the Springmoor bus*

This historic site and museum combats food insecurity and explores the diverse cultural history of the early South. Special emphasis is placed on the Moravians, enslaved and free people of African descent, and Indigenous peoples of the Southern Woodland. Visitors can enjoy the Historic Town of Salem, the Museum of Early Southern Decorative Arts, and the Gardens at Old Salem.



### NATIONAL SENIOR HEALTH & FITNESS DAY®/2ND ANNUAL SCAVENGER HUNT WALK\*

MAY 25, WALK TO BE HELD FROM 11 AM TO 1 PM

*North Village Pool Breezeway*

We're celebrating National Senior Health & Fitness Day® with our 2nd Annual Scavenger Hunt Walk! Join us for this fun activity. Now entering its 29th year, this special day promotes the importance of regular physical activity and spotlights how local groups work to improve the health of older adults. Over 100,000 seniors will participate in events at 1,000+ locations in the US.

### OUT TO DINNER AT IRREGARDLESS CAFÉ

MAY 25, DEPARTING AT 4 PM

*Transportation provided on the Springmoor bus*

A Raleigh institution, Irregardless has offered an award-winning and inclusive dining experience since 1975. The café offers exceptional farm-to-table meals sourced from local farms.

### VISIT TO J.C. RAULSTON ARBORETUM

MAY 27, DEPARTING AT 9 AM

*Transportation provided on the Springmoor bus*

With first plantings made in 1976, the Arboretum has grown to 10.5 acres and achieved international recognition for its imaginative use of resources and the excellence of its plant collections. Landscaped areas include a Rose Garden, Asian Valley, Swindell Contemplation Garden, and numerous other plant collections. A living lab for students and faculty at NCSU, the arboretum is also a resource for the public and professionals in the green industry.



## JUST A FEW PERENNIAL FAVORITES AT SPRINGMOOR

RALEIGH TRAVEL SERIES WITH PARKER CALL

OUT TO LUNCH AT AREA RESTAURANTS ON THE SPRINGMOOR BUS

SUNDAY VESPERS\*

PUTTING ON THE SPRINGMOOR GREEN\*

GROUP GROCERY RUNS

LECTURES IN THE AUDITORIUM

LIVE MUSIC OF ALL TYPES ON CAMPUS\*

GETTING A MASSAGE AT PATHWAYS WELLNESS CENTER

CATCHING A MOVIE ON CAMPUS AT UNIVERSITY THEATRE\*

Follow us on Facebook.

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

