

*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!

## JUNE HIGHLIGHTS

*"I wonder what it would be like to live in a world where it was always June."*

-LUCY MAUD MONTGOMERY

Born in 1874, Lucy Maud Montgomery was a Canadian author best known for writing *Anne of Green Gables*.

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



### VISIT TO SANDHILLS HORTICULTURAL GARDENS, PINEHURST, NC

JUNE 6, DEPARTING AT 8:30 AM

*Transportation provided on the Springmoor bus*

We'll have a guided tour of the gardens and time to explore on our own before lunch at The Ironwood. Sandhills Community College horticultural students maintain the gardens, and features include: Ebersol Holly Collection, Sir Walter Raleigh Garden (a 1.5-acre formal English garden), & Desmond Native Wetland Trail Garden.

### SPRINGMOOR PRESENTS: "WHALES IN NORTH CAROLINA"\*

JUNE 9 AT 1 PM

*Auditorium*

Keith Rittmaster, the Natural Science Curator at the NC Maritime Museum in Beaufort, will be our speaker. Thirty-four species of whales, dolphins, and porpoises have been documented in the waters off North Carolina. With slides and hands-on items like bones, Mr. Rittmaster will provide an overview of the species he encounters through his work, as well as conservation issues they face.

### OUT TO LUNCH AT ST. JACQUES, GIBSONVILLE, NC

JUNE 10, DEPARTING AT 10:15 AM

*Transportation provided on the Springmoor bus*

Dining at the AAA Four Diamond-rated Saint Jacques restaurant at Burke Manor Inn will make you feel transported to the French countryside. Originally from France, the chef and innkeeper Lil Lacassagne and his wife Lori create authentic French cuisine. Our preset menu will include Quiche Lorraine and Crème Brûlée.

### RALEIGH TRAVEL SERIES WITH PARKER CALL

JUNE 13 & JUNE 27, DEPARTING AT 1:15 PM

*Transportation provided on the Springmoor bus*

This month we're offering two Raleigh adventures with renowned local tour guide Parker Call. A tour of the area's modern architecture will be offered on 6/13. On 6/27, join us for a "Getting to Know Raleigh" tour that newcomers will find particularly helpful. Both excursions last from 1 to 1.5 hours.

### RESIDENTS ASSOCIATION MEETING WITH GUEST SPEAKERS FROM THE K9 UNIT OF THE RALEIGH POLICE DEPARTMENT

JUNE 13 AT 3 PM

*Auditorium & Springmoor TV 1341*

Several members of the K9 Unit of the RPD will join us for this month's meeting. Since 1983, four-legged partners have helped keep Raleigh safe. Breeds common to police work, such as German Shepherds, Belgian Malinois, and Labrador Retrievers, are trained to perform a wide variety of tasks. They help police track criminals and missing persons, locate discarded evidence, search buildings for hidden suspects, detect narcotic and explosive odors, and apprehend suspects on command. President, Peg Bedini, presiding.

### FAN (FOOD & NUTRITION) CLUB MEETING: "FOOD IS MEDICINE"\*

JUNE 22 AT 1:30 PM

*Auditorium*

Benjamin Battle, Springmoor's Dining Services General Manager, will share his passion and philosophy regarding food as medicine. Enjoy learning fun facts about food and its nutritional properties!

### DR. ELLIOT ENGEL: "THE OVERBEARING BRILLIANCE OF FRANK LLOYD WRIGHT"

JUNE 24 AT 2 PM

*Auditorium*

Dr. Elliot Engel is back with another entertaining and enlightening presentation on a great master of culture and fine art. We'll learn about the unique talents of Frank Lloyd Wright, American architect, designer, writer, and educator. Dr. Engel earned his MA and PhD as a Woodrow Wilson Fellow at UCLA and has taught at UNC, NCSU, and Duke.

### SPRINGMOOR PRESENTS: "BRITISH LIFE DURING WWII: THE BATTLE OF BRITAIN THROUGH CHURCHILL'S EYES"

JUNE 27 & 28 AT 7 PM

*Auditorium*

Andrew O'Brien will provide this two-part lecture. We'll explore Britain's struggle for survival from May 1940 (the fall of France) to June 1941 (the start of the war in Russia). Mr. O'Brien will focus on the Blitz on London, German intelligence failures, and the role of the British Air Force in heading off a German invasion. Born in England, Mr. O'Brien holds degrees from Oxford, London University, and Johns Hopkins.

### THE RALEIGH RINGERS\*

JUNE 30 AT 7 PM

*Auditorium*

An internationally acclaimed community hand bell choir based in Raleigh, the group has been dazzling audiences with unique interpretations of sacred, secular, and popular music since 1990.

## JUST A FEW PERENNIAL FAVORITES AT SPRINGMOOR

TRIPS TO THE STATE FARMERS MARKET

SHOPPING AT TANGER OUTLETS IN MEBANE, NC

VISITS FROM TWO ROOSTERS ICE CREAM\*

CROQUET ON THE SOUTH VILLAGE  
DINING ROOM LAWN\*

HOT DOG PARTIES (WITH ALL THE FIXIN'S!)

CHAPLAINS' MONDAY MOVIE MATINEE\*

CONCERTS BY CASABLANCA ORCHESTRA\*

DRUMMING FOR LIFE WITH LORRIE HOUZE\*

PERFORMANCES BY THE BLOOMSBURY BOYS\*

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