



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!



WAITLIST MEMBERS  
may participate with  
residents in these  
activities this month!

## AUGUST HIGHLIGHTS

### OPEN TO OUR WAITLIST

#### SPECIAL THIS MONTH

##### CAPITAL TRANSIT JAZZ ENSEMBLE

THURS., AUGUST 18 AT 7 PM

##### Auditorium

If you like jazz, you don't want to miss this performance. This energetic five-person ensemble will have you tapping your toes.

##### BLOOMSBURY BOYS

SAT., AUGUST 20 AT 7 PM

##### Auditorium

Springmoor presents a new variety show one Saturday per month. Our feature in August is bluegrass by the Bloomsbury Boys.

##### ICE CREAM SANDWICH SOCIAL

WED., AUGUST 31 AT 2:30 PM

##### South Village Terrace Room

Come enjoy a refreshing treat and stave off the dog days of summer!

*Visiting our campus for an event or activity allows you to confirm that Springmoor is the best fit for you. Get to know current residents before you move in!*

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



#### WELLNESS ACTIVITIES

We offer dozens of exercise and aquatic classes on an ongoing basis, as well as special fitness-related events and activities. Activities open to waitlist members usually take place in the Pathways Wellness Center but may be held elsewhere on campus.

Please contact Kari Richie, Director of Health & Fitness at [Kari.Richie@springmoor.org](mailto:Kari.Richie@springmoor.org) or 919-848-7157 to make a reservation to participate.

Join us for Tai Chi Flow

Beat the heat in an Aqua Challenge class

Meet current residents while line dancing

Take advantage of one of our yoga classes

Participate in a Total Body Strength class



#### PERENNIAL FAVORITES

Each month residents have the opportunity to participate in a wide range of special events and activities, as well as activities that occur on a regular basis.

Please contact our Marketing Department at 919-848-7080 to receive details and confirm your participation in one of the activities below.

Book Clubs coordinated by the Library Committee

Concerts by Casablanca Orchestra

Life Writing Workshop with Dr. James Clark

Putting on the Springmoor Green

Resident-led Sunday School



#### SPRINGMOOR RESIDENTS ARE ENJOYING THESE SPECIAL ACTIVITIES (& MORE!) IN AUGUST

HUNT LIBRARY TOUR AT NCSU

OUT-TO-LUNCH AT VIVO RISTORANTE

VISIT TO THE NC MUSEUM  
OF NATURAL SCIENCES

DUPLIN WINERY TOUR & LUNCH AT  
DUPLIN WINERY BISTRO  
IN ROSE HILL, NC

NATIONAL TOURING COMPANY PRESENTS  
HARRY & BESS TRUMAN

#### PLEASE NOTE:

These activities are open **only** to current residents. We include them here so waitlist participants are aware of the kinds of activities Springmoor offers on a regular basis. Current members of our community have priority for participation in all events and activities.

Follow us on Facebook.

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

