



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!

OCTOBER HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

FALL HEALTH & WELLNESS FAIR

THURS., OCTOBER 6 FROM 11 AM UNTIL 3 PM

North Village Auditorium & Great Room

Join us for a fun day of health screenings, helpful information, prizes and giveaways, and more!

LECTURE ON THE CUBAN MISSILE CRISIS

SAT., OCTOBER 22 AT 10:30 AM

Auditorium

Springmoor resident Julia McCullers will share her experiences as a young Navy wife during those tense days in 1962. She and her husband, Navy Lt. Earl McCullers, were stationed at Guantanamo Bay, Cuba at the time of the crisis. Julia has a BA and MA from Duke University and taught an OLLI course on this subject.

FALL PORCH MUSIC SERIES & PUMPKIN FEST!

SAT., OCTOBER 22 AT 2 PM

South Village Dining Lawn

Embrace the harvest season with pumpkin breads and desserts and buy a pumpkin. Enjoy the sounds of the Bloomsbury Boys, Raleigh's oldest string band.

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 or 919-848-7147 to make a reservation to participate.

Come for a Fall Walk at Green Hills County Park (10/3/22)

Get a jump on your day with an early morning Aqua Challenge class

Join us for a Move with Ease class

Meet current residents in a Tai Chi Form class

Get your heart rate up in our Cardio Challenge 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.

A game of ping pong

Chaplains' Monday Movie Matinee for September—Thirteen Lives (10/3/22)

Ladies Fiber Crafts Chat & Sew (10/25/22)

Monthly Variety Show featuring the Bloomsbury Boys performing Elvis tunes & other oldies (10/29/22)

Free swim in our saltwater pool

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

OUTING TO CAROLINA TIGER RESCUE
PITTSBORO, NC

SPECIAL SERVICE:
BLESSING OF THE ANIMALS

SISTER ACT AT DUKE ENERGY CENTER

RALEIGH TRAVEL SERIES WITH GUIDE
PARKER CALL: GHOSTS & CEMETERIES TOUR

HALLOWEEN-THEMED MEAL &
COSTUME CONTEST

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 to sign up for our monthly e-Newsletter.

