



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!

SEPTEMBER HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

NATIONAL GRANDPARENTS DAY CELEBRATION
SUN., SEPTEMBER 11 FROM 11:30 AM UNTIL 1:30 PM

North & South Village Dining Rooms

Come enjoy a lemonade bar and delicious cake in honor of grandparents everywhere.

OAK CITY SOUND
MON., SEPTEMBER 26 AT 7 PM

Auditorium

Springmoor is delighted to welcome North Carolina's premier vocal a cappella collective to our campus. As the Research Triangle Park chapter of the Barbershop Harmony Society, the group performs in a variety of musical styles, including choral, barbershop, doo-wop, and contemporary a cappella.

HAPPY FALL, Y'ALL PARTY!
THURS., SEPTEMBER 29 FROM 2:30 PM UNTIL 4 PM

South Village Dining Room Lawn & Stage

Join us for games, fall foods, music by Adult Supervision, and other treats.

*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 919-848-7157 to make a reservation to participate.

Join us for Meditative Yoga

Get moving in an All 4 Fitness class

Meet current residents in a Balance Challenge class

Get your heart rate up in one of our cardio classes

Reserve a time to swim in our salt water pool



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 bridge

Fitness and Nutrition (FAN) Club Meetings

Chaplains' Monday Movie Matinee for September—*The Most Reluctant Convert: The Untold Story of C. S. Lewis*

Shuffleboard on the Pool Breezeway

Parkinson's Support Group

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

FALL WALKS TO JOYNER PARK &
WILKERSON NATURE PRESERVE

LABOR DAY PICNIC LUNCH

END-OF-SUMMER TEA LUNCHEON/GALA

LECTURE BY DR. ELLIOT ENGEL: *THE RISE &
FALL OF F. SCOTT FITZGERALD*

TRIP TO SANFORD: LUNCH AT MRS. LACY'S
MAGNOLIA HOUSE, FOLLOWED BY THE SHOW
BEEHIVE AT THE TEMPLE THEATER

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.

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for our monthly e-Newsletter.

