



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!

NOVEMBER HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

LECTURE ON DEMENTIA: DISCUSSION & DISCOVERIES
THURS., NOVEMBER 3 FROM 9 AM UNTIL NOON

Auditorium

Our speaker is Rosanne Tiller, MD, Assistant Professor of Medicine in the Division of Geriatrics at UNC-Chapel Hill. Dr. Tiller's passion is continuity of care for medically complex older adults and supporting their caregivers.

"GRAND OLD FLAG" WITH MUSICIAN LUKE LOWE
FRI., NOVEMBER 11 AT 2 PM

Auditorium

In recognition of Veterans Day, Springmoor presents "Grand Old Flag." This patriotic program features American history, popular songs and recognition of audience members who have served our country.

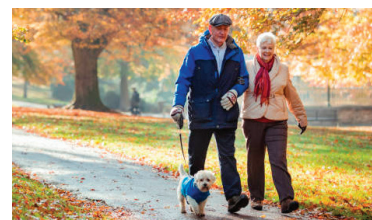
FRED MOYER IN CONCERT—TWO NIGHTS!
TUES., NOV. 15 AT 7 PM & THURS., NOV. 17 AT 7 PM

Auditorium

Join us on 11/15 for an evening with world-renowned pianist Fred Moyer performing solo. On 11/17, we welcome the Fred Moyer Jazz Trio performing note-for-note transcriptions of past great jazz trio performances.

*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.

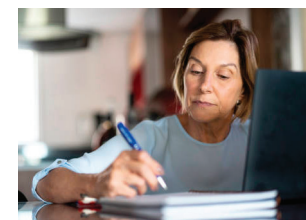
Drumming for Life with Lorrie Houze (11/9/22)

FAN Club Meeting: Bone Health Seminar (11/14/22)
Presenter: Catherine Sweeney, PA-C, CCD, Emerge Ortho

Get moving in a Cardio & Core class

Meet current residents in a Chair Yoga class

Join us for an Aqua Basic 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.

Life Writing Workshop with Dr. James Clark (11/3/22)

Connections Discussion Group (11/3/22 & 11/17/22)

Chaplains' Monday Movie Matinee—Queen Bees (11/7/22)

Vespers Service, every Sunday at 7 pm, Auditorium

Putting on the Springmoor Green

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

OUTING TO NC POTTERY CENTER
SEAGROVE, NC

RALEIGH TRAVEL SERIES WITH
PARKER CALL: VICTORIAN HOMES TOUR

OUT-TO-LUNCH:
POPPYSEED MARKET CAFE & WINE BAR

FUSED GLASS WEEK IN
MERAKI ARTS STUDIO

ANNUAL THANKSGIVING WORSHIP SERVICE

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.

