



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!

## FEBRUARY HIGHLIGHTS

### OPEN TO OUR WAITLIST

#### SPECIAL THIS MONTH

CAROLINA HARMONY CHORUS

TUES., FEBRUARY 7 AT 7 PM

Auditorium

This award-winning chorus performs across the Triangle, and their repertoire ranges from traditional barbershop ballads to jazz, pop, and rock and roll. Come out to hear them sing women's four-part a cappella harmony.

SUPER BOWL PARTY

SUN., FEB. 12 AT 6:30 PM

Auditorium

The game will be on in two locations in both North & South Village, and refreshments will be served. Get to know current residents as you enjoy watching Super Bowl LVII, which will be played at State Farm Stadium in Glendale, Arizona.

MARDI GRAS VARIETY SHOW

SAT., FEB. 18 AT 7 PM

Auditorium

Laissez le bon temps rouler! The Bloomsbury Boys will help us "let the good times roll" as we celebrate with the festive and upbeat music associated with Mardi Gras.

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

Get your heart rate up with Drumming for Life (2/8/23)

Winter Wonderland with Legacy Healthcare Services:  
Hot Cocoa & Balance Screenings (2/9/23 & 2/15/23)

Join us for a FAN (Fitness & Nutrition Club) Lunch & Learn: *The Power of Protein* (2/21/23)

Schedule a swim in our salt water pool

Get to know current residents in a yoga 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.

Dementia Support Group (2/15/23)

Textile Crafters Gathering (2/28/23)

Our Putting Green

Ping Pong

Sunday Vespers

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

TRIP TO PITTSBORO ART GALLERY IN PITTSBORO, NC, FOLLOWED BY LUNCH AT S & T SODA SHOPPE

OUT-TO-DINNER AT NANTUCKET  
GRILLE IN RALEIGH

RALEIGH TRAVEL SERIES WITH EXPERT TOUR  
GUIDE PARKER CALL: LOVE STORIES & SCANDALS

OUTING TO SEE *DREAM GIRLS* AT  
NORTH CAROLINA THEATRE

EXCURSION TO TEMPLE THEATRE IN SANFORD, NC FOR *LADY DAY AT EMERSON'S BAR & GRILL*, PRECEDED BY LUNCH AT DAVISON'S STEAK HOUSE

#### 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.

