



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!

MARCH HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

CAROLINE GREGORY

THURS., MARCH 16 AT 7 PM

Auditorium

Skilled in multiple styles and genres of music, Caroline sings a wide variety of oldies, standards, big band, pop, country, blues, and jazz. Her special passion is singing the golden classic songs of yesteryear.

BLOOMSBURY SISTERS GOSPEL TRIO

SAT., MARCH 25 AT 7 PM

Auditorium

Springmoor offers residents many opportunities to enjoy live music in a variety of genres. Once per month, we present a variety show, and this month we're featuring this delightful gospel trio.

LENTEN STUDY: FINDING JESUS IN THE PSALMS

HELD WEEKLY THROUGHOUT MARCH

Locations in North and South Village

Join our Chaplains to study *Finding Jesus in the Psalms* by Barb Roose. Combining an interpretation of the psalms with real-life stories, the book includes reflections on the original context of the writings.

*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.

**FAN (Fitness & Nutrition) Club Meeting:
Flexibility and Mobility! (3/21/23)**

Health Seminar: Hydration and UTIs (3/23/23)

Spring Walk at Lake Lynn (3/25/23)

Join us for an Aqua Challenge class

Make new friends in a Chair 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.

Connections Discussion Group (3/2/23 & 3/16/23)

Painting on Saturdays (3/4/23, 3/11/23, 3/25/23)

Chaplains' Monday Movie Matinee—*The Kindness of Strangers* (3/6/23)

Croquet on the South Village Dining Room Lawn

Movies at our University Theatre

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

A MORNING AT THE NC HISTORY MUSEUM
IN DOWNTOWN RALEIGH TO VIEW EXHIBITIONS
ABOUT NC VETERANS AND MORE

LECTURE BY DR. ELLIOT ENGEL ON
QUEEN VICTORIA AND THE VICTORIAN NOVEL

FUSED GLASS WEEK IN OUR MERAKI ARTS STUDIO

PIZZA PARTY CATERED BY MILTON'S
IN OUR AUDITORIUM

TRIP TO THE NASHER MUSEUM OF ART IN
DURHAM, NC FOR A GUIDED TOUR OF
SPIRIT IN THE LAND

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.

