



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!

APRIL HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

OAK CITY SOUND
MON., APRIL 3 AT 7:15 PM

Auditorium

Oak City Sound boasts a delightful repertoire of musical styles, including doo-wop, choral, barbershop, and contemporary a capella. Don't miss their top-notch performance of popular songs from the '60s to the present.

THE BLUE NOTES DIXIELAND JAZZ BAND
TUES., APRIL 11 AT 7:15 PM

Auditorium

Along with an authentic New Orleans Dixieland sound, the Blue Notes deliver dynamic energy and contagious fun. The band includes clarinet, trumpet, trombone, tenor sax, piano, banjo, drums, and string bass.

PEPPER CHOPLIN
THURS., APRIL 13 AT 7:00 PM

Auditorium

A full-time composer, conductor, and humorist, Pepper has sold several million copies of his work. He incorporates folk, gospel, classical, and jazz into choral music and moves audiences with his humor and powerful ballads.

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. Activities open to waitlist members usually take place in the Pathways Wellness Center but may be held elsewhere.

Please contact Kari Richie, Director of Health & Fitness at Kari.Richie@springmoor.org or 919-848-7147 to make a reservation to participate.

Parkinson's Foundation Webinar: "A Balancing Act—Freezing & Fall Prevention" (4/12/23)

Drumming for Life (4/12/23)

FAN (Fitness & Nutrition) Club Meeting: "Nutrition & Apps" (4/18/23)

Meet current residents in a Total Body Strength class

Join us for a Tai Chi 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.

Chaplains' Monday Movie Matinee—Jesus Christ Superstar (4/3/23)

Putting on the Springmoor Green (4/3/23 & 4/16/23)

Shuffleboard on the Pool Breezeway (4/5/23, 4/12/23, 4/19/23, & 4/26/23)

Life Writing Workshop (4/6/23)

Bridge & Canasta

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

RALEIGH TRAVEL SERIES WITH PARKER CALL: "THE CIVIL WAR YEARS IN RALEIGH"

OUT-TO-DINNER AT IRREGARDLESS RESTAURANT IN RALEIGH

DAY TRIP TO OLD SALEM MUSEUMS & GARDENS IN WINSTON-SALEM, NC

EXCURSION TO TEMPLE THEATRE IN SANFORD, NC FOR *ALL SHOOK UP*, PRECEDED BY LUNCH AT DAVISON'S STEAK HOUSE

OUTING TO NC THEATRE TO SEE *THE COLOR PURPLE*

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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