



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!

MAY HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

ICE CREAM SOCIAL WITH LIVE MUSIC!

MON., MAY 1 AT 2:30 PM

South Village Outdoor Stage

You don't want to miss this fun event. Please join us for exceptional ice cream catered by Two Roosters. Adult Supervision, a local band that plays classic rock from the 50s–70s will be sure to get your feet tapping.

CAROLINE GREGORY

THURS., MAY 25 AT 7:00 PM

Auditorium

Caroline sings a wide variety of music, including oldies, big band, pop, country, blues, and jazz. Her special passion is singing the golden classic songs of yesteryear.

SPRINGMOOR SINGERS & SPRINGMOOR RINGERS

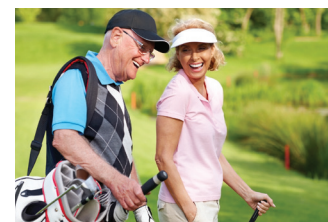
TUES., MAY 30 AT 3:00 PM

Auditorium

The Rev. Rick Carter leads the Singers, and Springmoor resident Janet Carter directs the Ringers. You're sure to enjoy this spirited concert by the members of our very own community!

*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.

Connections Discussion Group (5/4/23 & 5/18/23)

FAN (Fitness & Nutrition) Club Meeting: "Mobility & Independence" (5/16/23)

Dementia Support Group (5/17/23—3rd Wednesday of each month at 3 pm)

Get your heart rate up in a Cardio Challenge Class

Make new friends in Posture & Strength 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.

Ping Pong

Porch Music Series with Refreshments on Saturdays

**Chaplains' Monday Movie Matinee—
20th Century Women (5/15/23)**

Weekly Communion & Mass in the Chapel

Taking a Walk around Our Beautiful 43-Acre Campus

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

LECTURE BY DR. ELLIOT ENGEL:
HOW WILLIAM BECAME SHAKESPEARE

TOUR OF THE J.C. RAULSTON ARBORETUM
IN RALEIGH

DAY TRIP TO BEAUFORT, NC, INCLUDING
VISITS TO BONEHENGE WHALE CENTER &
THE NC MARITIME MUSEUM

EXCURSION TO A DURHAM BULLS
BASEBALL GAME

DAY TRIP TO LEXINGTON, NC
WITH LUNCH AT LEXINGTON BBQ

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 to sign up
for our monthly e-Newsletter.

