



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!

## JUNE HIGHLIGHTS

### OPEN TO OUR WAITLIST

### SPECIAL THIS MONTH

**THE RALEIGH RINGERS**  
MON., JUNE 5 AT 7:00 PM

*Auditorium*

Founded in 1990, the Raleigh Ringers is an internationally acclaimed community handbell choir. They dazzle audiences with their unique interpretations of sacred, secular, and popular music.

**MID-CENTURY MELODIES WITH KEN LELEN**  
TUES., JUNE 20 AT 7:00 PM

*Auditorium*

Ken Lelen sings great American ragtime, jazz, swing, and pop tunes and plays vintage acoustic guitars for an authentic, back-in-the day sound. Don't miss Ken's nimble guitar work and ebullient vocals.

**CASABLANCA ORCHESTRA**  
THURS., JUNE 22 AT 7:00 PM

*Auditorium*

This 18-piece big band features the area's best musicians. Their repertoire of more than 300 songs includes swing, Dixieland, jazz, Latin, and blues standards from the '40s to today, as well as many Beach and Motown tunes. Join us!

*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.

**NEW!** *The Springmoor Ringers, our resident-led handbell choir, is now open to waitlist members. Call Janet Carter at 919.306.4476 for more information about how you can get involved.*



### 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](mailto:Kari.Richie@springmoor.org) or 919-848-7147 to make a reservation to participate.

**Parkinson's Support Group (6/19/23)**

**FAN (Fitness & Nutrition) Club Meeting: *The Great Courses—Nutrition Made Clear* (6/20/23)**

**Make a reservation to swim in our salt water pool**

**Meet current residents in a Move with Ease Class**

**Join us for Pickleball**



### 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—*Champions* with Woody Harrelson (6/5/23)**

**Textile Crafters Gathering (6/12/23 & 6/27/23)**

**Enjoying live music in our auditorium**

**Playing duplicate bridge**

**Sunday Vespers**

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

SHOPPING AT TANGER OUTLETS IN  
MEBANE, NC

OUT-TO-LUNCH AT KANKI JAPANESE HOUSE  
OF STEAKS & SUSHI

SUMMER DINNER GALA

DAY TRIP TO THE CHATHAM COUNTY  
HISTORICAL MUSEUM IN PITTSBORO, NC,  
FOLLOWED BY LUNCH AT S & T SODA SHOPPE

SONOCO RECYCLING CENTER TOUR

#### 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.

