



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!

AUGUST HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

MONTHLY VARIETY SHOW
SAT., AUGUST 12 AT 7:00 PM

Auditorium

This month's variety show features The Sisters Three. Join us for a spirited performance.

MARVIN SCOTT, LYRIC TENOR & ROBERT ROCCO, PIANIST
MON., AUGUST 14 AT 7:00 PM

Auditorium

Since 2010, Marvin Scott has been a member of the permanent ensemble of the Theater Nordhausen in Thuringia, Germany. His many performances include leading and supporting roles in musicals, operas, and operettas. Robert Rocco, pianist and harpsichordist, holds degrees from Carnegie Mellon and Yale University. There will be a reception with the artists following the show.

SPRINGMOOR SINGERS & SPRINGMOOR RINGERS
TUES., AUGUST 22 AT 3:00 PM

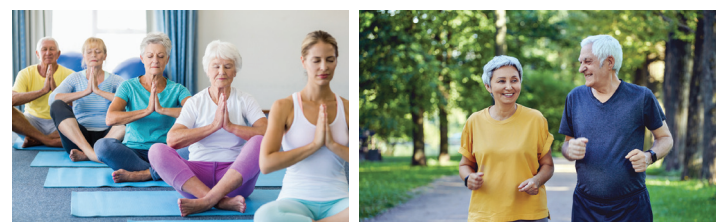
Auditorium

Springmoor presents a performance by our very own Springmoor Singers and Springmoor Ringers! The Rev. Rick Carter and resident Janet Carter direct the groups.

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

Chaplains Summer Book Study: *The Wisdom of Morrie*
(8/1 & 8/8 or 8/3 & 8/10; this book study began in July)

Sign up to use the exercise equipment at our Pathways Wellness Center

Schedule a swim in our indoor, saltwater pool

Get to know current residents by attending a cardio class

Join us for Tai Chi form



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.

Shuffleboard on the Pool Breezeway (8/2, 8/9, & 8/16)

Chaplains' Monday Movie Matinee—*Chevalier* (8/7/23)

Men's Coffee and Fellowship (8/11/23)

Saturday Painting Group (8/5, 8/12, 8/19, & 8/26)

Playing bridge

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

OUT-TO-DINNER AT
GONZA TACOS & TEQUILA

VISIT TO THE NASHER ART
MUSEUM IN DURHAM

EXCURSION TO THE
WAKE FOREST HISTORICAL MUSEUM,
FOLLOWED BY LUNCH

TRIP TO DPAC IN DURHAM TO SEE *WICKED*

LADIES ONLY SUMMER TEA

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.

