



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!

## SEPTEMBER HIGHLIGHTS OPEN TO OUR WAITLIST

### SPECIAL THIS MONTH

**RISE AGAINST HUNGER MEAL PACKAGING EVENT**  
FRI., SEPTEMBER 15 FROM 10 AM TO 2 PM

*Great Room*

To date, Springmoor has helped provide more than 420,000 meals for families in crisis. We invite you to help us reach our 2023 goal of raising \$20,000 and packaging 30,000 meals. Contact Rev. Lori Higgins at [Lori.Higgins@Springmoor.org](mailto:Lori.Higgins@Springmoor.org) to donate or volunteer.

**OAK CITY SOUND (FORMERLY THE GENERAL ASSEMBLY)**  
MON., SEPTEMBER 18 AT 7:00 PM

*Auditorium*

Oak City Sound is North Carolina's premiere men's chorus. Musical styles include choral, doo-wop, barbershop, and contemporary a capella. Don't miss this lively group's renditions of songs from the '60s to today.

**CAROLINA CLARINET**  
THURS., SEPTEMBER 21 AT 7:00 PM

*Auditorium*

Brent Smith and Jim Williams founded this group in 2001. Richard Dryer and Shirley Violand-Jones are the two other members, and together these talented musicians have many decades of expertise composing, arranging, and performing.

*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.

**INDOOR YARD SALE!**  
Join us Wed., September 6 from 9 am to 5 pm in our auditorium. Proceeds will benefit the Springmoor Endowment Fund. A wide variety of items will be offered, from jewelry and purses to linens and holiday items. Come browse!



### 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.

**Chaplains' Connections Discussion Group (9/7 & 9/21)**

Join us for a Fall Walk: Green Hills County Park (9/9); Forest Ridge (9/12); Crowder Park (9/19); and Annie Louise Wilkerson Nature Preserve (9/30)

**Drumming for Life (9/13)**

**Health Seminar: Medical Orders for Scope of Treatment (MOST) Forms with nurse Lexie Dillon (9/16, 9/20, & 9/28)**

**Meet current residents at a Strength & Balance 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.

**Croquet on the South Village Dining Room Lawn (9/2, 9/16, & 9/23)**

**Men's Coffee and Fellowship (9/14)**

**Chaplains' Monday Movie Matinee—*The Beautiful Fantastic* (9/18)**

**Playing a game of ping pong**

**Attending Sunday Vespers**

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

EXCURSION TO THE NORTH CAROLINA BASEBALL MUSEUM IN WILSON, NC, FOLLOWED BY LUNCH AT PARKER'S BBQ

TOUR OF J.C. RAULSTON ARBORETUM

*L. FRANK BAUM AND THE WIZARD OF OZ*, A LECTURE BY DR. ELLIOT ENGEL

OUT TO LUNCH AT AAA FOUR DIAMOND-RATED ST. JACQUES IN BURKE MANOR INN, GIBSONVILLE, NC

TRIP TO PITTSBORO, NC FOR LUNCH AT S&T SODA SHOPPE, FOLLOWED BY A TOUR OF THE HAVOC BREWING COMPANY

#### 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](http://Springmoor.org/contact) to sign up for our monthly e-Newsletter.

