



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!

NOVEMBER HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

ROBERT BUXTON, PIANIST
THURS., NOVEMBER 9 AT 7:00 PM

Auditorium

Robert Buxton brings music from the past to life for people of today. He has performed as a soloist and chamber musician at Carnegie Hall and the Lincoln Center. He also travels internationally to share his gifts.

FALL SINGERS & RINGERS
TUES., NOVEMBER 14 AT 3:00 PM

Auditorium

You don't want to miss this performance by our talented residents! Our voice choir will provide Thanksgiving, inspirational, and popular music. Our handbell choir will offer their renditions of seasonal favorites.

SPRINGMOOR PRESENTS THE RALEIGH RINGERS
THURS., NOVEMBER 30 AT 7:00 PM

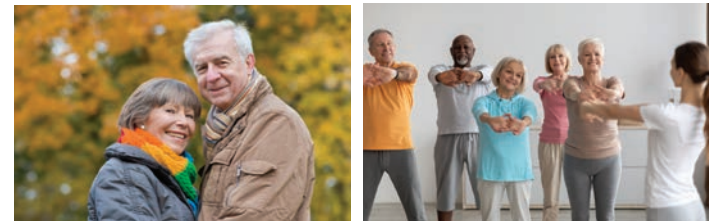
Auditorium

This internationally acclaimed, advanced community handbell choir based in Raleigh will delight us with fresh, contemporary takes on holiday classics. The group has just released their eighth CD, which features both secular and religious holiday tunes.

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.

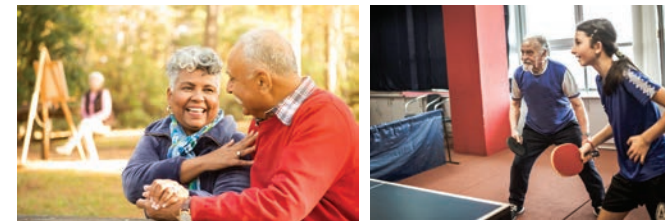
Shuffleboard on the Pool Breezeway (11/1, 11/8, 11/15, & 11/22)

Join us for a Fall Walk: Blue Jay Point County Park (11/4); Joyner Park in Wake Forest (11/14)

Grief Support Group (11/14, 11/21, & 11/28)

Advent Book Study (Multi-Week Program Starts 11/29)

Get your heart rate up at an All 4 Fitness 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.

Come Paint with Us in Our Meraki Arts Studio! (11/4, 11/11, & 11/25)

Croquet on the South Village Dining Room Lawn (11/4 & 11/18)

Chaplains' Monday Movie Matinee—*Happiness for Beginners* (11/6)

Join Us for Canasta (11/10, 11/17, & 11/24)

Ping Pong on Fridays and Wednesdays

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

TRIP TO DANVILLE CASINO IN VIRGINIA, FOLLOWED BY LUNCH AT JOE & MIMMA'S ITALIAN EATERY

SHOPPING AT TANGER OUTLETS IN MEBANE, NC

LUNCH AT MRS. LACY'S MAGNOLIA HOUSE, FOLLOWED BY *A CHRISTMAS STORY* AT TEMPLE THEATRE IN SANFORD, NC

THE BRILLIANT & BIZARRE BRONTE SISTERS, A LECTURE BY DR. ELLIOT ENGEL

EXCURSION TO AYDEN, NC FOR BBQ AT BUM'S RESTAURANT & A TOUR OF SIMPLY NATURAL CREAMERY

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.

