



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!

JANUARY HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

HEALTHY AGING DISCUSSION GROUP

WED., JANUARY 3 & WED., JANUARY 31 AT 2:00 PM

South Village Gathering Room

What does healthy aging mean to you? How can we support you at Springmoor? Come with your thoughts, ideas, questions, and personal experiences, and we will explore this topic together. Facilitated by Sue Koehler, Resident Outreach Coordinator, and Pathways Wellness.

GAME TIME WITH LEGACY HEALTHCARE SERVICES

FRI., JANUARY 5 AT 1:30 PM

North Village Great Room

Join your wellness and therapy (physical, occupational, and speech) team for an hour of fun and games with Taboo and Phase 10. Refreshments will be provided.

JD GOODTIME BAND

THURS., JANUARY 11 AT 7:00 PM

Auditorium

The JD Goodtime Band is a trio specializing in singalong tunes. They play favorites from the '50s-'80s, as well as some older standards from the American Songbook. They invite the crowd to sing (and dance!) as they play.

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.

Please contact Kari Richie, Pathways Wellness Director, at Kari.Richie@springmoor.org or 919-848-7147 to make a reservation to participate.

Changes Discussion Group Facilitated by Springmoor Chaplains and Social Workers (1/9 at 2 pm)

Health Talk on Low Vision by Legacy's Occupational Therapist (1/17 at 11 am)

FAN (Food & Nutrition) Club Lunch & Learn: Popular Diets & Eating Patterns (1/29 at 12:30 pm with Sodexo Dietitian, Marnie Stober, MS, RD/LDN)

Improve your balance in a yoga or tai chi class

Connect with current residents in a cardio 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.

Open Studio Painting (1/6, 1/13, 1/20, & 1/27 at 1:30 pm)

Chaplains' Monday Movie Matinee—Betty & Coretta (1/15 at 2 pm)

Men's Coffee & Fellowship (1/11 at 9 am)

Shuffleboard (1/3, 1/10, 1/17, 1/24, & 1/31 at 1:30 pm)

Ping Pong (1/5, 1/12, 1/19, & 1/26 at 9 am; 1/3, 1/10, 1/17, 1/24, & 1/31 at 3 pm)

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

CHEF DEMONSTRATION:
CREPES & FRENCH TOAST

OUT TO LUNCH AT
OUTBACK STEAKHOUSE

LUNCH AT DAVISON'S STEAKS
FOLLOWED BY 'TIL BETH DO US PART
AT TEMPLE THEATRE IN SANFORD, NC

ANNUAL PARTY
BRIDGE TOURNAMENT

PIZZA PARTY LUNCHEON
IN THE AUDITORIUM

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://www.springmoor.org/contact) to sign up for our monthly e-Newsletter.

