



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!

MARCH HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

NCSU SEMINAR: LANDSCAPING & URBAN FORESTRY
WED., MARCH 13 AT 3:00 PM

Auditorium

Dr. Barb Fair, a Landscape Extension Specialist and Certified Arborist, teaches plant identification and works with county extension agents, urban/suburban communities, the landscape industry, and state and local governments. She is an expert on woody plants.

SPRINGMOOR PRESENTS: SOUTHWIND CELTIC TRIO
MON., MARCH 18 AT 7:00 PM

Auditorium

Enjoy traditional Irish, Scottish, New England, French-Canadian, and Cape Breton music. Instruments include cello and Celtic harp. This trio is equally at home playing slow airs, lilting waltzes, lively jigs, and driving reels.

SPRINGMOOR PRESENTS: PEPPER CHOPLIN
THURS., MARCH 21 AT 7:00 PM

Auditorium

Pepper is a full-time composer, conductor, and humorist with a reputation as one of the most creative writers of church music working today. He incorporates folk, jazz, gospel, and classical into his work.

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.

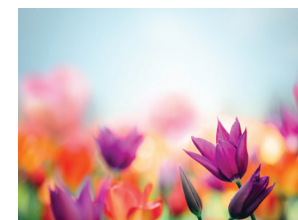
Pickleball Group at Greystone (3/5, 3/12, 3/19, & 3/26 at 2 pm)

Changes Discussion Group Led by the Springmoor Chaplains & Social Workers (3/12 at 2 pm)

Spring Walk: Crabtree Creek Greenway Trail (3/15 at 1:15 pm)

Wellness Seminar: Smart Snacking with the Sodexo Dietitians (3/28 at 11 am)

Schedule a swim in our saltwater pool



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.

Chaplain's Monday Movie Matinee:
***Jesus Revolution* (3/4 at 2 pm)**

Paint Pour Class in Meraki Arts Studio (3/6 at 9:30 am)

Ping Pong (Wednesdays at 3 pm and Fridays at 9 am)

Canasta & Bridge

Sunday Vespers

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

TOUR OF RED OAK BREWERY
IN WHITSETT, NC

LUNCH AT DAVISON'S STEAKS,
FOLLOWED BY *THE MUSICAL OF MUSICALS*
(*THE MUSICAL!*) IN SANFORD, NC

EXCURSION TO ART IN BLOOM EXHIBIT
AT THE NC MUSEUM OF ART

DR. ELLIOT ENGEL PRESENTS
THE MYSTERY OF ROBERT E. LEE

OUT TO LUNCH AT TRA'LI IRISH PUB

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.

