



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!

APRIL HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

SPRINGMOOR PRESENTS: OAK CITY SOUND
MON., APRIL 15 AT 7:00 PM

Auditorium

Join us to hear the dulcet tones of Oak City Sound. This four-part men's cappella group sings traditional barbershop, show tunes, doo-wop, and pop songs, and their repertoire of popular songs spans from the '60s-'90s.

THE BLOOMSBURY BOYS VARIETY SHOW
SAT., APRIL 20 AT 7:00 PM

Auditorium

Enjoy an evening of music with these local legends as they present "Old Friends: Gospel & Country" on banjo, trombone, soprano sax, and wash-tub bass.

SPRINGMOOR WELCOMES FLIPSIDE
SAT., APRIL 27 AT 2:00 PM

Auditorium

Flipside is a group of five friends who have been singing together for over 25 years at local churches and retirement communities, as well as at the North Carolina Special Olympics. They will bring a keyboard and sing popular songs from the '50s and '60s. Don't miss this hour of fun, uplifting music.

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.

Spring Walk at Lake Lynn (4/4 at 1:30 pm)

Connections Discussion Group led by the Springmoor Chaplains (4/4 & 4/18 at 11 am & 3:30 pm)

Drumming for Life (4/10 at 7 pm)

Spring Walk at Falls Lake Dam (4/16 at 1:30 pm)

Meet current residents in a Seated Fitness or Line Dancing 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.

Life Writing Workshop (4/4 from 2-4 pm)

Textile Crafters Gathering (4/8 & 4/23 at 10 am)

Springmoor Putting Green (4/8 & 4/22 at 1:15 pm)

Movie Matinee—Killers of the Flower Moon (4/29 at 1 pm)

Pickleball & Shuffleboard

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

OUTING TO CEDAR CREEK GALLERY
55TH ANNUAL SPRING POTTERY &
GLASS FESTIVAL

SHOPPING SPREE AT TANGER OUTLETS

LUNCH AT DAVISON'S STEAKS, FOLLOWED
BY MILLION DOLLAR QUARTET AT TEMPLE
THEATRE, SANFORD, NC

DURHAM BULLS BASEBALL GAME

EXCURSION TO SARAH P. DUKE GARDENS

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.

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