



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!

OCTOBER HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

BLESSING OF THE ANIMALS

SUN., OCTOBER 6 AT 2:30 PM & 4:00 PM

South Village Patio near Croquet Court (2:30 pm)
North Village Pool Breezeway (4:00 pm)

Come celebrate all of God's creatures, especially our own beloved pets, at this animal-friendly blessing. With music by residents Frank and Angie Roediger! All pets must be on leashes or in carriers. If your pet doesn't play well with others, feel free to bring a photo. All are welcome!

VIRTUOSO PIANIST SHELLEY MARKHAM & MASTERFUL VIOLINIST DAVID SCOTT BINANAY

THURS., OCTOBER 17 AT 7:00 PM

Auditorium

Shelly and David are a distinguished duo with 90+ years of collective experience. This extraordinary pair brings a wealth of artistry and emotion to their performances.

SPRINGMOOR PRESENTS: CAPITAL TRANSIT

THURS., OCTOBER 24 AT 7:00 PM

Auditorium

Join us for a spectacular music program featuring oldies and pop favorites from the 1950s–70s. You don't want to miss this three- and four-part vocal ensemble with musical accompaniment.

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.

*The Springmoor Ringers,
our resident-led handbell choir,
is 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.

Low Vision Seminar with Quintex Low Vision
(10/2 at 2 pm)

Fall Walk at Annie Louise Wilkerson Nature Preserve
(10/11 at 9:30 am)

Parkinson's Support Group (10/16 at 11 am)

Fall Walk at Sarah P. Duke Gardens (10/29 at 9:30 am)

NEW Fitness Class! Total Body Strength on Tuesdays & Thursdays from 8:30 am to 9 am



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.

Springmoor Pickleball at Greystone (10/1, 10/8, 10/15, 10/22, & 10/29 at 2 pm)

Men's Coffee and Fellowship (10/1 at 9 am)

Billiards Group (10/1, 10/8, 10/15, 10/22, & 10/29 at 7 pm)

Bridge & Duplicate Bridge (Please inquire for details.)

Craft Classes Include: Mosaic Wall Signs, Pumpkin Painting, Working with Clay, & Soap Making

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

EXCURSION: PONTOON BOAT TOUR
WITH JORDAN LAKE TOURS

OUTING TO CEDAR CREEK GALLERY
FALL POTTERY & GLASS FESTIVAL

ENGAGED LECTURE: *BRAIN HEALTH MATTERS:
EMERGING CONCEPTS IN COGNITIVE HEALTH & AGING*,
MUSEUM OF LIFE & SCIENCE, DURHAM

LUNCH AT MRS. LACY'S, FOLLOWED BY *RING OF FIRE:
THE MUSIC OF JOHNNY CASH* AT TEMPLE THEATER,
SANFORD, NC

GUIDED TOUR OF CAROLINA TIGER
RESCUE, PITTSBORO, NC

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

