



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!

DECEMBER HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

SPRINGMOOR PRESENTS: THE OAKWOOD WAITS
MON., DECEMBER 2 AT 7:00 PM

Auditorium

In 1984, a group of friends who were mostly residents of historic Oakwood sang carols for their neighbors. The ensemble eventually adopted the name The Oakwood Waits. Since then, the citizens of Raleigh eagerly anticipate hearing their performance of harmonious a cappella songs while wearing authentic 1840s attire.

SPRINGMOOR PRESENTS: CAPITAL TRANSIT
TUES., DECEMBER 3 AT 7:00 PM

Auditorium

An energetic vocal ensemble, Capital Transit has musical accompaniment that includes piano, guitar, saxophone, flute, and hand percussion. Don't miss this performance of Christmas music and songs from the '50s-'70s.

SPRINGMOOR PRESENTS: CASABLANCA ORCHESTRA
TUES., DECEMBER 10 AT 7:00 PM

Auditorium

It wouldn't be Christmas without Springmoor's annual holiday sing-along with the Casablanca Orchestra! Song sheets will be provided. Please join us for an enjoyable hour of holiday favorites.

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.

Ping Pong (12/6, 12/13, 12/20, & 12/27 at 9 am; 12/4, 12/11, & 12/18 at 3 pm)

Putting on the Springmoor Green (12/9 & 12/16 at 1:15 pm)

Blue Holidays: A Service of Healing and Hope (12/18 at 7 pm)

AARP Presentation: Brain Health (12/19 at 3:30 pm)

Participate in a Cardio & Upper Body 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.

New! Crochet & Chat (12/2, 12/16, 12/23, & 12/30 at 10 am)

New! Sit & Sew (12/2, 12/16, 12/23, & 12/30 at 2:30 pm)

Pickleball (12/3, 12/10, 12/17, 12/24, 12/31 at 2 pm)

Cribbage (12/4 & 12/18 at 6:30 pm)

Trivia Time with Aurora (12/5 at 4:30 pm)

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

ANNUAL "CHRISTMAS AT SPRINGMOOR" GALA

MOVIE MATINEE EXCURSION: *WICKED* AT CINEMARK BISTRO

EXCURSION: MRS. LACY'S MAGNOLIA HOUSE FOR LUNCH FOLLOWED BY *A CHRISTMAS CAROL* AT TEMPLE THEATER, SANFORD, NC

MORAVIAN CHRISTMAS CANDLE TEA

DPAC HOLIDAY SHOW: *TWAS THE NIGHT BEFORE...* BY CIRQUE DU SOLEIL

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.

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