



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!

NOVEMBER HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

SPRINGMOOR PRESENTS: ROBERT BUXTON
SAT., NOVEMBER 9 AT 7:00 PM

Auditorium

Robert Buxton is a pianist and public speaker who has taught at ECU and UNC-Chapel Hill. He'll present a lecture/recital on arrangements of violin repertoire for solo piano by Liszt, Busoni, Rachmaninoff, and others. The program is a tribute to the great violinists of the past.

SPRINGMOOR SINGERS & RINGERS PROGRAM
TUES., NOVEMBER 19 AT 3:00 PM

Auditorium

This fun afternoon of music is provided by Springmoor residents. You may find yourself singing along! Refreshments provided at the conclusion of the program.

**SPRINGMOOR PRESENTS: DECATUR STREET BEAT
DIXIELAND BAND**
TUES., NOVEMBER 26 AT 7:00 PM

Auditorium

Decatur Street Beat has played foot-stomping, toe-tapping New Orleans-style Dixieland music since 2004. They took their name from Decatur Street, which runs past Jackson Square and Cafe du Monde in the French Quarter. Join us for this happy, lively performance.

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.

Coping with Loss through the Holidays Grief Group
(11/6, 11/13, & 11/20 at 3:00 pm)

Life Writing Workshop (11/7 at 2 pm)

Connections Discussion Group
(11/7 & 11/21 at 11 am & 3:30 pm)

Drumming for Life (11/13 at 7 pm)

**Meet current residents in a Yoga, Tai Chi,
or Total Body Strength 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
(11/2, 11/9, 11/16, 11/23, & 11/30 at 1:30 pm)

Shuffleboard (11/6, 11/13, 11/20, 11/27 at 1:30 pm)

Trivia Time (11/14 at 4:30 pm)

**3rd Friday Sing Along with Residents Frank & Angie
Roediger** (11/15 at 4 pm)

Join us for a movie at our University Theater!
(Please contact us for details.)

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

EXCURSION: THE OLD NORTH STATE
STORYTELLING FESTIVAL, CARY THEATER

DINNER OUTING TO SEASONS 52,
CRABTREE VALLEY MALL

VISIT TO CLOER FAMILY VINEYARDS, APEX, NC

GEM, MINERAL, & JEWELRY SHOW,
NC STATE FAIRGROUNDS

TOUR AND SHOPPING AT SOUTHERN SUPREME
FRUITCAKE & MORE, BEAR CREEK, 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.

