



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!

FEBRUARY HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

SPRINGMOOR PRESENTS: PLUSH LIFE
THURS., FEBRUARY 20 AT 7:00 PM

Auditorium

Pianist and singer Robert Turner and vocalist Emma Davis will perform the great American songbook and other favorites, including love songs.

SPRINGMOOR PRESENTS: ROBERT BUXTON
SAT., FEBRUARY 22 AT 7:00 PM

Auditorium

Robert Buxton is a classical pianist and public speaker who offers a unique combination of lecture and recital. He has performed in New York, Europe, and Japan, and he has also served on the faculty at UNC-Chapel Hill and East Carolina University.

SPRINGMOOR PRESENTS: CHRISTIAN GREEN
TUES., FEBRUARY 25 AT 7:00 PM

Auditorium

Christian Green is an experienced and talented singer and pianist who entertains his audiences with an eclectic mix of music. He is quickly becoming a Springmoor favorite! Some residents caught his performance at the North Village New Year's Eve party.

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.

Solo Agers Gathering (2/5 at 2 pm)

Health Talk with Dietitian Joanna Bell: *Chocolate—Can It Be Part of a Healthy Diet?* Snacks provided. (2/14 at 11 am)

Seminar on Long-Term Care Insurance with Amanda Wetzels, Medical Records Coordinator & Long-Term Care Representative at Springmoor (2/20 at 2 pm)

Low Vision Support Group (2/27 at 2 pm)

Meet residents in a Line Dance Basics 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.

Card Making/Valentines at Meraki Arts (2/4 at 10 am)

Changes Discussion Group (2/11 at 2 pm)

Drumming for Life (2/12 at 7 pm)

Third Friday Sing-a-Long with Frank & Angie Roediger (2/21 at 4 pm)

Croquet, Ping Pong, Putting, and Shuffleboard (Please inquire for details.)

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

SUPER BOWL PARTIES IN NORTH
AND SOUTH VILLAGE

A NIGHT OF FINE WINE & CUISINE
WITH CHEF MATT'S DINING MENU AND
LILY SCHILD, WINE AND SPIRIT EDUCATOR

MEET THE AUTHOR: SUEANN PUGH DISCUSSING
HER DEBUT NOVEL, *ROAD TRIP TO MIRACLES*

MUSEUM OF NATURAL SCIENCE OUTING:
JOURNEY TO SPACE

THEATER OUTING: *A CHORUS LINE*
AT HONEST PINT THEATRE CO.

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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