



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!

MARCH HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

SPRINGMOOR PRESENTS: DECATUR STREET BAND
TUES., MARCH 4 AT 7:00 PM

Auditorium

Join us to celebrate Mardi Gras with foot-stomping, toe-tapping, New Orleans-style Dixieland music. The band includes experienced musician and resident Brent Smith.

MAGICIAN & ILLUSIONIST JOSH FARLEY
TUES., MARCH 18 AT 7:00 PM

Auditorium

Josh blends magic, storytelling, and comedy to create a captivating live experience. He has been featured on national television shows and performed at venues like the Rio in Las Vegas and Harrah's in Atlantic City. Josh also entertains at colleges and Fortune 500 companies.

RAZZMATAZZ SENIOR DANCE TROUPE
WED., MARCH 26 AT 2:00 PM

Auditorium

Razzmatazz has been performing Broadway-style dance for 10+ years and has won gold medals in Wake Co.'s Silver Arts Senior Games and the NC State Silver Arts Games. Dancers range in age from 60–81. They work to continually improve their skills and inspire others to stay physically active as they age.

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.

Pickleball at Greystone (3/4, 3/11, 3/18, & 3/25 at 2 pm)

Connections Discussion Group (3/6 & 3/20; 11 am & 3:30 pm)

Lenten Book Study: *The Grace of Les Misérables* (3/13, 3/20, & 3/27 at 2 pm)

**Chef's Spotlight with Chef Matt Love:
Fresh Fruit Cobb Salad (3/13 at 2 pm)**

Spring Walk: NC Botanical Garden in Chapel Hill (3/27 at 1 pm)



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.

Mahjong Monday (3/3 & 3/17 at 6:30 pm)

Life Writing Workshop (3/6 at 2 pm)

Men's Coffee & Fellowship (3/13 at 9 am)

**Movies at our University Theatre
(Please inquire for details.)**

**Fused Glass Classes; Open Studio Painting & Open Studio
Beading (Please inquire for details.)**

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

DR. ELLIOT ENGEL PRESENTS A LECTURE
ON SIR ARTHUR CONAN DOYLE

Waitlist Can Attend this Lecture!

LUNCH AT TRALI IRISH PUB & RESTAURANT

CHAPEL HILL TRIP:
SUTTON'S DRUG STORE FOR LUNCH FOLLOWED
BY TOUR OF CAROLINA BASKETBALL MUSEUM

PINEHURST EXCURSION: LUNCH AT THE DEUCE
& TOUR OF THE USGA EXPERIENCE AND
WORLD GOLF HALL OF FAME MUSEUM

ART IN BLOOM AT NC MUSEUM OF ART

CAROLINA BALLET'S *ALICE IN WONDERLAND*

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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for our monthly e-Newsletter.

