



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!

APRIL HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

SPRINGMOOR PRESENTS: CHRIS WISE, STORYTELLER
THURS., APRIL 10 AT 7:00 PM

Auditorium

Chris settled in Raleigh 30 years ago after a career as a soldier. When he spins his yarns, he “makes little effort to separate song, story, truth, meditations on the meaning of truth, and outright lies.”

SPRINGMOOR PRESENTS: JENNY WAYNE, VOCALIST
TUES., APRIL 15 AT 7:00 PM

Auditorium

A regular entertainer in senior communities across North Carolina, Jenny's vocal repertoire includes standards from the '20s to the '70s, and she loves bringing back memories and touching the hearts of others.

SPRINGMOOR PRESENTS: KENN GARDNER ON MARILYN MONROE
MON., APRIL 28 AT 3:00 PM

Auditorium

Kenn will present a program titled “Marilyn: The Woman Who Out-Foxed the Fox.” One of the most iconic figures of the 20th century, Marilyn took on the most powerful people in Hollywood—and won. Learn how she transformed the land of the silver screen.

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.

NEW! Aqua Walk (4/3 at 1 pm)

Weight Training 101 (4/4 at 9:15 am)

Annual Pump It for Parkinson's Day (4/10 starting at 9 am)

Starting Strong: Wellness Center Orientation (4/11 at 11 am)

Putting on the Springmoor Green (Please inquire for details.)



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.

Mosaic Trays at Meraki Arts Studio (4/8 & 4/15 at 2 pm)

Bridge Lessons (4/9, 4/16, & 4/23 at 10 am)

Textile Crafters & Gathering (4/14 & 4/22 at 10 am)

Raleigh Senior TechEd Open Help Workshop (4/15 at 2 pm)

Billiards Social Group (4/1, 4/8, 4/15, 4/22, & 4/29 at 7 pm)

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

EXCURSION:
SYLVAN HEIGHTS BIRD PARK
IN SCOTLAND NECK, NC

THEATRE OUTING:
MORNING AFTER GRACE
AT RALEIGH LITTLE THEATRE

NC ZOO & BOTANICAL GARDENS
IN ASHEBORO, NC

EXCURSION & LUNCH:
SUNRISE COMMUNITY FARM
IN CHAPEL HILL, NC

LUNCH & GOAT FARM TOUR:
THE INN AT CELEBRITY DAIRY,
SILER CITY, 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://www.springmoor.org/contact) to sign up
for our monthly e-Newsletter.

