



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!

MAY HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

LEGISLATIVE UPDATE
FRI., MAY 2 AT 11:00 AM

Auditorium

NC Representative Phil Rubin will provide a legislative update and answer questions about bills and issues before the North Carolina General Assembly.

SPRINGMOOR PRESENTS: CHAMBER WINDS IN CONCERT
SAT., MAY 10 AT 7:00 PM

Auditorium

This unique and vibrant ensemble of 14 wind players brings the power of the symphonic wind section to the intimacy of chamber music. Join us for a resonant journey through music re-imagined for wind instruments as the musicians demonstrate the expressive range, dynamic interplay, and tonal variety of woodwind and brass.

**PRESENTATION BY AUTHOR DENNIS PREGENT—
BERKSHIRE HEROES IN WWII: WITH COURAGE AND HONOR**
THURS., MAY 22 AT 3:00 PM

Auditorium

Hundreds of young men and women from Berkshire Co., MA answered the call to serve. In his book, Berkshire native & Marine Corps veteran Dennis Pregent shares stories of 28 local heroes who served around the world.

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.

Band Together Fitness Class (5/2 at 10:15 am)

"Understanding Grief: Supporting Our Neighbors and Ourselves," presentation by Transitions LifeCare (5/7 at 2 pm)

"GOD: Gratitude Over Despair," with Rev. Lori Higgins, Springmoor Chaplain (5/14 at 2 pm)

"Beneficial Beans," an engaging discussion with Sodexo Dietitian Jaclyn McCabe (5/19 at 11 am)

Yoga, Pilates, or Cardio Class! (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.

Craft Class at Meraki Arts Studio: Rock Painting
(5/1 at 10 am)

Documentary: Race for the Crown at our University Theater (5/2 at 6:30 pm)

Cribbage (5/7 & 5/21 at 6:30 pm)

Crochet & Chat (5/12, 5/19, & 5/26 at 10 am)

Pickleball, Ping Pong, & Putting (Please inquire for details.)

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

THEATRE OUTING: *BEAUTY AND THE BEAST* AT
TEMPLE THEATRE AND LUNCH AT MRS. LACY'S
MAGNOLIA HOUSE, SANFORD, NC

PONTOON BOAT ADVENTURE WITH
JORDAN LAKE TOURS, MONCURE, NC

TOUR & LUNCH: THE WHIRLIGIG PARK &
SOMETHING DIFFERENT CAFÉ, WILSON, NC

OUT TO DINNER: CAFFÉ LUNA
IN DOWNTOWN RALEIGH

NC STATE FAIRGROUNDS OUTING:
GOT TO BE NC FESTIVAL

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.

