



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!

JUNE HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

RALEIGH CIVIL WAR ROUND TABLE MONTHLY MEETING, CHICKAMAUGA CAMPAIGN, DAVID A. POWELL
MON., JUNE 9 AT 7:00 PM

Auditorium

Widely recognized for his expertise on the 1863 Battle of Chickamauga, David is a graduate of the Virginia Military Institute with a BA in history. He has published numerous articles and 15+ historical battle simulations. Light refreshments at 6:30 pm; program at 7:00 pm.

BESIDE THE STILL WATERS: THE STRANGE DANCE BETWEEN NC BAPTISTS & MOONSHINERS, KENN GARDNER
THURS., JUNE 19 AT 3:00 PM

Auditorium

Presbyterians who arrived with their Bibles, guns, and stills, the Scot-Irish brought whiskey making to America. Join Kenn in “takin’ a swig” of 350 years of fascinating North Carolina history!

SPRINGMOOR PRESENTS: THE MELETE TRIO
MON., JUNE 23 AT 7:00 PM

Auditorium

Violinist Leah Peroutka, cellist Lauren Dunseath, & pianist Bridget O’Leary have 75+ years of combined experience in chamber music and have performed at some of the nation’s most prestigious venues.

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.

Resident-Led Aqua Group (Tues/Thurs/Sat at 8 am)

Caring Circle resident-led grief group (6/12 & 6/26 at 3 pm)

Fitness Friday: Cardio Day (6/13 at 9:15 am & 10 am)

Dementia support for caregivers & those with memory loss; facilitated by Springmoor chaplains and social workers (6/18 at 2:45 pm)

“Sweeteners: Balancing Taste and Health,” with Sodexo Dietitian Joanna Bell (includes a tasty snack!), (6/23 at 11 am)



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.

Chaplains Movie Matinee: *Nonnas* (6/2 at 2 pm)

Sit & Sew, Meraki Arts Studio (Wednesdays at 2:30 pm)

Men’s Coffee & Fellowship (6/12 at 9 am)

3rd Friday Sing-a-Long with Residents Frank & Angie Roediger (6/20 at 4 pm)

Birdhouse Painting at Meraki Art Studio (6/26 at 10 am)

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

TOUR & LUNCH:
WRAL STUDIOS & AMEDEO’S
ITALIAN RESTAURANT

OUT TO LUNCH AT BREWERY BHAVANA
IN DOWNTOWN RALEIGH

BASEBALL OUTING: DURHAM BULLS
TAKE ON THE CHARLOTTE KNIGHTS AT
DURHAM ATHLETIC PARK

EXCURSION: GREENSBORO SCIENCE CENTER

DPAC OUTING: *SOME LIKE IT HOT*—
BROADWAY’S GREAT BIG MUSICAL COMEDY

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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