



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!

AUGUST HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

PHIL KIRK PRESENTS CHALKBOARDS, CHAMBER FLOORS, & CORNER OFFICES: LAUGHS FROM A LIFE IN PUBLIC SERVICE
FRI., AUGUST 8 AT 2:00 PM

Auditorium

After visiting 750 public schools across North Carolina, serving as one of the youngest members of the State Senate, and working in the Governor's Office, Phil has collected not only policy insights and leadership lessons—but also a long list of moments that made him laugh out loud, shake his head, or reflect deeply.

SPRINGMOOR PRESENTS: DECATUR STREET BEAT
THURS., AUGUST 14 AT 7:00 PM

Auditorium

Decatur Street Beat has been bringing foot-stomping, toe-tapping New Orleans-style Dixieland jazz to life since 2004. Their mission is sharing what they consider to be the happiest, liveliest, most listenable music around!

VETERANS SOCIAL FOR RESIDENTS & STAFF
MON., AUGUST 25 AT 2:00 PM

Auditorium

This relaxed and welcoming gathering provides an opportunity to meet, mingle, and share stories with others who have served. Light refreshments provided.

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.

Open Studio: Sit & Sew/Crochet & Chat at Meraki Arts Studio (8/4, 8/11, 8/18, & 8/25 at 10 am)

Tech Help from Teens (8/5 & 8/19 at 2 pm)

Executive Chef Matt Love and RD Joanna Bell prepare Portobello Mushroom Pasta (8/20 at 1 pm)

Low Vision Support Group (8/28 at 2 pm)

Join us for a wide variety of fitness class—from yoga to cardio!



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.

Putting on North Village Green (8/4 & 8/18 at 11 am)

Men's Coffee & Fellowship (8/14 at 9 am)

Film: V-J Day: The Day That Ended WWII (8/15 at 2 pm in the Auditorium & 6:30 pm in SV University Theater)

3rd Friday Sing-a-Long with the Roedigers (8/15 at 4 pm)

Make marble pendants, beaded wind chimes, and other crafts in our Meraki Art Studio (Please inquire for details.)

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

EXCURSION: NC MUSEUM OF NATURAL
SCIENCE EXHIBIT ON BLUE WHALES

SHOPPING SPREE AT CEDAR CREEK GALLERY
FOLLOWED BY LUNCH AT FARINA

THEATER OUTING TO SEE *WAITRESS* AT THE
THEATRE RALEIGH ARTS CENTER

ICE CREAM OUTING: THE CREAMERY AT
HOWLING COW AT NC STATE

TREASURES OF THE EARTH GEM SHOW
AT NC STATE FAIRGROUNDS

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 to sign up
for our monthly e-Newsletter.

