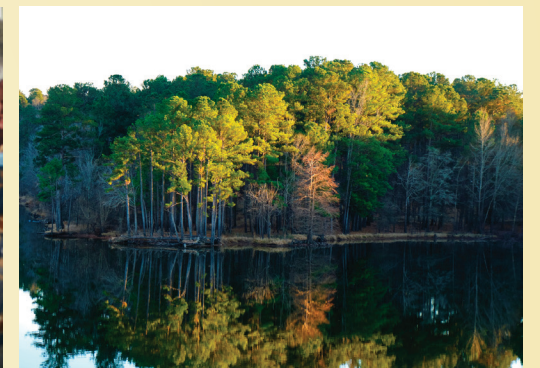




OUR PATHWAYS PHILOSOPHY recognizes wellness as a multi-dimensional state of being. Here you'll find services, amenities, and activities that enhance and celebrate optimal health in every dimension—intellectual, spiritual, physical, social, emotional, nutritional, vocational, and environmental. Pathways 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!

SEPTEMBER HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

ROB CHRISTENSEN: SOUTHERN NEWS, SOUTHERN POLITICS
THURS., SEPTEMBER 11 AT 2:00 PM

Auditorium

Rob was the chief political reporter at *The News and Observer* for decades. Run and owned by four generations of the Daniels family, the N&O helped shape modern North Carolina in complicated ways. By telling the story of one regional paper, Rob demonstrates how influence and messaging affected the politics of a state and region.

SPRINGMOOR PRESENTS: PIANIST CRAIG HANEMANN
SAT., SEPTEMBER 13 AT 7:00 PM

Auditorium

Craig has performed for over 20 years with ensembles that include the Raleigh Symphony, Durham Symphony, and NC Theatre. He teaches piano and violin and is an accomplished composer.

JOIN ONE TRIBE FOR A RHYTHMIC JOURNEY!
TUES., SEPTEMBER 23 AT 7:00 PM

Auditorium

Take a journey of musical exploration through traditional and original rhythms with the dynamic percussion group One Tribe. Their infectious energy and powerful beats will lift your spirit and get your toes tapping!

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.

Life Writing Workshop (9/4 at 2 pm)

**Connections Discussion Group
(9/4 & 9/18 at 11 am & 3:30 pm)**

Dementia Support Group (9/17 at 3 pm)

**Ping Pong (9/5, 9/12, 9/19, & 9/26 at 9 am; 9/3, 9/10,
9/17, & 9/24 at 3 pm)**

Attend a staff-led fitness class in our pool!

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.

Pickleball at Greystone (9/2, 9/9, 9/16, 9/23, & 9/30 at 9 am)

Cat Caretakers Meeting (9/17 at 11 am)

**Open Studio Painting at Meraki Arts Studio (9/6, 9/13, 9/20,
& 9/27 at 1:30 pm)**

Croquet (9/6 & 9/20 at 10 am)

Cribbage (9/3 & 9/17 at 6:30 pm)

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

DR. ELLIOT ENGEL PRESENTS ON THE LIFE &
WORK OF ERNEST HEMINGWAY

LUNCH AT LA DOLCE VITA PIZZERIA,
FOLLOWED BY GREASE AT TEMPLE THEATRE,
SANFORD, NC

TOUR OF TOBACCO FARM LIFE MUSEUM; LUNCH
AT LOW & SLOW SMOKEHOUSE, KENLY AND
SMITHFIELD, NC

OUTING: NC GOVERNOR'S MANSION
GARDEN TOUR

EXCURSION: GUIDED PONTOON BOAT RIDE
WITH JORDAN LAKE TOURS, MONCURE, 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 to sign up
for our monthly e-Newsletter.

