



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!

OCTOBER HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

RALEIGH CIVIL WAR ROUND TABLE
MON., OCTOBER 13 AT 6:30 PM

Auditorium

Tyler McGraw presents on Emery Upton, a Union commander who rose to the rank of major general by age 25 and played a pivotal role in shaping U.S. Army tactics after the war. Refreshments at 6:30 pm; program at 7 pm.

SPRINGMOOR PRESENTS: WINDED
SAT., OCTOBER 25 AT 7:00 PM

Auditorium

Winded is a chamber ensemble made up of local musicians united by a shared passion for music. The group features unique instrumentation: two flutes, two oboes, two clarinets, two bassoons, two horns, a string bass, and a percussionist.

SPRINGMOOR PRESENTS: THE BONDETTES
TUES., OCTOBER 28 AT 7:00 PM

North Village Great Room

The Bondettes are a trio of music enthusiasts who blend their passion for singing with the charm of the ukulele. Their repertoire spans decades and genres from the nostalgic hits of the '50s, '60s, and '70s to heartfelt ballads, folk favorites, and upbeat pop tunes.

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.

Croquet (10/4, 10/11, 10/18, & 10/25 at 10 am)

Vespers (10/5, 10/12, 10/19, & 10/26 at 7 pm)

Drumming for Life (10/8 at 7 pm)

Demonstration by Executive Chef Matt Love (10/15 at 1 pm)

Participate in one of our many staff-led fitness classes from yoga to cardio! (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.

Canasta (10/3, 10/10, 10/17, 10/24, & 10/31 at 1:30 pm)

Putting on the Springmoor Green (10/6 & 10/20 at 1:15 pm)

Shuffleboard (10/1, 10/8, 10/15, & 10/22 at 1:30 pm)

Movie: *Boynton Beach Club* (10/17 at 7 pm)

Billiards (10/7, 10/14, 10/21, & 10/28 at 7 pm)

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

TOUR & LUNCH: CAROLINA TIGER
RESCUE & VIRLIE'S GRILL

TOUR OF JC RAULSTON ARBORETUM
FOLLOWED BY LUNCH AT NEOMONDE

DINNER OUTING: CAPE FEAR
SEAFOOD COMPANY

THEATRE OUTING: GUYS & DOLLS AT
CANTEY SUTTON THEATRE

EXCURSION: SENIOR DAY AT THE
NC STATE FAIR!

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.

