



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!

DECEMBER HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

SPRINGMOOR PRESENTS: TIMELESS HOLIDAY CLASSICS
SAT., DECEMBER 6 AT 7:00 PM

Auditorium

Craig Hanemann (piano) and Janet Shurtleff (oboe) have performed professionally for a combined total of 60+ years. Join us for a program full of joy that features timeless Christmas classics and a holiday sing-along.

PULLEN MEMORIAL BAPTIST HOLIDAY CONCERT
SUN., DECEMBER 7 AT 4:00 PM

Auditorium

The Caroling Christmas Choir and Orchestra will fill our auditorium with the joyful sounds of the holidays in a program featuring a variety of beloved Christmas selections. This festive event invites the audience to join in the music-making. Presented by the Music Ministry of Pullen Memorial Baptist Church.

SPRINGMOOR PRESENTS: THE OAKWOOD WAITS
TUES., DECEMBER 9 AT 7:00 PM

Auditorium

The Oakwood Waits are a beloved Springmoor tradition, delighting our audience each holiday season with their harmonious a cappella carols performed in authentic 1840s attire.

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.

Advent Book Study
(12/1, 12/8, 12/15, & 12/22 at 1:30 pm)

Pickleball
(12/2, 12/9, 12/16, 12/23, & 12/30 at 1 pm)

Connections Discussion Group
(12/4 & 12/18 at 11 am or 3:30 pm)

Health Seminar—Understanding Protein: Needs, Sources, and Smart Supplementation, provided by Joanna Bell, RD and Kelsey Sloan, Dir. of Outpatient Nursing (12/8 at 10 am)

Dementia Support Groups (12/17 at 3 pm)



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 the Springmoor Green
(12/1 & 12/15 at 1:15 pm)

Cribbage (12/3 & 12/17 at 6:30 pm)

Holiday Stories by the Fire
(12/13 at 2 pm)

Christmas Program: The Sawmill Quartet
(12/13 at 7 pm)

Springmoor Ringers Handbell Choir Christmas Program
(12/17 at 10 am)

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

DINNER OUTING: SECOND EMPIRE

LUNCH AT MRS. LACY'S FOLLOWED BY
A CHRISTMAS CAROL AT TEMPLE THEATER,
SANFORD, NC

EXCURSION: MORAVIAN CANDLE TEA AT
RALEIGH MORAVIAN CHURCH

CHRISTMAS LIGHTS BUS TOUR

CHRISTMAS AT SPRINGMOOR GALA

LUNCH AT PIXIE DUST LUNCH BOX &
BAKERY SHOPPE, FOLLOWED BY *CHRISTMAS
JUBILEE* AT THE RUDY THEATRE, SELMA, 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](https://springmoor.org/contact) to sign up
for our monthly e-Newsletter.

