



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!

NOVEMBER HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

INTO THE WILD—THE STORY OF THE IDITAROD
FRI., NOVEMBER 7 AT 2 PM

Auditorium

A frozen tundra where even the sun refuses to shine. Brutal winds that drop wind chill to -130°F. Welcome to Alaska, home to the world's toughest race! Join storyteller Kenn Gardner to hear the story of the legendary 1,000-mile Iditarod, a race of endurance, survival, & sheer will.

SPRINGMOOR PRESENTS: JENNY WAYNE
TUES., NOVEMBER 11 AT 7:00 PM (VETERANS DAY)

Auditorium

Enjoy inspiring patriotic music by Jenny Wayne, whose performances honor our great nation and the brave men and women in the armed forces. Singing standards from the 1920s–70s, Jenny has a gift for evoking cherished memories and touching hearts.

SPRINGMOOR PRESENTS: KEN LELEN
TUES., NOVEMBER 18 AT 7:00 PM

Auditorium

Don't miss this concert featuring classic love songs like "Moon River," "Blue Moon," and "As Time Goes By." Ken Lelen sings and accompanies himself on vintage acoustic guitars, creating a warm, nostalgic sound.

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.

Executive Chef Matt Love Demonstrates Preparing Mediterranean Salmon Pasta (11/6 at 2 pm)

Ping Pong (11/7, 11/14, 11/21, & 11/28 at 9 am; 11/5, 11/12, 11/19, & 11/26 at 3 pm)

Blue Holiday Service (11/19 at 7 pm)

Changes Discussion Group Led by Our Chaplains. (Please inquire for details.)

Vespers (Sundays at 7 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.

Movie: *Downton Abbey: The Grand Finale* (11/1 at 7 pm; 11/8 at 6:30 pm; 11/17 at 2 pm)

Open Studio Sit & Sew/Crochet & Chat (11/3, 11/17, & 11/24 at 10 am)

Technology Workshop: Advice About Your Device (11/15 at 1 pm)

3rd Friday Sing-Along with Residents Frank & Angie Roediger (11/21 at 4 pm)

Bridge (Please inquire for details.)

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

THE OLD NORTH STATE
STORYTELLING FESTIVAL

LUNCH AT SIDE STREET CAFÉ &
OAKWOOD CEMETERY BUS TOUR

SHOPPING & LUNCH: SOUTHERN
SUPREME FRUITCAKE & LUCKY 32

DR. ELLIOT ENGEL LECTURE:
*BLACKBEARD—OUR OWN
TARHEEL PIRATE*

DPAC OUTING: *ELF THE MUSICAL*

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.

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for our monthly e-Newsletter.

