



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!

JANUARY HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

RALEIGH CIVIL WAR ROUND TABLE MONTHLY MEETING MON., JANUARY 12 AT 7:00 PM

Auditorium

Christopher Kolakowski, Dir. of the Wisconsin Veterans Museum, presents on The Battle of Perryville, the largest battle of the Kentucky Campaign. Christopher is the author of six books on American military history. Light refreshments at 6:30 pm; program at 7:00 pm.

AMANDA LAMB PRESENTS "MY YEARS AS A CRIME REPORTER"

TUES., JANUARY 13 AT 7:00 PM

Auditorium

For 30+ years, Amanda covered news stories from major homicides to hurricanes. She continues storytelling through podcasting and writing. Her podcast *Ageless* shares inspiring stories of women navigating midlife, and she co-hosts the true-crime podcast *Crime Capsule*.

RALEIGH MORAVIAN CHURCH CHOIR: PEACE ON EARTH SUN., JANUARY 25 AT 2:00 PM

Auditorium

The 12-member choir will be accompanied by string bass and piano. Enjoy jazz, gospel, and a hymn sing-along.

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.

Ping Pong (1/2, 1/9, 1/16, 1/23, & 1/30 at 9 am; 1/7, 1/14, 1/21, & 1/28 at 3 pm)

Caring Circle (1/8 & 1/22 at 3 pm)

Feeding the Mind: Nutrition & Dementia presented by Vaya Health (1/22 at 11 am)

Low Vision Support Group (1/22 at 1 pm)

Meet current residents in one of our many group fitness classes like Cardio, Tai Chi, and Total Body Strength!



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.

Open Studio Painting (1/3, 1/17, 1/24, & 1/31 at 1:30 pm)

Sit & Sew/Crochet & Chat at Meraki Arts Studio (1/5, 1/19, & 1/26 at 10 am)

Men's Coffee and Fellowship with Chaplain Jim Rogers (1/8 at 9 am)

Domino Games (1/13 & 1/27 at 1:30 pm)

Cat Caretakers Gathering (1/21 at 11 am)

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

**EXCURSION: INTERNATIONAL CIVIL
RIGHTS MUSEUM & LUNCH AT CINCY'S,
GREENSBORO, NC**

**DINNER OUTING: BLOOMSBURY BISTRO,
HAYES BARTON**

**NC MUSEUM OF NATURAL SCIENCES
VISIT & LUNCH AT DAILY PLANET CAFÉ**

**FINE DINING WINE DINNER PROVIDED
BY DINING SERVICES**

**MEN'S LUNCH OUTING: BEASLEY'S
CHICKEN & HONEY**

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.

