



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!

FEBRUARY HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

KENN GARDNER PRESENTS: WALT DISNEY—THE MAN BEHIND THE MOUSE

FRI., FEBRUARY 6 AT 2:00 PM

Auditorium

In 1927, Walt Disney created a new character for Universal Pictures and then discovered the producer had secretly signed away his rights. He lost everything, yet just two weeks later, he founded Disney Brothers. Join Kenn for a 1-hour journey through Disney's life.

SPRINGMOOR PRESENTS: DECATUR STREET BEAT

TUES., FEBRUARY 17 AT 7:00 PM

Auditorium

Happy Mardi Gras! Decatur Street Beat has been bringing foot-stomping, toe-tapping, New Orleans-style Dixieland jazz to life since 2004. Their mission is simple: to share the happiest, liveliest, and most listenable music around!

SPRINGMOOR PRESENTS: CHRISTIAN GREEN

TUES., FEBRUARY 24 AT 7:00 PM

Auditorium

Christian is an accomplished organist, musician, vocalist, performer, composer, and educator. A Springmoor favorite, he is celebrated for concerts that are always full of joy!

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.

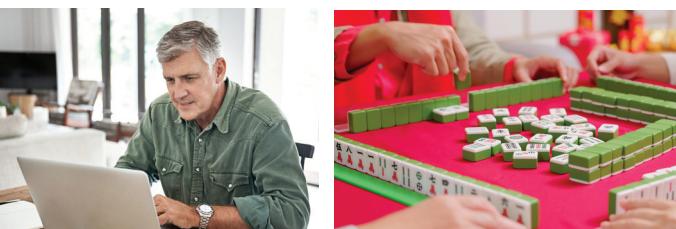
Indoor Corn Hole (2/4 & 2/11 at 12:30 pm)

Health Talk: Compassionate Caregiving, presented by Trinity Rehab (2/4 at 2 pm)

Winter Wellness Program: Slow Down, Cultivate Warmth, & Care for Yourself, presented by Resident Outreach Coordinator Sue Koehler and Chaplains Lori Higgins & Jim Rogers. (2/5 at 10:30 am)

Drumming for Life with PT Lorrie Houze (2/11 at 7 pm)

Join us for Mat Yoga! (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.

Billiards Social Group (2/3, 2/10, 2/17, & 2/24 at 7 pm)

Craft Class: Paper Cards at Meraki Art Studio (2/4 at 2 pm)

Life Writing Workshop (2/5 at 2 pm)

Lunar New Year's Eve Mahjong (2/16 at 10 am)

3rd Friday Sing-Along with Residents Frank & Angie Roediger (2/20 at 4 pm)

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

DUKE CHAPEL & THE REFECTION CAFÉ

**SUPER BOWL PARTIES AT NORTH
VILLAGE & SOUTH VILLAGE**

**DR. ELLIOT ENGEL: FIRST
AMONG EQUALS—THE GENIUS OF
DOLLEY MADISON AS FIRST LADY**

**THEATER OUTING: THE MUSIC MAN SR.
AT RALEIGH LITTLE THEATER**

**EXCURSION: QUILTCON & LUNCH AT
TUPELO 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.

