PATHWAYS
SPRINGMOOR WELLNESS

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!

March highlights
OPEN TO OUR WAITLIST

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.

Special this Month

Springmoor Presents: Carolina Clarinet Trio
Thurs., March 5 at 7:00 pm

Auditorium

Pianist Bridget O'Leary and clarinetists Jim Williams and Brent Smith will present classical and contemporary chamber music that blends lyrical melodies, jazzy influences, and lively rhythms.

Anita Burroughs-Price & Fiddler Mara Shea
Mon., March 16 at 7:00 pm

Auditorium

This enchanting program of Irish music, stories, and tradition will feature works by O'Carolan, melodies like "Danny Boy," and tales of fairies, courage, and heritage. Anita is principal harpist of the NC Symphony. Mara is a Celtic fiddler who performs across the U.S. and Canada.

Heather Leah Presents *Hidden History of Raleigh*
Thurs., March 19 at 7 pm

Auditorium

Our speaker will share historic photos and uncover the remains of a 1950s NASCAR track, a 1930s baseball stadium, secret tunnels, trolley tracks, and the lost Bloomsbury Park theme park. Heather is a Raleigh-based historian, author, and storyteller.

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.

Pickleball (3/3, 3/10, 3/17, 3/24, & 3/31 at 1 pm)

Shuffleboard (3/4, 3/11, 3/18, & 3/25 at 1:30 pm)

Changes Discussion Group (3/10 at 3 pm)

Parkinson's Support Group (3/25 at 11 am)

Get to know current residents in one of our many group fitness classes! (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.

Lenten Bible Study (3/4, 3/11, 3/18, & 3/25 at 2 pm)

Connections (3/5 & 3/19 at 11 am & 3:30 pm)

Loom Demonstration at Meraki Arts Studio (3/6 at 1:30 pm; 3/10, 3/24, & 3/31 at 9 am)

Putting on the Springmoor Green (3/9 & 3/23 at 1:15 pm)

Bridge & Duplicate Bridge (Please inquire for details.)

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

Excursion: Carolina FiberFest

Men's Lunch: Midwood Smokehouse

Shopping, Lunch, & Theater: The Southern Bostonian marketplace, Hahvahd Yahd Cafe, & *The Easter Jubilee* at Rudy Theatre, Selma

Tour of Burwell School Historic Site Followed by Lunch at Antonia's, Hillsborough

Lunch Outing: TráLí Irish Pub & Restaurant

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.

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