



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!

APRIL HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

SPRINGMOOR PRESENTS: SOUTHWIND CELTIC TRIO
THURS., APRIL 9 AT 7 PM

Auditorium

Join Southwind for traditional Irish, Scottish, New England, French-Canadian, and Cape Breton music. The trio: Alison Arnold on wooden flute and whistles, Julie Gorka on Celtic harp, and Gordon Arnold on cello.

RALEIGH CIVIL WAR ROUND TABLE MONTHLY MEETING
MON., APRIL 13 AT 6:30 PM

Auditorium

Aaron Siever presents on the Shenandoah Valley Campaign. Union soldiers approached Richmond, VA, to take the Confederate capital, and General Stonewall Jackson unleashed a vigorous offensive. Refreshments will be available at 6:30 pm; the program begins at 7:00 pm.

SPRINGMOOR PRESENTS: STORYTELLER RONA LEVENTHAL
THURS., APRIL 23 AT 7:00 PM

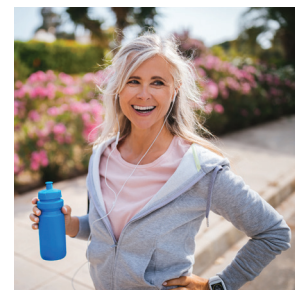
Auditorium

“Cracking Open: Stories of Life, Love, & Chutzpah” will spark your imagination and take you on a vivid journey in the mind’s eye. Rona shares tales from folkloric traditions around the world, as well as personal stories.

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.

Chair Volleyball (4/14 at 3 pm)

Community Discussion: Levels of Care at Springmoor (4/15 at 11 am)

Mat Yoga Flow C—Challenge (4/17 at 9:45 am)

Low Vision Support Group (4/23 at 2 pm)

Schedule an orientation to our fitness center. (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.

Cribbage (4/1, 4/15, & 4/29 at 6:30 pm)

Connections Discussion Group (4/2 & 4/16 at 11 am)

Croquet (4/4, 4/11, 4/18, & 4/25 at 2 pm)

Open Studio: Sit & Sew/Crochet & Chat (4/6, 4/13, 4/20, & 4/27 at 10 am)

3rd Friday Sing-Along with Residents Frank & Angie Roediger (4/17 at 4 pm)

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

MOTHER'S DAY LUNCH

EASTER SUNDAY LUNCH

DURHAM BULLS BASEBALL GAME

SENIOR GAMES SILVERARTS FOLLIES
2026, GARNER PERFORMING
ARTS CENTER

PRESENTATION BY DR. ELLIOT ENGEL:
A HISTORY OF MONEY

LUNCH & MOSQUE TOUR: ISLAMIC
ASSOCIATION OF RALEIGH

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.

