



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!

JUNE HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

SPRINGMOOR PRESENTS: ENCORE SINGERS
MON., JUNE 1 AT 7:00 PM

Auditorium

The Encore Singers will perform a “Bob Hopefully” 1940s USO-Style show featuring lively music and rich harmonies. Enjoy classic hits and patriotic favorites honoring Memorial Day.

STORYTELLER KENN GARDNER ON BENJAMIN FRANKLIN
MON., JUNE 22 AT 2:00 PM

Auditorium

This program explores what happened after the US achieved independence. Franklin took on an entirely new and unexpected role that he considered to be one of the greatest challenges of his life. Kenn is known for his engaging storytelling and deep research; he gives presentations on history across North Carolina.

HARPIST ANITA BURROUGHS-PRICE:
250 YEARS OF AMERICAN MUSIC
MON., JUNE 29 AT 7:00 PM

Auditorium

Celebrate America's musical journey with Anita Burroughs-Price, harpist with the North Carolina Symphony. This special program explores the rich history of American music from the Revolutionary War to the 21st Century. You'll hear beloved melodies ranging from early patriotic tunes to modern favorites.

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.

Find detailed information about Independent Living and the full spectrum of healthcare services we offer on our updated website: Springmoor.org Check out the News tab as well!



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.

Connections Discussion Group (6/4 & 6/18 at 11 am)

Drumming for Life (6/10 at 7 pm)

Transitions Seminar—Grieving in Community: Understanding and Coping with Loss (6/11 at 2 pm)

Join Dietitian Raquel Spence for Bites & Insights: Diabetes 101—Living Well Every Day (6/17 at 1:30 pm)

Parkinson's Support Group (6/24 at 11 am)

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.

Pickleball at Greystone (6/2, 6/9, 6/16, 6/23, & 6/30 at 9:30 am)

Shuffleboard (6/3, 6/10, 6/17, & 6/24 at 1:30 pm)

Ping Pong (6/5, 6/12, 6/19, & 6/26 at 9 am; 6/3 & 6/10, 6/17, & 6/24 at 3 pm)

Evening Social Dance (6/9 at 7 pm)

Bible Study (Please inquire for details.)

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

DINNER OUTING: TAVERNA AGORA
GREEK KITCHEN & BAR

SUMMER GALA WITH MUSIC BY
THE CASABLANCA ORCHESTRA

SHOP/LUNCH: DRESS FOR SUCCESS &
SUCCOTASH SOUTHERN & CREOLE KITCHEN,
DURHAM, NC

BUS TOUR: DISCOVER THE STORY OF CARY
WITH ANDREW NASON, CARY, NC

TOUR & LUNCH: CATHEDRAL TOUR &
IRREGARDLESS CAFÉ

LECTURE BY DR. ELLIOT ENGEL:
THE GENIUS OF MARK TWAIN

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.

