



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!

## JULY HIGHLIGHTS OPEN TO OUR WAITLIST

### SPECIAL THIS MONTH

**EMPOWERED & AWARE: OUTSMARTING THE SCAMMERS**  
THURS., JULY 9 AT 2:00 PM

*Auditorium*

Join the NCDOJ Outreach Team for an informative seminar on recognizing and preventing scams and fraud. Learn practical strategies to protect your personal information, finances, and peace of mind in today's increasingly complex world.

**THE BODY & SOUL BAND PRESENTS SOUNDS OF SUMMER**  
THURS., JULY 9 AT 7:00 PM

*Auditorium*

Featuring beloved Springmoor favorite Caroline Gregory, the Body and Soul Band brings outstanding musicianship, energy, and fun to every performance. Their versatile music and engaging stage presence guarantee an evening of great entertainment and familiar tunes. Come out to dance or sit back and listen.

**SPRINGMOOR PRESENTS: SOUTHWIND CELTIC TRIO**  
THURS., JULY 16 AT 7:00 PM

*Auditorium*

Southwind plays traditional Irish, Scottish, New England, French-Canadian, and Cape Breton music. You'll enjoy slow airs, lilting waltzes, lively jigs, and driving reels played by Alison Arnold on wooden flute and whistles, Julie Gorka on Celtic harp, and Gordon Arnold on cello.

*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](http://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](mailto:Kari.Richie@springmoor.org) or 919-848-7147 to make a reservation to participate.

**Chair Volleyball (7/13 at 2:30 pm)**

Trinity Rehab physical therapist Suzanne Hanks provides an informative seminar on dry needling (7/15 at 11 am)

Trinity Rehab speech-language pathologist Susan Stevens explores the difference between hearing and understanding (7/20 at 11 am)

**Make a reservation to swim in our pool.**  
(Please inquire for details.)

**Meet current residents by attending a group fitness class!**  
(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.

**BYOB: Bring Your Own Beads at Meraki Arts Studio**  
(7/1, 7/8, & 7/22 at 2 pm)

**Men's Coffee and Fellowship** (7/9 at 9 am)

**The Sawmill Quartet Presents Summer Tunes**  
(7/14 at 4 pm)

**Color & Connect** (7/14 & 7/28 at 2:30 pm)

**Cat Caretakers Gathering** (7/15 at 10 am)

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

AMERICA'S 250<sup>TH</sup> BIRTHDAY PARTIES AT BOTH NORTH & SOUTH VILLAGE

MUSEUM & LUNCH: AVA GARDNER MUSEUM & THE GILDED PEAR, SMITHFIELD, NC

EXCURSION: SUNFLOWER OUTING AT DIX PARK

TOUR & LUNCH: NC LEGISLATIVE BUILDING & SIDE STREET RESTAURANT

OUTING: DUKE HOMESTEAD & THE REFECTORY CAFÉ

SUMMER SHRIMP BOIL

### 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](http://Springmoor.org/contact) to sign up for our monthly e-Newsletter.

