



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!

AUGUST HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

SPRINGMOOR PRESENTS: SINGER JENNY WAYNE
THURS., AUGUST 13 AT 7:00 PM

Auditorium

Enjoy an evening of beloved songs from some of Broadway's most celebrated musicals, performed by the talented vocalist Jenny Wayne. Sing along with familiar favorites and experience the magic of musical theatre without leaving Raleigh!

SPRINGMOOR PRESENTS: PIANIST/SINGER CHRISTIAN GREEN
TUES., AUGUST 25 AT 7:00 PM

Auditorium

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

SPRINGMOOR PRESENTS: PRESIDENTS & THEIR FIRST LADIES—JOHN AND ABIGAIL ADAMS
WED., AUGUST 26 AT 7:00 PM

Auditorium

William and Sue Wills are nationally acclaimed historical performers celebrating their 48th year as professional actors. Through dramatic readings in period costume, they bring history to life with engaging portrayals of America's First Couples. Join them as they present the story of John and Abigail Adams, one of the nation's most remarkable presidential partnerships.

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.

Tech Help from Teens (8/7 & 8/20 at 11:30 am)

Monthly Town Hall featuring the Home Care Department. Join us for Q & A! (8/17 at 3 pm)

Dementia Support Group (8/19 at 3 pm)

Scam Prevention Opportunity: Learn about Haven, an iPhone app that helps protect older adults from scams in real time. (8/24 at 10 am)

Join us for Tai Chi Flow or Form. (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.

Croquet (8/1, 8/8, 8/15, 8/22, & 8/29 at 10 am)

Open Studio Painting at Meraki Arts Studio (8/1, 8/4, 8/8, 8/11, 8/15, 8/18, 8/22, 8/25, 8/29 at 1:30 pm)

Cribbage (8/5 & 8/19 at 6:30 pm)

Putting on the Springmoor Green (8/10 & 8/24 at 11 am)

3rd Friday Sing-Along with Residents Frank & Angie Roediger (8/21 at 4 pm)

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

SENIOR GAMES CELEBRATION SOCIAL

MUSICAL THEATER EXCURSION:
WEST SIDE STORY AT POIEMA ARTS,
WAKE FOREST, NC

LUNCH AT HAHVAHD YAH D CAFÉ
FOLLOWED BY *CLASSIC COUNTRY JUBILEE*
AT RUDY THEATRE, SELMA, NC

DR. ELLIOT ENGEL PRESENTS:
MY PICTURE OF VINCENT VAN GOGH

GUIDED TOUR OF DOWNTOWN
ON THE RALEIGH TROLLEY
LADIES' SUMMER TEA

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.

