



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!

SEPTEMBER HIGHLIGHTS

OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

SPRINGMOOR PRESENTS: BODY & SOUL BAND
THURS., SEPTEMBER 10 AT 7:00 PM

Auditorium

Featuring Springmoor favorite, vocalist Caroline Gregory, the Body and Soul Band brings energy, fun, and familiar favorites to every performance. You'll enjoy tunes by The Beatles, Elvis, Frank Sinatra, Manhattan Transfer, and more. They'll also preview a couple of original songs for the very first time!

RALEIGH CIVIL WAR ROUND TABLE MONTHLY MEETING
MON., SEPTEMBER 14 AT 6:30 PM

Auditorium

Samuel Flowers, assistant history professor at Louisburg College, will present "Devoid of Grandeur and Glory: The Overland Campaign's Impact on Tactics, Combat, and Memory." Light refreshments served at 6:30 pm; program begins at 7:00 pm.

SPRINGMOOR PRESENTS: CAPITAL TRANSIT
THURS., SEPTEMBER 17 AT 7:00 PM

Auditorium

Capital Transit is a Triangle-based vocal ensemble known for tight three- and four-part harmonies and lively performances of pop favorites from the 1950s–1970s. The group accompanies itself on instruments that include keys, guitar, sax, flute, and hand percussion. Join us for a fun evening of music!

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](https://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 led by Springmoor chaplains
(9/3 & 9/17 at 11 am)

Presentation by OnSite Dermatology: Skin Cancer Awareness & Healthy Skin (9/3 at 2 pm)

Drumming for Life (9/9 at 7 pm)

Parkinson's Support Group (9/23 at 11 am)

Join us for Line Dance or Chair Line Dance.
(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.

Springmoor Singers & Ringers Program (9/1 at 3 pm)

Billiards Social Group (9/1, 9/8, 9/15, 9/22, & 9/29 at 7 pm)

Pickleball at Greystone (9/1, 9/8, 9/15, 9/22, & 9/29 at 9:30 am)

Life Writing Workshop (9/3 at 2 pm)

Bridge & Canasta (Please inquire for details.)

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

OUTING: IMAX FILM *FLIGHT OF THE BUTTERFLIES*, FOLLOWED BY COOL TREATS AT AMORINO GELATO

LUNCH AT MRS. LACY'S MAGNOLIA HOUSE, FOLLOWED BY *1776 THE MUSICAL* AT TEMPLE THEATRE, SANFORD, NC

MEN'S BREAKFAST AT BRIGS

EXCURSION: LUNCH AT NOFO @ THE PIG & FIVE POINTS HISTORY BUS TOUR

LUNCH & SHOPPING: ANTONIA'S & DOWNTOWN SHOPS, HILLSBOROUGH, NC

A NIGHT OF FINE WINE & CUISINE IN THE NORTH VILLAGE GREAT ROOM

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](https://springmoor.org/contact) to sign up for our monthly e-Newsletter.

