



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!

OCTOBER HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

SPRINGMOOR PRESENTS: THE CRAICDOWN DUO
THURS., OCTOBER 15 AT 7:00 PM

Auditorium

A lively evening of all things Irish! Rob Sharer & David DiGiuseppe fill the room with bouncy jigs, driving reels, lively polkas, and well-loved pub songs. They play accordion, Irish cittern, Irish flute, fiddle, guitar, and bodhrán. Come enjoy a spirited night of hand-clapping Irish merriment.

A MUSICAL CHAIN: CELLO & PIANO CONCERT
THURS., OCTOBER 29 AT 7:00 PM

Auditorium

Join Bonnie Thron, principal cellist of the NC Symphony, and Dr. Anatoly Larkin, accomplished pianist and NC State music lecturer, as they explore the connection between composers and their students. The selections they perform reveal how musical ideas and traditions were passed from one generation to the next.

MUSIC WITH FLIPSIDE: FAVORITES OF THE '50S AND '60S!
SAT., OCTOBER 31 AT 7:00 PM

Auditorium

Flipside provides high-energy performances and beautifully crafted four-part harmonies. The group brings decades of experience in vocal performance and community theater—and plenty of enthusiasm—to the stage. Come sing along!

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.

Blessing of the Animals (10/4; services at 3 pm & 4:30 pm)

Caring Circle Resident-Led Grief Support (10/8 & 10/22 at 3 pm)

Bites & Insights Dietitian Talk: Nutrition & Fall Prevention with Raquel Spence (10/23 at 2 pm)

Join us for a Cardio & Total Body fitness class.

Reserve a time to swim in our pool. (Please inquire for details regarding using the pool or attending a fitness class.)



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.

Storyteller Kenn Gardner explains how Marilyn Monroe helped transform Hollywood (10/2 at 3 pm)

Open Studio: Sit & Sew/Crochet & Chat (10/5, 10/12, 10/19, & 10/26 at 10 am)

Shuffleboard (Wednesdays at 1:30 pm)

Men's Coffee & Fellowship (2nd Thursdays at 9 am)

3rd Friday Sing-Along (10/16 at 4 pm)

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

DAY TRIP TO CHARLOTTE: THE MINT MUSEUM WITH LUNCH AT MARIPOSA

CEDAR CREEK GALLERY & LUNCH AT SIMPLY CREPES, CREEDMOOR, NC

SPRINGMOOR PROM: AN ENCHANTED EVENING WITH MUSIC BY CAPITAL TRANSIT

EXCURSION: NORTH CAROLINA STATE FAIR

**DR. ELLIOT ENGEL PRESENTS:
THE ECCENTRIC GENIUS OF DR. SAMUEL JOHNSON**

THEATER OUTING: MRS. DOUBTFIRE AT DURHAM PERFORMING ARTS CENTER

FALL WALK ON THE NEUSE RIVER GREENWAY

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.

