PATHWAYS
SPRINGMOOR WELLNESS

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!

November Highlights

OPEN TO OUR WAITLIST

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!

Special this Month

Beautiful America: Michael Leidig on Piano

Wed., November 4 at 7:00 pm

Auditorium

Pianist Michael Leidig will provide a patriotic performance in honor of Veterans Day. Featuring selections from his first CD, *Beautiful America,* this inspiring program combines music with fascinating stories from World War I, World War II, the Korean War, and the Vietnam War. Don't miss this a memorable hour of music, history, and tributes to those who have served our country.

Springmoor's Resident Craft Fair

Fri., November 6 from 11:30 am–2:30 pm

North Village Great Room

Shop for yourself or make progress on your holiday gift list! You'll discover unique, handmade treasures crafted by our talented resident artisans. Items include jewelry, fused glass, greeting cards, tote bags, paintings, and much more. Cash purchases only.

Raleigh Moravian Church Choir

Sun., November 8 at 2:00 pm

Auditorium

Enjoy familiar favorites like "In the Mood," performed on piano and string bass, along with choir selections. The program will honor our nation's veterans and concludes with a spirited patriotic sing-along with large-print song sheets.





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.

Croquet (11/7, 11/14, 11/21, & 11/28 at 10 am)

Monthly Town Hall with updates from the Clinic, Pharmacy, and Chaplains/Social Work Teams. (11/16 at 3 pm)

Parkinson's Support Group with Trinity Rehab & Resident Outreach Coordinator Sue Koehler (11/25 at 11 am)

Coping with Loss through the Holidays Grief Group (Please inquire for details.)

Attend a Mat Yoga 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.

Domino Games (11/3 & 11/17 at 2 pm)

Putting on the Springmoor Green (11/9 & 11/23 at 1:15 pm)

Poetry Share Group (11/9 at 2 pm)

Sunday Vespers Services (Sundays at 7 pm)

Bridge & Duplicate Bridge (Please inquire for details.)

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

Fall Festival with Bluegrass & Old-Time Music on the South Village Lawn

The Cary Theater: The Old North State Storytelling Festival

Dr. Elliot Engel Presents: *A Light History of the English Language*

DPAC Outing: *'Twas the Night Before…* by Cirque du Soleil

Festival of Trees & Lunch at Pl8te, Southern Table, Pinehurst, NC

Visions of Sugarplums Holiday Art/ Gift Show at Quail Hollow

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.

An Affiliate Community of Greystone Village
Equal Housing Opportunity