

SPOTLIGHT ON JOHN NETER

*Prepared by the Publicity and
Communications Committee*



Ask John Neter what he likes most about The Cedars and he will answer, "The Members." Well, the feeling is mutual! John Neter is one of the most liked and esteemed Members of The Cedars where he and his wife Dorothy have lived since July 2006. They now reside in the DuBose Health Center.

John was born in Mannheim, Germany in 1923. He moved to the U.S. as a refugee at the age of 12 and grew up in New York State. During World War II he served in the 34th Infantry Division in Italy, earning the Combat Infantryman Badge and three campaign ribbons. John studied business administration and accounting at the University of Buffalo and University of Pennsylvania and then earned a Ph.D. in Statistics at Columbia University in New York.

John Neter had a distinguished career, the core of it teaching statistics in schools of business administration at Syracuse University, the University of Minnesota, and the University of Georgia. He served as a member and president of the Decision Sciences Institute, as a Fellow of the American Statistical Association (ASA) and then, in 1985, as president of the 15,000-member ASA where he helped introduce long-range planning and the link of this planning to developing budget priorities.

John is the author or co-author of several major texts in applied statistics and linear regression. He also served for many years as a statistical consultant to the Federal Government and several major accounting firms.

John and Dorothy have two sons. Ron, his wife Mona, and two children live in California where John also has a 4-year-old great-grandson. David, his wife Ann, and their daughter live in Raleigh.

John has been a contributor to The Cedars in countless ways, many behind the scenes. He has served on the Finance Committee for over 15 years and as its chair in his early days here. He significantly enhanced the role of the committee and played an important advisory role for Cedars staff, the developer, and the Condo Board. Specifically, he facilitated steps to improve the presentation of the Cedars' balance sheet and operating statements, improve the health center fee structure, and develop longer-term financial planning models. John also has served on the Condo Board and on numerous ad hoc committees. He currently serves on the Long-Range Planning Committee as well as Finance. Beyond all this he is known for the 16 slide presentations he has made to Members covering global travels and for his excellence in photography and ping-pong!

John was a great friend to his neighbors in Forsythe Villa for over 15 years until his recent move to DuBose. His friends and admirers, however, extend across Cedars' Members and staff. John has made this a better place for everyone and for that we all are most grateful!

Tributes by Members who have worked closely with John Neter on Cedars committees

John is a super fine person and is a major asset to The Cedars.

The Finance Committee has benefited greatly from John's ability to see not only the current facts but how they are likely to play out in the future.

John, using his statistics background, was instrumental in development of a system for funding the Replacement Reserve Fund to ensure funds are available as elements of The Cedars wear out and need to be replaced.

John asks tough and probing questions which inevitably lead to greater clarity and system improvements.

John always says, "Show me the numbers." He always wants hard facts before proposing a course of action. With Long Range Planning he looked at the numbers and realized we could afford a \$6 million project rather than the initially proposed \$3 million.



APRIL
2022

THE CEDARS POST

APRIL BIRTHDAYS



Jeane Suddarth.....	1
John Toscano.....	2
Sheppard Zinovoy.....	2
Gaylen Bradley.....	2
Bill Buxton.....	3
Lynne Kane.....	3
Dorothy Neter.....	3
Joan Ontjes.....	3
Joy Metelits.....	8
Marion Waters.....	9
Victoria Borden.....	9
Sonia Coffin.....	9
Sandy Wetmore.....	10
Liz Sarfati.....	10
Patricia Jarrett.....	10
Doris Ashkin.....	11
John Spitznagel.....	11
Nancy Boger.....	12
Stephen Metelits.....	12
Virginia Glenn.....	12
Karen Cooper.....	13
Jean Nuzum.....	14
Clara Zinovoy.....	14
Barbara Loda.....	15
Bill Kirwan.....	15
Dorothy Waechtershaeuser.....	15
Davis B. Bingham.....	18
Elizabeth Martin.....	19
Premila Rao.....	20
Bernice Daw.....	22
Tony Meyer.....	24
Chester Douglass.....	26
Phyllis Becker.....	29
Bonnie Farb.....	30
Marilyn Schepper.....	30

We apologize to anyone whose birthday may have been omitted or is incorrect. If you would like to be included or removed from the birthday list please contact Sheila Kiliru (919-537-0126).

LET'S CELEBRATE

COUNTRY MUSIC JAMBOREE WITH THE CEDARS SINGERS Wednesday, April 6, 2 & 4pm Ballroom

Davis Bingham's Cedars Singers go country. The Singers and fabulous soloists present an afternoon of country music favorites: "Stand By Your Man," "I Saw the Light", "Crazy," "Country Roads," "Your Cheatin' Heart," "I'll Fly Away," and a dozen more with the wonderful Joy Douglass at the piano. There will even be an audience sing-along. Two identical performances: the first at 2pm, the second at 4pm.



A TASTE OF PASSOVER with Rabbi Jen of Kehillah Synagogue Tuesday, April 12, 1pm (location: TBD)

Rabbi Jen will be on hand to help us spiritually prepare for Passover. We'll go deeper into themes of the Seder and even sing a few Passover songs.



SPECIAL EASTER SERVICE Sunday, April 17, 11am Ballroom

Cedars Members, their family and friends are invited to a special Easter Service on April 17th. Joy Douglass and other Members will present a selection of Easter hymns.

EASTER ORIGAMI WITH BARBARA PEARL Sunday, April 17, 11:30am-1pm Upstairs Lobby

You and your grandchildren are invited to learn how to make origami with award winning educator and author Barbara Pearl in the upstairs lobby in front of the fireplace.

2021 CELEBRATION OF LIFE SERVICE Friday, April 22, 3pm Ballroom (note date change)

Please join us as we remember and celebrate Cedars Members that we lost in 2021.



MOVIE OF THE MONTH *Belfast* Monday, April 25, 2pm Ballroom

The comedy-drama film *Belfast* is a period piece set in Northern Ireland. Written and directed by Academy Award nominee Kenneth Branagh, *Belfast* is a poignant story of one boy's childhood amid the music and social tumult of the late 1960s. The film chronicles the life of a working-class Ulster Protestant family from the perspective of their 9-year-old son Buddy during The Troubles in Belfast, Northern Ireland. Starring Caitriona Balfe, Judi Dench and Jamie Dornan. (2021)

BEYOND THE CEDARS



SHOPPING AT TANGER OUTLET CENTER IN MEBANE

Tuesday, April 19, 11am Lobby

Tanger Outlet Center features brand name and designer fashions and accessories including jewelry, housewares and china, home décor, luggage, toys, books, food specialties, and much more. You'll find

entire stores filled with merchandise from your favorite brands. **Register on Cedars Connect beginning April 1, deadline April 17. Cost \$12 for transportation.**

THE NORTH CAROLINA ZOO

Ride and Guide Tour

Tuesday, April 26, 9:15am Lobby

The North Carolina Zoo in Asheboro houses 1,800 animals of more than 250 species, primarily representing Africa and North America. It is one of two state-supported zoos, and with 500 acres developed, it is the world's largest natural habitat zoo.

You will hear fun stories and facts about our wonderful animals on a 1.5 hour golf cart ride with our engaging tour guides. Your guides will share all the habitats in Africa as time permits. After the tour we'll have lunch. **Register on Cedars Connect beginning April 1, deadline April 20. Cost \$55 for tour, lunch and transportation. Maximum 15 people.**



RICHARD TAZEWELL
PIANIST

Fridays, April 1 & 22, 5pm
Dining Lobby

ROBERT GRIFFIN
JAZZ PIANIST

Thursdays, April 7 & 14, 5pm
Dining Lobby

MAKE IT TO THE BUS ON TIME

Please call Laura at 919-259-7944 or Tara at 919-537-0128 on regular business days if you have signed up for an outing and are unable to attend.

PLAYMAKERS REPERTORY COMPANY

Sunday, April 3, 1:30pm Lobby

DUKE SYMPHONY ORCHESTRA

at Baldwin Auditorium

Wednesday, April 6, 6:30pm Lobby

VOICES OF MISSISSIPPI FEATURING WILLIAM FERRIS

at UNC Memorial Hall

Wednesday, April 6, 6:45pm Lobby

NC SYMPHONY

at UNC Memorial Hall

Thursday, April 7, 6:45pm Lobby

SHOPPING AT TANGER OUTLET CENTER IN MEBANE

Tuesday, April 19, 11am Lobby

CAROLINA BALLET

Saturday, April 23, 1pm Lobby

NORTH CAROLINA ZOO IN ASHEBORO

Ride and Guide Tour

Tuesday, April 26, 9:15am Lobby

GET INVOLVED

ACCESSING UNC LIBRARIES

Saturdays, April 9 & 23, 11am Library

Want to borrow books from UNC Libraries? Contact Nancy Lebo with questions at 919-259-7330.

GREAT BOOKS (SHORT STORIES)

Monday, April 11, 2pm Classroom

The Ledge by Lawrence Sargent Hall

THE CEDARS EVENTS

4/1 FRIDAY

- 9:15am Aquafit P ■
- 11am Fit Friday: Zumba B ■
- 1pm Jewelry Repair with Eva Mogensons ■
- 1pm Great Decisions Film and Group Discussion B ■
- 3pm Classic Canasta CR ■
- 5pm Richard Tazewell - Pianist DL ■

4/2 SATURDAY

- 9am Ping Pong B ■
- 9am Cribbage CL ■

4/3 SUNDAY

- 11am Interdenominational Service B ■
- 1:30pm PlayMakers LB 📍 ■

4/4 MONDAY

- 8:30am Aquafit On Your Own P ■
- 8:30am Cardio Combo B ■
- 9am Library Workday L ■
- 9:30am Balance Basics B ■
- 10am Pilates Fusion with Joan z ■
- 10:15am Balance Challenge B ■
- 10:30am Knit & Stitch CR ■
- 11am Low Vision Group CL ■
- 11am Beginner Tai Chi with Nina B ■
- 11:30am Tai Chi with Nina B ■
- 12:30pm Play Reading Group z ■
- 1pm Poker CR ■
- 2pm Common Eye Diseases and Strategies that Help with Dr. Diane Whitaker B ■

4/5 TUESDAY

- 8:30am Total Body Strength & Stretch B ■
- 9:45am Sit & Be Fit B ■
- 10:45am Sit & Be Fit B ■
- 1pm Golf Croquet GL ■
- 4:30pm Line Dancing B ■

4/6 WEDNESDAY

- 9am Ping Pong B ■
- 9:15am Aquafit P ■
- 10am Open Door Bible Group CR/Zoom ■
- 10:30am Balance Basics B ■
- 11:15am Balance Challenge B ■
- 12:45pm Duplicate Bridge CR ■

- 2pm & 4pm Country Music Jamboree with The Cedars Singers B ■
- 6:30pm Duke Symphony Orchestra LB 📍 ■

4/7 THURSDAY

- 8:30am Cardio Combo B ■
- 9:30am Sit and Be Fit B ■
- 11am Cedars University B ■
- 1pm Golf Croquet GL ■
- 1:30pm Modern American Canasta CR ■
- 5pm Robert Griffin - Pianist DL ■
- 6:45pm NC Symphony at UNC 📍 ■

4/8 FRIDAY

- 9:15 Aquafit P ■
- 10am 10th Annual Cedars' Pet Biscuit Day ■
- 11am Fit Friday: Cardio and Core B ■
- 1pm Great Decisions Film and Group Discussion B ■
- 3pm Classic Canasta CR ■

4/9 SATURDAY

- 9am Ping Pong B ■
- 9am Cribbage CL ■
- 11am Accessing UNC Libraries L ■

4/10 SUNDAY

- 11am Interdenominational Service B ■

4/11 MONDAY

- 8:30am Aquafit On Your Own P ■
- 8:30am Cardio Combo B ■
- 9am Library Workday L ■
- 9:30am Balance Basics B ■
- 10am Pilates Fusion with Joan z ■
- 10:15am Balance Challenge B ■
- 10:30am Knit & Stitch CR ■
- 11am Beginner Tai Chi with Nina B ■
- 11:30am Tai Chi with Nina B ■
- 12:30pm Play Reading Group z ■
- 2pm Great Books CL ■
- 3pm Finishing Touches Film B ■

4/12 TUESDAY

- 8:30am Total Body Strength & Stretch B ■
- 9:45am Sit & Be Fit B ■
- 10am Art Classes with Nerys Levy s 📍 ■
- 10:45am Sit & Be Fit B ■
- 1pm Golf Croquet GL ■

- 1pm A Taste of Passover with Rabbi Jen ■
- 4:30pm Line Dancing B ■

4/13 WEDNESDAY

- 9am Ping Pong B ■
- 9:15am Aquafit P ■
- 10am Open Door Bible Group CR/Zoom ■
- 10:30am Balance Basics B ■
- 11:15am Balance Challenge B ■
- 12:45pm Duplicate Bridge CR ■

4/14 THURSDAY

- 8:30am Cardio Combo B ■
- 9:30am Sit and Be Fit B ■
- 11am Cedars University B ■
- 1pm Golf Croquet GL ■
- 1pm Spring Origami Workshop: Flower Power with Barbara Pearl s 📍 ■
- 1:30pm Modern American Canasta CR ■
- 3pm Letters from Red Farm with Elizabeth Emerson B ■
- 5pm Robert Griffin - Pianist DL ■

4/15 FRIDAY

- Passover*
- 9:15am Aquafit P ■
- 11am Fit Friday: Barre Fusion B ■
- 1pm Great Decisions Film and Group Discussion B ■
- 3pm Classic Canasta CR ■



4/16 SATURDAY

- 9am Ping Pong B ■
- 9am Cribbage CL ■

4/17 SUNDAY

- Easter*
- 11am Interdenominational Service - Special Easter Service B ■
- 11:30am Easter Origami with Barbara Pearl LB ■



4/18 MONDAY

- 8:30am Aquafit On Your Own P ■
- 8:30am Cardio Combo B ■
- 9am Library Workday L ■
- 9:30am Balance Basics B ■
- 10am Pilates Fusion with Joan z ■
- 10:15am Balance Challenge B ■
- 10:30am Knit & Stitch CR ■

11:30am Tai Chi with Nina **B** ■
 12:30pm Play Reading Group **z** ■
 1pm Poker **CR** ■
 2pm Let's Talk Cinema *I'm Your Man* **B** ■
 4pm Finishing Touches Death Café with
 Dana Brinson **CR/Zoom** ■

4/19 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
 9:45am Sit & Be Fit **B** ■
 10:45am Sit & Be Fit **B** ■
 11am Tanger Outlet Center **LB** 🚶 ■
 1pm Golf Croquet **GL** ■

4/20 WEDNESDAY

9am Ping Pong **B** ■
 9:15am Aquafit **P** ■
 10am Open Door Bible Group **CR/Zoom** ■
 10:30am Balance Basics **B** ■
 11:15am Balance Challenge **B** ■
 12:45pm Duplicate Bridge **CR** ■

4/21 THURSDAY

8:30am Cardio Combo **B** ■
 9:30am Sit and Be Fit **B** ■
 11am Cedars University **B** ■
 1pm Golf Croquet **GL** ■
 1:30pm Modern American Canasta **CR** ■
 3pm Let's Talk Cinema *I'm Your Man*
 Discussion Via Zoom led by Linda Luftig **z** ■

4/22 FRIDAY

9:15 Aquafit **P** ■
 11am Fit Friday: Strength Circuit **B** ■
 3pm Classic Canasta **CR** ■
 1pm Great Decisions Film and Group
 Discussion **B** ■
 3pm 2021 Celebration of Life Service **B** ■
 5pm Richard Tazewell - Pianist **DL** ■

4/23 SATURDAY

9am Ping Pong **B** ■
 9am Cribbage **CL** ■
 1pm Carolina Ballet **LB** 🚶 ■

4/24 SUNDAY

11am Interdenominational Service **B** ■
 3pm Young Artist Series **B** ■

4/25 MONDAY

8:30am Aquafit On Your Own **P** ■
 8:30am Cardio Combo **B** ■
 9am Library Workday **L** ■
 9:30am Balance Basics **B** ■
 10am Pilates Fusion with Joan **z** ■
 10:15am Balance Challenge **B** ■
 10:30am Knit & Stitch **CR** ■
 11:30am Tai Chi with Nina **B** ■
 12:30pm Play Reading Group **z** ■
 1pm Poker **CR** ■
 2pm Movie of the Month - *Belfast* **B** ■

4/26 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
 9:15am NC Zoo **LB** 🚶 ■
 9:45am Sit & Be Fit **B** ■
 10am Art Classes with Nerys Levys 🚶 ■
 10:45am Sit & Be Fit **B** ■
 1pm Golf Croquet **GL** ■
 4:30pm Line Dancing **B** ■

4/27 WEDNESDAY

9am Ping Pong **B** ■
 9:15am Aquafit **P** ■
 10am Open Door Bible Group **CR/Zoom** ■
 10:30am Balance Basics **B** ■
 11:15am Balance Challenge **B** ■
 12:45pm Duplicate Bridge **CR** ■

4/28 THURSDAY

11am Cedars University **B** ■
 1pm Golf Croquet **GL** ■
 1:30pm Modern American Canasta **CR** ■

4/29 FRIDAY

9:15 Aquafit **P** ■
 11am Zumba **B** ■
 3pm Classic Canasta **CR** ■
 1pm Great Decisions Film and Group
 Discussion **B** ■

4/30 SATURDAY

9am Ping Pong **B** ■
 9am Cribbage **CL** ■

ANNOUNCEMENTS

**JEWELRY REPAIR WITH
 EVA MOGENSEN**
 Friday, April 1, 1-2pm Art Studio

THE NEW WELCOME TABLE!

Are you looking for someone to dine with? There will be a new 'welcome table' every Thursday evening beginning April 7th at 6pm. While everyone is invited, we encourage new Members and single Members to meet someone new. You may sign up for the welcome table in the Clubhouse lobby in the 'welcome table' book located by the fireplace.

CEDARS PORCH COLLECTION

Monday, April 11, 8:30am

Front Porches or Veranda Parking Lot Bench. Food should be out for pickup by 8:30am or you can leave a check anytime with the Clubhouse Concierge. Contact Joy Metelits at 919-933-0724 with questions.



**Sunday, April 24, 3pm in the
 Ballroom**

All Cedars Members are invited to attend this upcoming Young Artists Series piano concert. The three talented young pianists who will be performing are Yunjing (Ariel) Gao, Leo Yang, and Eric Sun. They are part of a Piano Performance Team which tours the East Coast giving concerts at universities, churches, retirement communities and elementary schools. They were the first-place winners in an Elite International Duo Piano Competition in 2021. In February of this year, they performed at Carnegie Hall!

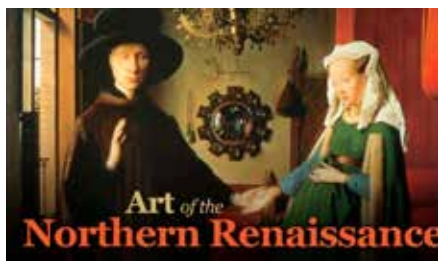
Lectures on DVD

GREAT AMERICAN BESTSELLERS: THE BOOKS THAT SHAPED AMERICA

Taught by Peter Conn, Ph.D.

Professor, University of Pennsylvania

Thursdays through April 21,
11am Ballroom



ART OF THE NORTHERN RENAISSANCE

Taught by Catherine B.

Scallen, Ph.D. Professor, Case Western Reserve University

Thursdays, April 28 through August 25,
11am Ballroom

Using more than 300 images—paintings, woodcuts, engravings, etchings, sculptures, drawings—by well-known artists Jan van Eyck, Rogier van der Weyden, Albrecht Dürer, Hans Holbein, Hieronymus Bosch, and Pieter Bruegel, along with others who may be less familiar but deserve to be better known, Professor Scallen leads an intensely visual exploration of the glorious art that resulted. She explains devotional paintings, brilliantly illuminated copies of the medieval prayer book known as the Book of Hours, and triptychs—massive three-panel works that often served as church altarpieces.

Professor Scallen's lectures will enhance your understanding of art itself—sharpening your ability to notice the significance of content and detail, and showing you how artists drew from and influenced the work of others—making your next trip to the museum or time spent looking at art in other ways more pleasurable and enriching.

LEARNING OPPORTUNITIES

COMMON EYE DISEASES AND STRATEGIES THAT HELP

with Dr. Diane Whitaker

Monday, April 4, 2pm Ballroom

Dr. Diane Beasley Whitaker, O.D. is a board-certified comprehensive optometrist with specialization in Vision Rehabilitation and Performance. Dr. Whitaker has extensive experience with complex refractive, cataract and post-operative care. Dr. Whitaker's research interests are diverse. She collaborates with other specialists with specific interests in driver evaluation and training, visual-motor skills and performance training in athletes, cognitive impairment in patients with visual impairment, and concussion and stroke rehabilitation. In 2015 she was named an Innovator and one of the Most Influential Women in Optical.



SPRING ORIGAMI WORKSHOP: FLOWER POWER

with Barbara Pearl

Thursday, April 14, 1pm Art Studio

Celebrate Spring in this fun-filled hands-on origami workshop with award winning educator and author of Math in Motion, Barbara Pearl. Discover how to create paper flowers that will bloom all year long to entertain

family and friends, give as one-of-a-kind gifts, decorate or brighten a room. Learn the art of Japanese paper folding — transform an ordinary "peace" of paper into the extraordinary. Materials provided. No experience required, all are welcome. **Register on Cedars Connect beginning April 1, deadline April 12. Maximum 10 people.**

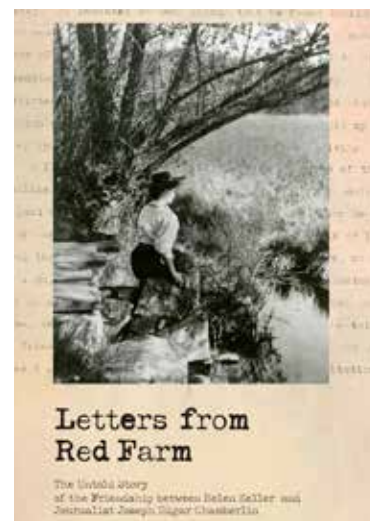
LETTERS FROM RED FARM: THE UNTOLD STORY OF THE FRIENDSHIP BETWEEN HELEN KELLER AND JOURNALIST JOSEPH EDGAR CHAMBERLIN

with Elizabeth Emerson

Thursday, April 14, 3pm Ballroom

In 1888, young Helen Keller traveled to Boston with her teacher, Annie Sullivan, where they met a man who would change her life: Boston Transcript columnist and editor Joseph Edgar Chamberlin. Throughout her childhood and young adult years, Keller spent weekends and holidays at Red Farm, the Chamberlins' home in Wrentham, Massachusetts, a bustling environment where avant-garde writers, intellectuals, and social reformers of the day congregated. Keller eventually called Red Farm home for a year when she was sixteen.

Elizabeth Emerson, daughter of Member Shirley Emerson, is a former grant writer and award-winning artist based in Chapel Hill. She has contributed material to PBS's film biography *Becoming Helen Keller* and written guest articles for the American Foundation for the Blind's Helen Keller Archival Collection and the Perkins Archives' newsletter. **Books will be available for purchase by credit card.**



LET'S TALK CINEMA

I'm Your Man (2021)

Monday, April 18, 2pm Ballroom

Thursday, April 21, 3pm Discussion Via Zoom led by Linda Luftig

Alma is a career woman not looking for love, but she needs money to fund her research. She agrees to briefly live with a humanoid robot that is algorithmically programmed to be the perfect partner. *I'm Your Man* is a delightful romance about relationships, love and what it means to be human. The film is brought to life by a pair of well-matched leads. Dan Stevens and Maren Eggert are a delight. *I'm Your Man* is an AI rom-com whose intelligence is anything but artificial. German with English subtitles. Streaming on Amazon Prime.



**REGULAR GROUP
ACTIVITIES CONTACT
INFORMATION**

- Classic Canasta Sally Sullivan
919-489-6446
- CribbageMalcolm Jackson
919-951-7626
- Duplicate BridgeBetty White
919-967-4064
- Early BirdsJoan Bingham
919-968-3213
- Golf CroquetJoe Murphy
843-957-0674
- Interdenominational Service Nancy Cobey
919-259-7048
- Knit & StitchMargaret Rook
919-292-1497
- Library WorkdayNancy Lebo
919-259-7330
- Mah JonggSara Kittner
919-969-6822
- Memoir Writing Group.....Nancy Lebo
919-259-7330
- Mexican Train DominosSally Sullivan
919-489-6446
- Modern American..... Bonnie Farb
Canasta 561-613-7509
- Open Door Bible Study ...Nancy Cobey
919-259-7048
- Ping PongPat Kelley
919-489-0053
- Play Reading Group... Sue Bielawski
919-933-4428
- Poker.....Richard Orcutt
919-259-7533



Entertaining evening with Magician Joshua Lozoff



Outing to Art in Bloom at NCMA

SUDOKU PUZZLE

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: **Hard**

			8	1	7			6
					9		3	
9		6			3			2
8		1		3				5
4				8		2		9
6			9			4		1
	1		3					
7			1	6	4			

Puzzle by websudoku.com

FITNESS ARTICLE

LIFE IS BETTER IN MOTION

“Life is better in motion” is a slogan used to promote senior health and fitness. Research has shown that exercise does improve quality of life for older adults in many ways.

FITNESS AND COGNITIVE ABILITY ARE CLOSELY CONNECTED.

A higher level of fitness can protect the brain. Researchers evaluated senior adults, gauging their fitness as they rode exercise bikes, then testing their thinking abilities. The fitter they were, the better their executive function (tasks such as attention control and memory).

THERE'S NO NEED TO TAKE IT EASY (IF YOUR DOCTOR APPROVES).

Mayo Clinic experts say that training known as HIIT (high-intensity interval training) may be good at any age. It is based on working out at a high intensity for a short period (30-60 seconds), then slowing down for a longer period (2-3 minutes), then repeating. In those over age 65, HIIT appeared to boost the muscles' ability to produce energy and trigger the growth of new muscle fibers, helping to counteract the muscle loss that comes with age.

GET FIT, GET BETTER SLEEP.

Researchers looked at more than 24,000 adults 65 and up, assessing their physical fitness and their sleep. Fitter individuals had better sleep quality and duration, as they were able to fall asleep and stay asleep more easily.

GONE ARE THE DAYS OF TREATING OLDER ADULTS LIKE A DIFFERENT SPECIES WHEN IT COMES TO EXERCISE.

Personal trainers who specialize in working with older adults find that whether an older adult has been a lifelong exerciser or is a late bloomer, great outcomes can result from exercise. Older adults who have depression often get improved mood once they start or resume exercise. Those with diabetes may be able to lower their medication doses, as their blood sugar drops with regular exercise. Activities are easier due to increased mobility.

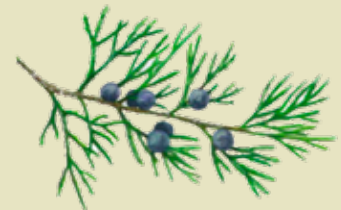
Source: Senior Planet



10TH ANNUAL CEDARS' PET BISCUIT DAY

Friday, April 8, 10am
Front of Bladen Bldg

Members and Staff are encouraged to bring their four-legged friends to our community's annual pet biscuit day. The 10th annual event will include a community picture (in front of Bladen) and treats.



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

Editor..... Laura Booker, 919-259-7944
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Spa & Salon..... 919-259-7940
Dining Reservations 919-259-7932
Work Orders 919-259-7918
Security 919-883-7666