

SPOTLIGHT ON BRANDY WATSON

Written by Jerry VanSant for the Publicity and Communications Committee



Everyone knows Brandy! As Director of Home Care and the DuBose Clinic she has connected with most of us at one time or another. Her caring presence makes us all feel more confident about the times we may need attentive health care at The Cedars.

Brandy's passion for caring for the aging population started with her own elderly grandfather. As she cared for him, she realized that she would love to care for others as if they were her own family. In her career she has endeavored to help make the process of aging and even dying a graceful process for individuals and, in many cases, their spouse or families. This is her calling and her gift.

Brandy began her nursing career as a registered nurse at Granville Medical Center over 15 years ago. She worked there performing primary nursing duties with a wide range of patients, including those in intensive care, and quickly moved into a supervisory role as an operating room coordinator. From there she moved on for educational opportunities as a registered nurse at Duke University Hospital.

From Duke she made the transition to long-term care as the Staff Development Coordinator at Croasdaile Village in Durham. The career change to the CCRC world allowed Brandy time to complete her Bachelor's degree in nursing in 2016. Afterwards she was promoted at Croasdaile to the position of Home Care Administrator. There she managed a large staff team and had responsibility for budgeting and financial management of her department.

All this prepared Brandy to come to The Cedars in 2018 to become Director of Home Care and the Clinic. This involves managing 5 full time staff and nearly 100 CNAs to ensure that Cedars' Members receive appropriate, compassionate care 24/7. Brandy emphasizes working with her staff as a team and this approach enabled effective and compassionate care to Members during the stress and travails of the Covid pandemic which affected both staff and Members. As Sara Flynn-Loy puts it, "Brandy has been an asset to me and The Cedars from the day I hired her but she became a work partner and my right hand during the pandemic. I truly do not know how I would have made it through the past two years without her. There are not enough words to thank her or express my admiration for her."

Brandy came to The Cedars because she knew people who worked here who said it was a wonderful place to be. Brandy affirms they were right! She loves The Cedars where she says Members have made her feel valued, appreciated, and part of a special family. She marvels at how smart and world-wise our Members are. Yet, she says, Cedars' folks are down to earth and humble and have left an indelible mark on her life.

Brandy lives in Oxford, NC with her husband and son Carter who has just reached the age of 4. They are building a new house on some acreage they hope to convert to a farm. Nurturing her son at this important time in his life is a high priority for Brandy. Carter, says Brandy, makes all her dreams come through. He is a lucky guy! So are we!



NOVEMBER
2022

THE CEDARS POST

NOVEMBER BIRTHDAYS



Barbara Burkett.....	1
John Wrede.....	1
Nancy Baker.....	1
Peggy Cooper.....	2
Jack Pendray.....	2
Judith Hollinshead.....	3
Juliann Tenney.....	6
Miriam Henson.....	7
Ann Merklein.....	7
Alan Stephenson.....	7
Alex Coffin.....	10
Jane Hauser.....	11
Charlotte Battle.....	12
Rebecca Hoggard.....	12
Peg Hall.....	14
Pat Beyle.....	14
Virginia Page.....	14
Carolyn Gard.....	14
Albert Gard.....	17
Betty Kenan.....	19
Richard Dabney.....	19
Aud Ackerman.....	20
Barbara Pequet.....	20
Anne Boyer.....	21
William George.....	21
Sally Batholomew.....	21
Pat Kelley.....	23
Jody Pagano.....	23
Mary Gilland.....	24
Carole Bardin.....	24
Arthur Clark.....	28
Anne Liptzin.....	28
Tom Kraska.....	28
Christina Jeffs.....	29
Sue Arledge.....	29

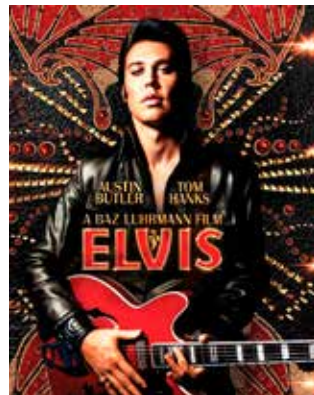
We apologize to anyone whose birthday may have been omitted or is incorrect. If you would like to be included or removed from the birthday list please contact Sheila Kiliru (919-537-0126).

LET'S CELEBRATE

LENORE RAPHAEL, JAZZ PIANIST

Friday, November 4, 3pm Ballroom

Lenore Raphael, internationally renowned Steinway artist, has been critically acclaimed as one of the best pianists in the jazz mainstream today. Lenore will be performing the music of the great American composers Gershwin, Porter, Rogers and Hart, etc. She has recorded 12 critically acclaimed CDs. She will be joined by bassist Hillard Greene who's emphasis is in classical, jazz, rock, blues, R&B, Tango as well as the music of other continents and US regions, and solo performances.



MOVIE OF THE MONTH - *ELVIS*

Monday, November 7, 2pm Ballroom

Elvis is a 2022 biographical musical drama film directed by Baz Luhrmann. The film explores the life and music of Elvis Presley, seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. It stars Austin Butler in the title role with Tom Hanks as Parker. Butler's performance garnered widespread acclaim, while the film's costume and production designs as well as musical sequences received positive reviews.

FESTIFALL

Sponsored by the Food and Beverage Committee

Wednesday, November 9, 5pm Dining Lobby

Join us for a chili bar, bbq sliders, festive drinks (including happy hour pricing) and the bar will be offering complimentary wine. Blue grass music by the Sandy Creek Stringband, Member Art Aylsworth's band featuring fiddle, banjo and bass. Reservations are not required.



VETERANS DAY
HONORING ALL WHO SERVED

VETERANS DAY HAPPY HOUR

Friday, November 11, 4-5:30pm Cardroom/Lobby

Please join us for a special happy hour celebration as The Cedars proudly recognizes all who have served in the United States Armed Forces. Fine Dining will provide refreshments and Rick Keena will play patriotic songs on the piano.

BEYOND THE CEDARS



A MODERN VISION: EUROPEAN MASTERWORKS FROM THE PHILLIPS COLLECTION
at North Carolina Museum of Art
Thursday, November 10, 9:30am Lobby

Featuring more than 50 paintings by iconic artists including Edgar

Degas, Vincent van Gogh, Edouard Manet, Claude Monet, Pablo Picasso, and Paul Cézanne from the world-renowned Phillips Collection, *A Modern Vision: European Masterworks from The Phillips Collection* brings artists famous for their depictions of light, color, and modern life to the North Carolina Museum of Art. Opening alongside a historic reinstatement of the NCMA's collection, *A Modern Vision* showcases extraordinary paintings by titans of impressionism, postimpressionism, expressionism, and cubism, carefully collected by founder Duncan Phillips.

The Phillips Collection was America's first museum of modern art, opening its doors in Washington, DC, in 1921 and installing works by different artists together to connect their art across time and place. *A Modern Vision* expresses Phillips's belief that his museum gathered "congenial spirits among artists from different parts of the world and from different periods of time" to demonstrate "that art is a universal language." **Register on Cedars Connect beginning November 1, deadline November 8. Cost: \$30 for ticket and transportation. Maximum 10 people.**

HANDEL'S MESSIAH PRESENTED BY DUKE CHAPEL MUSIC
at Duke Chapel
Saturday, December 3, 2pm Lobby

Since 1933, George Frideric Handel's *Messiah* has been the fulcrum of the Chapel's concert life and a cherished Duke holiday tradition. Handel's masterwork traces the history of humanity's divine redemption through Christ's birth, death, and resurrection, in music that is both treasured and timeless. **Purchase your tickets through the Duke University Box Office at 919.684.4444 or tickets@duke.edu. Register on Cedars Connect for transportation, cost: \$7.**



ROBERT GRIFFIN
JAZZ PIANIST
Thursdays, November 3 & 17, 5pm
Dining Lobby

RICHARD TAZEWELL
PIANIST
Friday, November 25, 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.



TRANSPORTATION TO ELECTION DAY VOTING POLLS

Tuesday, November 8

The Cedars will be providing bus transportation to Election Day Polls at Creekside. The bus will make four trips at 9am, 11am, 1pm and 3pm. Please sign up by calling Jonathan Dawes (JD), Transportation Coordinator, at 919-259-7740 to sign up for your preferred voting time.

A MODERN VISION: EUROPEAN MASTERWORKS FROM THE PHILLIPS COLLECTION

at NCMA
Thursday, November 10, 9:30am Lobby

CAROLINA BALLET
Saturday, November 19, 1pm Lobby

PLAYMAKERS REPERTORY COMPANY
Sunday, November 20, 1:30pm Lobby

GET INVOLVED

GREAT SHORT STORIES
Monday, November 14, 2pm Classroom

Why I live at the P.O.

by Eudora Welty

MEMBER DISPLAY CASE

If you have a collection of treasures you'd like to share for our Member display case located in the upper level of the Clubhouse, please call Laura Booker at 919-259-7944.

THE CEDARS EVENTS

11/1 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
 1pm Golf Croquet **GL** ■
 9:45am Sit & Be Fit **B** ■
 10:45am Sit & Be Fit **B** ■
1pm Documentary Film Club -The Boys: the Sherman Brothers' Story **B** ■
 4:30pm Line Dancing **B** ■

11/2 WEDNESDAY

9am Ping Pong **B** ■
 9:15am Aquafit **P** ■
 10:30am Balance Basics **B** ■
 11:15am Balance Challenge **B** ■
 12:45pm Duplicate Bridge **CR** ■
 2pm Rehab Lecture **B** ■

11/3 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** ■
 2pm Chess Club **CL** ■
2pm DFC - The Boys: the Sherman Brothers' Story Discussion led by Judith Bond **Z** ■
5pm Robert Griffin - Pianist **DL** ■

11/4 FRIDAY

9:15 Aquafit **P** ■
 11am Fit Friday: Strength Circuit **B** ■
 3pm Classic Canasta **CR** ■
3pm Lenore Raphael - Jazz Pianist **B** ■

11/5 SATURDAY

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

11/6 SUNDAY

Daylight Saving Time Ends

 11am Interdenominational Service **B** ■

11/7 MONDAY

8:30am Aquafit On Your Own **P** ■
 8:30am Cardio Combo **B** ■
 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 - Elvis **B** ■

11/8 TUESDAY

Election Day

 8:30am Total Body Strength & Stretch **B** ■
 9:45am Sit & Be Fit **B** ■
10am Nerys Levy Plein Air Art Class **Z** ■
 10:45am Sit & Be Fit **B** ■
 1pm Golf Croquet **GL** ■
2pm Finishing Touches: Dying Right, NC **B** ■
 4:30pm Line Dancing **B** ■


11/9 WEDNESDAY

9am Ping Pong **B** ■
 9:15am Aquafit **P** ■
 10:30am Balance Basics **B** ■
 11:15am Balance Challenge **B** ■
 12:45pm Duplicate Bridge **CR** ■
5pm Festifall **DL** ■

11/10 THURSDAY

8:30am Cardio Combo **B** ■
 9:30am Sit and Be Fit **B** ■
9:30am A Modern Vision at NCMA **LB** **Z** ■
 11am Cedars University **B** ■
 1pm Golf Croquet **GL** ■
 1:30pm Modern American Canasta **CR** ■
1pm Let's Talk Cinema Film Clouds of Sils Maria Followed by Discussion led by Linda Luftig **B** ■
 2pm Chess Club **CL** ■

11/11 FRIDAY

Veterans Day

 9:15 Aquafit **P** ■
 11am Fit Friday: Zumba **B** ■
 3pm Classic Canasta **CR** ■
4pm Veterans Day Happy Hour **CR** ■

11/12 SATURDAY

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

11/13 SUNDAY

11am Interdenominational Service **B** ■

11/14 MONDAY

8:30am Aquafit On Your Own **P** ■
 8:30am Cardio Combo **B** ■
 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 Reflections on the Criminal Justice System with Bob Farb **B** ■

11/15 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
 9:45am Sit & Be Fit **B** ■
 10:45am Sit & Be Fit **B** ■
 1pm Golf Croquet **GL** ■
1pm Fluid Art for Holiday Decorations with Paula Sloan **Z** ■
 4:30pm Line Dancing **B** ■

11/16 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** ■

11/17 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** ■
 2pm Chess Club **CL** ■
2pm Condo Board & Members Meeting **B** ■
5pm Robert Griffin - Pianist **DL** ■

11/18 FRIDAY

9:15 Aquafit **P** ■
 11am Fit Friday: Cardio and Core **B** ■
 3pm Classic Canasta **CR** ■

11/19 SATURDAY

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

11/20 SUNDAY

11am Interdenominational Service **B** ■
1:30pm PlayMakers **LB** 📖 ■
3pm Classical Concert Series **B** ■

11/21 MONDAY

8:30am Aquafit On Your Own **P** ■
8:30am Cardio Combo **B** ■
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 **B** ■
12:30pm Play Reading Group **z** ■
1pm Poker **CR** ■
2pm Finishing Touches: Body Donation Programs **B** ■

11/22 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
9:45am Sit & Be Fit **B** ■
10am Nerys Levy Plein Art Class **s** 📖 ■
10:45am Sit & Be Fit **B** ■
1pm Golf Croquet **GL** ■

11/23 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** ■

11/24 THURSDAY

Happy Thanksgiving! 
1pm Golf Croquet **GL** ■
1:30pm Modern American Canasta **CR** ■
2pm Chess Club **CL** ■

11/25 FRIDAY

3pm Classic Canasta **CR** ■
5pm Richard Tazewell - Pianist **DL** ■

11/26 SATURDAY

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

11/27 SUNDAY

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

11/28 MONDAY

8:30am Aquafit On Your Own **P** ■
8:30am Cardio Combo **B** ■
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 **B** ■
12:30pm Play Reading Group **z** ■
1pm Poker **CR** ■
4pm Finishing Touches Café **B** ■

11/29 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** ■

11/30 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** ■



34th Annual Sculpture in the Garden at NC Botanical Garden

ANNOUNCEMENTS

SELECT REHAB

Fall Prevention with Andrea Dege
Wednesday, November 2, 2pm
Ballroom

For more information contact the Rehab Department at 919-259-7907.

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, November 4, 2-3pm
Art Studio

LOW VISION SUPPORT GROUP

Monday, November 7, 11am
Classroom

CEDARS PORCH COLLECTION

Monday, November 14, 8:30am

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



Gorgeous fall day for a Jordan Lake Eco tour with Captain Don

Lectures on DVD

**TURNING POINTS IN
MODERN HISTORY**

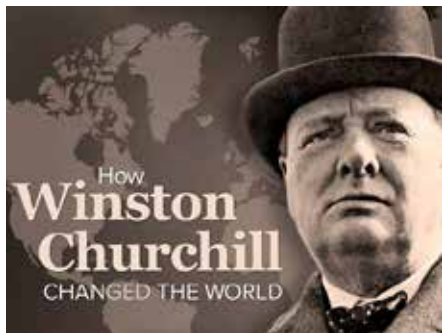
Taught by Dr. Vejas Gabriel
Liulevicius, University of
Tennessee, Knoxville

Thursdays through November 17, 11am
Ballroom

**HOW WINSTON
CHURCHILL CHANGED
THE WORLD**

Taught by Michael Shelden,
PhD Professor, Indiana State
University

Thursdays, December 1 through
February 16



In *How Winston Churchill Changed the World*, enjoy a thorough, multifaceted exploration of Churchill's life, accomplishments, complexities, and legacies. Over the span of 24 lectures that unfurl like a great story, you will delve into Churchill's military leadership during World War I and World War II; his personal relationships with family and friends; his abiding passion for history, literature, and public speaking; and his political relationships with historical giants like Franklin Delano Roosevelt, Joseph Stalin, and Queen Elizabeth II. With Professor Shelden as your authoritative guide, you'll embark on an unforgettable adventure through the 20th century in the footsteps of the one man who helped not just Great Britain but all of humanity prevail during violent, dangerous times.

Professor Shelden provides a biographer's keen insights into Churchill and uses this course to help you arrive at an amazing conclusion: No matter how much you reveal about the man, Churchill in every way lives up to his legend.

LEARNING OPPORTUNITIES

DOCUMENTARY FILM CLUB

The Boys: the Sherman Brothers' Story (2009)

Film Screened Tuesday, November 1, 1pm

Thursday, November 3, 2pm Discussion via Zoom led by Judith Bond

This documentary will enlighten you about the lives and accomplishments of two American songwriters, Robert and Richard Sherman. They were a most prolific and successful, Academy Award-winning team, yet they were personally estranged brothers. You probably are familiar with some of their collaborative songs, like those in the motion picture *Mary Poppins*, but know nothing about the brothers and their relationship. The documentary film, produced by their sons, focuses on their professional growth, their uneasy/complicated personal relationship, and the role of Walt Disney in their success. It includes interviews with family, colleagues, and actors such as Julie Andrews and Dick Van Dyke. Available on Disney+ and for rent on Amazon Prime and Vudu; approximately 100 minutes.

**LET'S TALK CINEMA**

Clouds of Sils Maria (2014)

Thursday, November 10, 1pm Film Followed by Discussion led by Linda Luftig

In this psychological drama, veteran actress (Juliet Binoche) comes face to face with an uncomfortable reflection of herself when she agrees to act in a revival of the play that launched her career 20 years earlier when she played the young love interest of an older woman. Now she will play the older woman, Kristen Stewart plays her assistant. Written and Directed by Oliver Assayas. This film is a deep mental dive into these two characters and their lives. "*Clouds of Sils Maria* is simply stunning, visually as well as with its story and acting. It raises questions of immortality, aging, and what success really is. It is a story of one woman's life – it's a story of every woman's life."

~Pamela Powell

**REFLECTIONS ON THE
CRIMINAL JUSTICE SYSTEM**

with Bob Farb

Monday, November 14, 2pm Ballroom

Bob will discuss: (1) the legal authority of law enforcement officers to use force, including deadly force, and (2) legislative reforms enacted in 2021 by the North Carolina legislature in response to officers' use of force throughout the United States. If time permits, he also will discuss stop and frisk, traffic stops, impaired driving and driver's license checkpoints, plea bargaining, and cell phone searches. Bob received his undergraduate degree from the University of North Carolina at Chapel Hill and his law degree from Harvard. He served as an Assistant District Attorney in Durham, N.C. for three years and prosecuted cases ranging from traffic tickets to death penalty cases. He was on the faculty of the UNC School of Government for 43 years until his retirement earlier this year. He specialized in criminal law and procedure and taught, wrote publications, and provided legal advice for those who work in the criminal justice system throughout North Carolina.



LEARNING OPPORTUNITIES



FLUID ART FOR HOLIDAY DECORATIONS

Workshop led by Paula Sloan
Tuesday, November 15, 1-3pm Art Studio

Start with a clear acrylic shape. Apply the special paint on one side--and magically--the other side is covered with a different design! You will learn three special techniques. We have angels, doves, trees, snowflakes, snowmen, balls, stars, etc. All materials provided.

Maximum 9 participants. Cost \$5 paid to Paula. Register on Cedars Connect or with the Activities Department 919-259-7944.



On Sunday, November 20, plan to join us in the Cedars Ballroom at 3pm for the Fred Moyer Jazz Trio concert. Pianist Frederick Moyer, bassist Lowell Ringel, and drummer Zac Covington, all with amazing backgrounds, will combine their talents to present

us with music that embraces a unique approach to jazz. Like other small jazz ensembles, the trio performs its own arrangements of standards from the great American Songbook. However, what sets it apart from all others is its note-for-note transcriptions of great jazz trio performances from the past. The trio transcribes every note of favorite historic recordings and then brings the resulting scores to life as would a chamber music ensemble playing Bach or Beethoven. The result is a swinging celebration of the best in jazz, delighting both classical and jazz music lovers alike. To get a sneak preview of the trio, you can watch them on YouTube by clicking on (or entering) the following links: <https://youtu.be/eY9PKPC7VYI> & <https://youtu.be/1Sq-vBwLOG4>

Auditorium doors will open at 2:30pm. **Subscribers**, remember to bring your season pass. **Non Subscribers and Guests** can pay for this performance at the door, the cost is \$20.00. If you have any questions, please contact Nancy Buell at 617-699-6193 or nbuell@gmail.com.

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: **Medium**

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

Puzzle by websudoku.com

REGULAR GROUP

ACTIVITIES CONTACT INFORMATION

Chess Club	Carol Downs	703-282-6191
Classic Canasta	Sally Sullivan	919-489-6446
Cribbage	Malcolm Jackson	919-951-7626
Duplicate Bridge	Betty White	919-967-4064
Early Birds	Joan Bingham	919-968-3213
Golf Croquet	Joe Murphy	843-957-0674
Interdenominational Service	Nancy Cobey	919-259-7048
Knit & Stitch	Margaret Rook	919-292-1497
Library Workday	Nancy Lebo	919-259-7330
Memoir Writing Group.....	Nancy Lebo	919-259-7330
Mexican Train Dominos....	Sally Sullivan	919-489-6446
Modern American.....	Bonnie Farb	561-613-7509
Open Door Bible Study ...	Nancy Cobey	919-259-7048
Ping Pong	Pat Kelley	919-489-0053
Play Reading Group...	Sue Bielawski	919-933-4428
Poker.....	Richard Orcutt	919-259-7533
Pole Walking.....	JoanOntjes	919-219-5128

FITNESS ARTICLE

THE IMPORTANCE OF STRENGTH TRAINING FOR SENIORS

Research shows that strength training can slow and minimize the changes we experience with aging. Some of the many benefits of strength training include:

- **Rebuilding muscle.** Starting in your 30s, you lose a percentage of muscle each year, affecting your metabolism, balance and risk of injury. Studies show that 3 to 4 months of regular strength training can result in a 3 to 4 pound increase in muscle tissue and a 3 to 4 pound decrease in fat.
- **Boosting metabolism.** Muscle tissue burns 7 to 10 calories per pound daily, while fat burns only 2 to 3 calories per pound daily.
- **Reducing risk of chronic diseases.** Having an unhealthy body composition puts you at a higher risk for diabetes, heart disease and arthritis.
- **Preventing bone fractures.** Bone density can be increased with strength training and weight-bearing aerobic exercise.
- **Improving posture and reducing back pain.** Lifting weights can strengthen the core (which includes the back, abdominal and pelvic muscles) to keep you standing tall and moving with ease. Good posture reduces your risk of falling.
- **Improving functional movement.** Older adults can gain mobility, walk farther and reduce the need for assistive devices like canes and walkers with regular strength training. This makes life easier and opens up access to more activities.



Strength training can be performed with weights, resistance bands, machines and body weight. Ideally, you should perform at least two of these workouts per week, not on consecutive days. Opportunities for strength training at The Cedars include exercise classes in the Ballroom and on Channel 1340 and using the equipment in the fitness room. Learning good form, breathing techniques and safety measures are important, and our certified exercise instructors can help you with these and any questions you may have about your strength program. Contact Julie Hardison at 919-259-7922 for more information.



Jocelyn Hazzard
227 Cedar Club Circle

Marsha Vick
417 Cedar Club Circle

Nancy Baker
233 Cedar Club Circle



The Cedars Club, Inc.
100 Cedar Club Circle, Chapel Hill NC 27517

Editor..... Laura Booker, 919-259-7944
In-House TVChannel 1340
Cedars Live TV.....Channel 1341
Reception 919-259-7000
Concierge 919-259-7937
Fax..... 919-259-7001
Spa & Salon..... 919-259-7940
Dining Reservations 919-259-7932
Work Orders 919-259-7918
Security 919-883-7666

The Cedars Post is published monthly for the purpose of advertising on and off campus activities.