

SPOTLIGHT ON SUSAN EHRLINGHAUS

Written by Judith Bond Bradley for the Communications Committee



Susan Ehringhaus is one of the ‘pioneer residents’ of The Cedars. She is also a prestigious lawyer who was Vice Chancellor and General Counsel of the University of North Carolina at Chapel Hill (UNC-CH) and Regulatory Counsel of the Association of American Medical Colleges (AAMC) in Washington DC. The underlying theme in Susan’s career has been the juxtaposition of medicine and law, and she has forged a way to contribute to higher education through this happy marriage of the two. She sees medicine “about other people”, higher education as “an enterprise with a commitment to build the future,” and law as dealing with the “ethical foundations” of these organizations.

Susan was born in Raleigh and attended St Mary’s and then UNC-CH for college. Great influences in her youth were her father and grandfather who were lawyers, her mother who loved art and worked in the NC Museum of Art, and her own love of chemistry and biology in high school that spurred an interest in medicine. In college, however, she was discouraged from pursuing medicine (as many women were). She wanted to forge her own path and dreamed of working in an academic environment. She entered a 6-year program where she received a BA in ‘66 and JD in ‘68. She was one of five women in a class of ~100 and the only one who graduated. She loved law school, work came easy, not a chore. Her first appointment was in the Justice Department in Washington DC. But her dream to be associated with an academic institution was realized when she received an invitation in 1970 to return to UNC-CH as an assistant professor in the Law School. Soon after, she was asked by the Chancellor to establish and lead the University’s first Office of University Counsel. Susan resisted but finally relented, and the result was a 30-year position! She hired personnel and consolidated operations to provide legal counsel to the University on legal matters ranging from leading the translation of University discoveries into commercialization for the good of the public to faculty and staff grievances. She also continued to teach a course a year to keep in touch with students. Susan was recognized for her work with the Massey Distinguished Service Award in 1987 and with the UNC Alumni Association’s Distinguished Service Medal in 1999. By the time she retired from UNC in 2003, she had served six chancellors.

The most important chapter in Susan’s life began when Stuart Bondurant was recruited to UNC as Dean of the School of Medicine in 1979. They married in 1991 and lived in a house they restored on University Drive. In 1994, Stuart accepted a position as Interim Executive VP and Executive Dean of Georgetown University Medical Center in DC, while Susan became Regulatory Counsel of the AAMC in DC. In 2002, they started a period of commuting between DC and CH. Susan kept teaching one course a year at Georgetown Law School. During this period, they decided to move to The Cedars, as this supported their commuting lifestyle. They both retired in 2009. Finally, they were able to enjoy and interact more with their Cedars “wonderful neighbors.” Stuart continued to work as an emeritus Dean and Professor in UNC’s Medical School, and Susan was recruited to Massachusetts General Brigham (MGB) in Boston in 2010 to work remotely from home in Chapel Hill. Stuart died in 2018 after a short illness. After Stuart’s death, she has worked remotely with MGB on a more limited basis. In addition, recently she took on the responsibility to be The Cedars representative on the board of the Meadowmont Community Association and she continues to do important work for us there. We are very grateful to have Susan with her thoughtful outlook, experience, many accomplishments and talents in our community.



NOVEMBER
2024

THE CEDARS POST

NOVEMBER BIRTHDAYS



Barbara Burkett.....	1
Peggy Cooper.....	2
Jack Pendray.....	2
Juliann Tenney.....	6
Miriam Henson	7
Ann Merklein.....	7
Linda Newmark.....	9
Jane Hauser.....	11
Rebecca Hoggard.....	12
Natalie Kilburn.....	12
Pat Beyle.....	14
Carolyn Gard.....	14
Ginny Page.....	14
Albert Gard.....	17
Charles Coble.....	19
Richard Dabney.....	19
Aud Ackerman.....	20
Barbara Pequet.....	20
Sally Batholomew.....	21
Anne Boyer.....	21
Bill George.....	21
Pat Kelley.....	23
Jody Pagano.....	23
Mary Gilland.....	24
Anne Litzpin.....	28
Sue Arledge.....	29
Marvin Barnes.....	29
Christina Jeffs.....	29

LET'S CELEBRATE



FOREVER UNSTRUNG Friday, November 8, 2pm DuBose Activity Room

Forever Unstrung is The Cedars based ukulele, auto harp, and banjolele band. Suzanne Bullock, Pat Beyle, Bonnie Farb, and Rollie Olin have put together a wonderful collection of country, bluegrass, gospel, and oldies songs for this program. The regular band will be joined by Art Aylsworth on the fiddle and Dennis Murray on bass. Forever Unstrung hopes you will come on November 8th to listen, tap your feet, and sing along to the familiar and fun songs they will be playing for you!

BOUNCING BULLDOGS Sunday, November 10, 2pm Great Lawn

Bouncing Bulldogs is a Chapel Hill-Durham based not-for-profit organization dedicated to providing jump rope instruction and experiences to jump rope enthusiasts around the world. Their innovative jumping style includes fancy footwork, flips, and other acrobatic skills with ropes of various lengths. Enjoy the Bouncing Bulldogs on the Great Lawn near Bladen. Guests and grandchildren welcome.



VETERANS DAY PROGRAM

Monday, November 11, 2pm
DuBose Activity Room

Come join us for our Veterans Day Celebration on Monday, November 11th. We are partnering with Authoracare Hospice to honor all of our Members who have served. We invite everyone to walk through our Veterans Day Honor Gallery Exhibit. Refreshments will be served.



BEYOND THE CEDARS



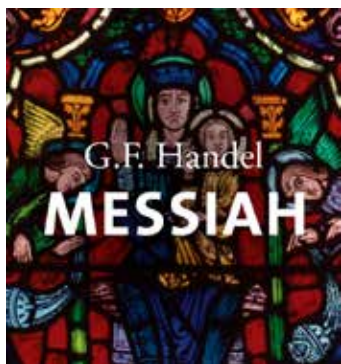
DÜRER TO MATISSE: 400 YEARS OF EUROPEAN PRINTS DOCENT TOUR
at the Ackland Art Museum
Wednesday, November 13, 1:45pm Lobby

Dürer to Matisse: 400 Years of European Prints offers an exceptional opportunity to view nearly 100 prints by some of the most recognized artists active from the late fifteenth century to the mid-twentieth century, beginning and ending with two towering giants of printmaking—Albrecht Dürer and Henri Matisse. The Ackland Art Museum holds North Carolina's largest and most comprehensive collections of art on paper, but due to light sensitivity, these works can only be displayed for short periods. Works by Rembrandt van Rijn, Giovanni Battista Piranesi, Francisco de Goya, Edgar Degas, Mary Cassatt, Vincent van Gogh, Käthe Kollwitz, Edvard Munch, Pablo Picasso, and many others showcase the craftsmanship, expressive power, and aesthetic beauty achieved through printmaking. **Register on Cedars Connect beginning November 1 at 9am, deadline November 11. Cost: \$9 for docent tour and transportation.**

AYR MOUNT TOUR AND LUNCH AT ANTONIA'S IN HILLSBOROUGH

Friday, November 15, 10:30am Lobby

When Ayr Mount was built in 1815, it was like nothing around for miles: a grand brick house in the North Carolina Piedmont that cut a startling figure in a region dominated by modest wooden dwellings. Built for William and Margaret Kirkland and their large family, its construction began following William's visit to his former home in Ayr, Scotland. Upon his return, he set about building a house commensurate with his new stature as a leading merchant of Hillsborough, North Carolina, with retail stores that brought worldly goods to his hometown. Antonia's, located on historic Churton Street in Hillsborough, is an upscale Italian eatery offering traditional fare using fresh and local ingredients. **Register on Cedars Connect beginning November 1 at 9am, deadline November 13. Cost: \$27 for docent tour and transportation. Bring money for lunch.**



HANDEL'S MESSIAH

at Duke Chapel
Saturday, December 7, 2pm Lobby

Since 1933, Duke University Chapel has welcomed the holiday season with the sublime music of Messiah. From the haunting strains of "The people that walked in darkness" to the exuberant triumph of "Hallelujah" and "Worthy is the Lamb," George Frideric Handel's masterwork weaves a musical tapestry that recounts the story of Christ's life, from birth through death and resurrection. This year's Messiah performances will be presented on period instruments with Baroque-era tuning. Each performance will include selections from Parts I, II, and III, and will last approximately two hours and fifteen minutes with intermission. Performed by: * Duke Chapel Choir * Mallarmé Music * Zebulon M. Highben, conductor *

Kathryn Mueller, soprano * Lucia Bradford, mezzo soprano * Andrew Bearden Brown, tenor * Jonathan Woody, bass. **Register on Cedars Connect for transportation, cost: \$7. Call the Duke University Box office at 919-684-4444 to purchase tickets.**

MAKE IT TO THE BUS ON TIME

Please call Laura at 919-259-7944 on regular business days if you have signed up for an outing and are unable to attend or call the Concierge at 919-259-7937.



NC SYMPHONY AT UNC MEMORIAL HALL
Sunday, November 3, 2:15pm Lobby

DÜRER TO MATISSE: 400 YEARS OF EUROPEAN PRINTS
at the Ackland Art Museum
Wednesday, November 13,
1:45pm Lobby

AYR MOUNT TOUR AND LUNCH AT ANTONIA'S IN HILLSBOROUGH
Friday, November 15, 10:30am Lobby

CAROLINA BALLET
Saturday, November 23, 1pm Lobby

THE CEDARS EVENTS



11/1 FRIDAY

- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 10:50am Fit Friday: Strength and Conditioning **D-AR** ■
- 1pm Chess Club **CV2** ■
- 1pm Mexican Train Dominos **CV4** ■
- 1:30pm Men's Bridge Group **CV3** ■
- 2pm Jewelry Repair **D-Elm** ■
- 3pm Classic Canasta **CV4** ■

11/2 SATURDAY

- 10am Cribbage **CV2** ■
- 1:30pm Modern American Canasta **CV2** ■
- 12:30pm Duplicate Bridge **D-AR** ■
- 2pm Mexican Train Dominos **CV4** ■

11/3 SUNDAY

- Daylight Saving Time Ends* 
- 11am Interdenominational Service **D-AR** ■
 - 2:15pm **NC Symphony at UNC Memorial Hall** **LB**  ■
 - 2:30pm **Movie Matinée: We Have a Ghost** **D-AR** ■

11/4 MONDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Balance Basics **D-AR** ■
- 10am Pilates Fusion with Joan **Z** ■
- 10:15am Balance Challenge **D-AR** ■
- 10:30am Knit & Stitch **CL** ■
- 12:30pm Play Reading Group **Z** ■
- 1pm **Let's Talk Cinema Film *Living* Followed by Discussion led by Linda Luftig** **D-AR** ■
- 1pm Poker **CV3** ■
- 2pm Chess Club **CV2** ■
- 2pm Mexican Train Dominos **CV4** ■

11/5 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 1pm Mah Jongg **CV4** ■
- 1pm Golf Croquet **GL** ■
- 1:30pm Mah Jongg **CV2** ■

11/6 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **CV4** ■

- 1pm Bocce **GL** ■
- 2pm Mah Jongg **CV2** ■

11/7 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Sit and Be Fit **D-AR** ■
- 11am Cedars University **D-AR** ■
- 1pm Golf Croquet **GL** ■
- 1:30pm Modern American Canasta **CV3** ■
- 3pm Scrabble **CV4** ■

11/8 FRIDAY

- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 10:50am Fit Friday: Strength and Conditioning **D-AR** ■
- 1pm Chess Club **CV2** ■
- 1pm Mexican Train Dominos **CV4** ■
- 1:30pm Men's Bridge Group **CV3** ■
- 2pm **Forever Unstrung** **D-AR** ■
- 3pm Classic Canasta **CV4** ■

11/9 SATURDAY

- 10am Cribbage **CV2** ■
- 1:30pm Modern American Canasta **CV2** ■
- 12:30pm Duplicate Bridge **D-AR** ■
- 2pm Mexican Train Dominos **CV4** ■

11/10 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 2pm **Bouncing Bulldogs** **GL** ■
- 2:30pm **Movie Matinée: The Lucky One** **D-AR** ■

11/11 MONDAY

- Veterans Day* 
- 8:30am Cardio Combo **D-AR** ■
 - 9:30am Balance Basics **D-AR** ■
 - 10am Pilates Fusion with Joan **Z** ■
 - 10:15am Balance Challenge **D-AR** ■
 - 10:30am Knit & Stitch **CL** ■
 - 12:30pm Play Reading Group **Z** ■
 - 1pm Poker **CV3** ■
 - 2pm Chess Club **CV2** ■
 - 2pm Mexican Train Dominos **CV4** ■
 - 2pm **Veterans Day Program** **D-AR** ■
 - 4pm **Classical Concert Series** **Euclid Quartet** **CR** ■

11/12 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 1pm Golf Croquet **GL** ■
- 1pm Mah Jongg **CV4** ■
- 1:30pm Mah Jongg **CV2** ■
- 1pm **The NC Division of Services for the Deaf and Hard of Hearing** **D-AR** ■


11/13 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **CV** ■
- 1pm Bocce **GL** ■
- 2pm Mah Jongg **CV2** ■

11/14 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Sit and Be Fit **D-AR** ■
- 11am Cedars University **D-AR** ■
- 1pm Golf Croquet **GL** ■
- 1:30pm Modern American Canasta **CV3** ■
- 1:45pm **Dürer to Matisse at the Ackland** **LB**  ■
- 3pm Scrabble **CV4** ■

11/15 FRIDAY

- 9:30am Balance Basics **D-AR** ■
- 10:15am Balance Challenge **D-AR** ■
- 10:30am **Ayr Mount and Lunch at Antonia's** **LB**  ■
- 10:50am Fit Friday: Strength and Conditioning **D-AR** ■
- 1pm Chess Club **CV2** ■
- 1pm Mexican Train Dominos **CV4** ■
- 1:30pm Men's Bridge Group **CV3** ■
- 3pm Classic Canasta **CV4** ■

11/16 SATURDAY

- 10am Cribbage **CV2** ■
- 1:30pm Modern American Canasta **CV2** ■
- 12:30pm Duplicate Bridge **D-AR** ■
- 2pm Mexican Train Dominos **CV4** ■

11/17 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 2:30pm **Movie Matinée: Steel Magnolias** **D-AR** ■

11/18 MONDAY

8:30am Cardio Combo **D-AR** ■
9:30am Balance Basics **D-AR** ■
10am Pilates Fusion with Joan z ■
10:15am Balance Challenge **D-AR** ■
10:30am Knit & Stitch **CL** ■
12:30pm Play Reading Group z ■

1pm Poker **CV3** ■
2pm Chess Club **CV2** ■
2pm Mexican Train Dominos **CV4** ■
3:30pm Finishing Touches Program **D-AR** ■

11/19 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
9:30am Sit & Be Fit **D-AR** ■
1pm Golf Croquet **GL** ■
1pm Mah Jongg **CV4** ■
1:30pm Mah Jongg **CV2** ■

11/20 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
1pm Party Bridge **CV4** ■
1pm Bocce **GL** ■
2pm Mah Jongg **CV2** ■

11/21 THURSDAY

11am Cedars University **D-AR** ■
1pm Golf Croquet **GL** ■
1:30pm Modern American Canasta **CV3** ■
2pm Members Meeting/Annual Condo Board **D-AR/Zoom** ■
3pm Scrabble **CV4** ■

11/22 FRIDAY

9:30am Balance Basics **D-AR** ■
10:15am Balance Challenge **D-AR** ■
10:50am Fit Friday: Strength and Conditioning **D-AR** ■
1pm Chess Club **CV2** ■
1pm Mexican Train Dominos **CV4** ■
1:30pm Men's Bridge Group **CV3** ■
3pm Classic Canasta **CV4** ■
3pm Joy Douglass Book Signing Event:
Where the Music Comes From **D-AR** ■

11/23 SATURDAY

10am Cribbage **CV2** ■
1:30pm Modern American Canasta **CV2** ■

12:30pm Duplicate Bridge **D-AR** ■
1pm Carolina Ballet **LB** ■
2pm Mexican Train Dominos **CV4** ■

11/24 SUNDAY

11am Interdenominational Service **D-AR** ■

11/25 MONDAY

8:30am Cardio Combo **D-AR** ■
9:30am Balance Basics **D-AR** ■
10am Pilates Fusion with Joan z ■
10:15am Balance Challenge **D-AR** ■
10:30am Knit & Stitch **CL** ■
12:30pm Play Reading Group z ■
1pm Poker **CV3** ■
2pm Chess Club **CV2** ■
2pm Mexican Train Dominos **CV4** ■

11/26 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
9:30am Sit & Be Fit **D-AR** ■
1pm Golf Croquet **GL** ■
1pm Mah Jongg **CV4** ■
1:30pm Mah Jongg **CV2** ■

11/27 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
1pm Party Bridge **CV4** ■
1pm Bocce **GL** ■
2pm Mah Jongg **CV2** ■

11/28 THURSDAY

Happy Thanksgiving!
1pm Golf Croquet **GL** ■
1:30pm Modern American Canasta **CV3** ■
3pm Scrabble **CV4** ■



11/29 FRIDAY

1pm Chess Club **CV2** ■
1pm Mexican Train Dominos **CV4** ■
1:30pm Men's Bridge Group **CV3** ■
3pm Classic Canasta **CV4** ■

11/30 SATURDAY

10am Cribbage **CV2** ■
1:30pm Modern American Canasta **CV2** ■
12:30pm Duplicate Bridge **D-AR** ■
2pm Mexican Train Dominos **CV4** ■

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, November 1, 2-3pm DuBose
Elm Dining Room

CEDARS PORCH COLLECTION

Monday, November 11, 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.



CLASSICAL CONCERT SERIES -

EUCLID QUARTET

Monday, November 11,
4pm Community Room
(formerly Ballroom)

FINISHING TOUCHES PROGRAM

Monday, November 18, 3:30pm
DuBose Activity Room

Tracey O'Connell, Legacy Writing will be our guest speaker. Finishing Touches Café will follow at 4pm.

GET INVOLVED

SHABBAT SERVICE LED BY CONNIE MARGOLIN

Friday, November 8, 4pm DuBose
Conference Room (2nd Fridays)

GREAT SHORT STORIES Monday, November 11, 10am Villa Camden 2nd Floor

An Occurrence at Owl Creek Bridge
by Ambrose Bierce

Lectures on DVD

THE CONCERTO

Taught by Robert Greenberg,
Ph.D. Professor, San Francisco
Performances

Thursdays through February 13,
11am DuBose Activities Room



In this series of 24, 45-minute lectures, Professor Robert Greenberg gives you a guided tour of the concerto from its conception as a child of Renaissance ideals, through its maturation in the Classical age, its metamorphosis in the Romantic era, and its radical transformation in the 20th century. The course closes with a look into the future at concerto composers who are now in mid-career and poised to carry this vibrant musical tradition well into the 21st century. These lectures are musically rich, including selections from nearly 100 concerti representing more than 60 composers—from Gabrieli to Gershwin, from Schumann to Shostakovich.

Dr. Robert Greenberg is Music Historian-in-Residence with San Francisco Performances and a Steinway Artist. A graduate of Princeton University, Professor Greenberg holds a Ph.D. in Music Composition from the University of California, Berkeley.

LEARNING OPPORTUNITIES

LET'S TALK CINEMA

Living (2022)

Monday, November 4, 1pm Film Followed by Discussion led by Linda Luftig in the DuBose Activity Room

A British (in English) remake of Akira Kurosawa's 1952 masterpiece *Ikiru* (*To Live*), that itself was inspired by Leo Tolstoy's 1886 novella *The Death of Ivan Ilyich*, *Living* boasts an illustrious lineage. Amazingly, it more than lives up to its predecessors, putting a fittingly mid-century British spin on its heartbreaking and inspiring tale about a lonely professional who, at the end of his days, discovers a long-forgotten purpose. Critics Consensus: *Living* sets a high bar for itself in setting out to remake a Kurosawa classic – and director Oliver Hermanus and star Bill Nighy clear it in triumphant fashion. It was nominated broadly for Best Film and Best Actor. 96 Rotten Tomatoes. Streaming on Amazon Prime, Netflix and Apple TV.



THE NC DIVISION OF SERVICES FOR THE DEAF AND HARD OF HEARING (NC DSDHH)

Tuesday, November 12, 1pm DuBose Activity Room

NC DSDHH will share information about their programs and services, hearing loss within the North Carolina population, effective communication tips, and insight on Hearing Assistive Technology. Please join this presentation to learn more about hearing loss, state services offered, and bring any questions you may have.

JOY DOUGLASS BOOK SIGNING EVENT: *WHERE THE MUSIC COMES FROM*

Friday, November 22, 3pm DuBose Activity Room

Where the Music Comes From is a sequel to *Calvin*. Now you will know what happened to Calvin after he graduated from the boy-choir school. Excerpts from the book will be read and Rich Hendel will lead the discussion. **Cost for the book is \$20. All proceeds will go to the Employee Appreciation Fund. Refreshments will be served. Books will be pre-sold on November 1st and 2nd from 5-6pm in the Clubhouse Lobby.**



TRANSPORTATION TO ELECTION DAY VOTING

Tuesday, November 5

The Cedars will be providing transportation to Election Day Polls at Creekside Elementary on Tuesday, November 5th. The bus will be making four trips at 9am, 11am, 1pm and 3pm. **Please register on Cedars Connect, or by calling Transportation at 919-259-7740 to sign up for your preferred time.**



Over 700 people joined our Family Day celebration in honor of our 20th anniversary which included food trucks, live music, a petting zoo, fairy hair and more.

**REGULAR GROUP
ACTIVITIES CONTACT
INFORMATION**

- Bocce Ellen Herron
252-646-2930
- Chess ClubCarol Downs
703-282-6191
- Classic Canasta Sally Sullivan
919-903-8077
- CribbageMalcolm Jackson
919-951-7626
- Duplicate BridgeBetty White
919-967-4064
- Early BirdsJoan Bingham
919-968-3213
- Golf CroquetRhonda Innes
919-259-7150
- Interdenominational Service Nancy Cobey
919-619-4534
- Knit & StitchMargaret Rook
919-292-1497
- Mah JonggNorma Kupersmidt
919-724-9070
- Memoir Writing Group.....Nancy Lebo
919-259-7330
- Mexican Train Dominoes Mary Ann Van Kampen
919-943-8670
- Modern American..... Bonnie Farb
Canasta 561-613-7509
- Open Door Bible Study...Nancy Cobey
919-619-4534
- Ping PongPat Kelley
919-489-0053
- Play Reading Group... Sue Bielawski
919-933-4428
- Poker.....Richard Orcutt
919-259-7533
- Pole Walking.....Joan Ontjes
919-219-5128

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**

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

Puzzle by websudoku.com

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. 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.



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

Editor..... Laura Booker, 919-259-7944
In-House TV Channel 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
Transportation..... 919-259-7740

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