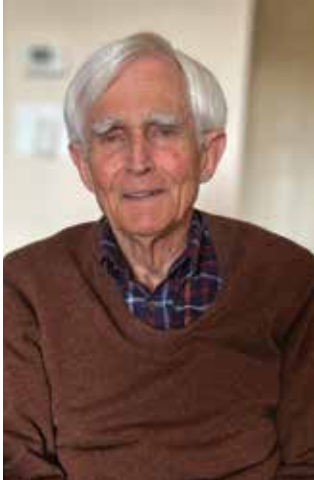


SPOTLIGHT ON WILLIS (BILL) WHICHARD

Written by Judith Bond Bradley for the Communications Committee



Willis Whichard, whom we know as Bill, is a prestigious North Carolina lawyer who holds the distinction of being the only person who has served in both the NC State House and the Senate and sat on both the Court of Appeals of NC and the NC Supreme Court. Quite an accomplishment for a descendent of farmers and schoolteachers!

Bill was born in Durham and attended its public schools. He attended Durham High School in a building now part of Durham's School for the Arts. His mother was an elementary school teacher. His father taught high school history and was an elementary school principal. Although his parents were not involved in politics, they made Bill and his younger brother aware of civic duties. Summers were spent on his maternal grandmother's mountain farm. There was no indoor plumbing and no television, but the boys found this summer life a rich experience. With no television, adults talked of public people, events, and policies. Bill recalls consideration of the Korean War and the impact of the death of Senator Robert Taft. This experience was influential in developing his interest in law and politics.

He received what he considers a world-class education at the University of North Carolina. His many honors—including Phi Beta Kappa, Order of the Golden Fleece, Order of the Grail, and Order of the Old Well—reflect excellence in his performance en route to an A.B. degree in History in 1962. Law School at UNC followed—again with multiple honors, including NC Law Review Board of Editors, Order of the Coif, and membership in Phi Delta Phi. He received his law degree in 1965. The UNC experience contributed to Bill's perception that "he owed something back" to his state and community.

A one-year clerkship with Associate (later Chief) Justice William H. Bobbitt on the NC Supreme Court followed. Justice Bobbitt became a role model, and the experience was influential in persuading Bill to become an appellate judge himself later in life. From 1966-1980 Bill was a practicing attorney with the Durham firm that became Powe, Porter, Alphin, and Whichard. In his time there the firm had a general practice that gave him experience in several areas of the law. From 1966-1972 he also served as an enlisted man in the NC Army National Guard. In 1970 Bill made the first of five successful bids for a seat in the state legislature. With 61% of the vote, he was elected to one of three Durham seats in the NC House of Representatives. He served two terms in the House, followed by three terms in the NC Senate. In his second House term he chaired the Committee on Water and Air Resources and was the principal House sponsor of the Coastal Area Management Act. In the Senate he chaired the committees on Courts and Judicial Districts, State Government, and Local Government and Regional Affairs. He handled complex legislation relating to health, the environment, public safety, and land management. In 1973 he was the principal House sponsor of the bill to ratify the Equal Rights Amendment to the US Constitution. The bill was defeated in the Senate so never came to a vote in the House in that session. From 1980-1986 Bill served as a judge on the NC Court of Appeals, and from 1986-1998 he was an associate justice on the NC Supreme Court. He was Dean and Professor of Law at Campbell University from 1999-2006. From 2006-2023 he practiced law on a part-time basis in Durham and Chapel Hill.

Bill and his wife Leona have been married for almost 64 years. They have two daughters and six grandchildren. They came to The Cedars in November 2017, and they "like it here." We are fortunate to have them.



APRIL
2025

THE CEDARS POST

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LET'S CELEBRATE

A TASTE OF FRANCE: FRENCH WINE TASTING

Monday, April 14, 4:00pm, The Cedars Room

Tyler Morgan, Manager of Authentique Vin (French Importer) will present 5 of his favorite wines from the Rhone Valley. There is no cost for the tasting and all wines will be available for purchase at the event. Register on Cedars Connect April 1st, deadline April 10. This event is limited to 35 participants.



CEDARS SINGERS SPRING CONCERT- HAIL POETRY!

Thursday, April 17, 2pm or 3:30pm, The Cedars Room

Join the Cedars Singers for a captivating spring concert on April 17th at 2:00pm or 3:30pm in The Cedars Room. Enjoy Dylan Thomas' "Sunset Poem", beautifully spoken by Davis Bingham and sung by the choir. After 10 weeks of rehearsal,

we can't wait to share the power and joy of these songs with you. Come for the music, stay for the fun – and maybe even sing along!

THE LORELEIS: A CONCERT TO SUPPORT THE CEDARS EDUCATION PROGRAM

Friday, April 25, 7pm, The Cedars Room

The Loreleis are an all-female a cappella group from the University of North Carolina at Chapel Hill, known for their powerful harmonies, captivating performances, and diverse repertoire. Founded in 1991, the group has become one of the most renowned a cappella ensembles on campus, showcasing a mix of contemporary pop, classic hits, and original arrangements. With their dynamic sound and passionate performances, the Loreleis continue to entertain and inspire audiences both locally and nationally. Tickets are to be sold in advance to support The Cedars Education Program.



FOREVER UNSTRUNG: KEEPING THE MUSIC ALIVE AT THE CEDARS

Tuesday, April 29, 3pm, The Cedars Room

Refreshments after the concert

If you've ever tapped your foot or hummed along to a country tune at a Cedars concert, chances are you've

heard Forever Unstrung in action. This talented and dedicated group has been bringing music to our community for the past few years, delighting audiences with their mix of folk, gospel, and country songs. At the heart of the group is Rollie Olin, the lead player, singer, and teacher. Rollie is the backbone of Forever Unstrung, playing the ukulele and sometimes the mouth harp (harmonica). He not only provides the music—lyrics and chords—but also constantly revises and shares it through the band's iPad app.

Suzanne Bullock formed the group about three years ago after Rollie taught her how to play the ukulele. In addition to playing, Suzanne keeps the band on track at weekly rehearsals and handles the challenging task of scheduling concerts and practices.

Pat Beyle, a talented musician and music teacher, plays the autoharp. She is also a pianist and the director of The Cedars Singers. Her keen ear for rhythm and musical nuance brings depth to the group's sound.

Bonnie Farb adds a unique flair with her banjo ukulele. She originally played guitar and, after hearing ukulele music in Hawaii, made the transition to fingerpicking the ukulele, and then the banjo ukulele.

Forever Unstrung doesn't just play music—they sing together, often weaving beautiful harmonies into their performances. For their upcoming concert, the group will be joined by Dennis Murray on bass ukulele. A member of Rollie's other ukulele band, Far From Done, Dennis has played with Forever Unstrung in past performances, adding a rich bass sound that enhances their music.

BEYOND THE CEDARS



DUKE SYMPHONY ORCHESTRA, FINAL CONCERT OF THE SEASON

at Baldwin Auditorium
Wednesday, April 9, 6:30pm,
Lobby

Harry Davidson has scheduled a varied program for the final concert of the Duke Symphony season. It is senior night and there will

be two student soloists. The concert begins with Modest Mussorgsky's introduction to his 1880 opera *Khovantchina*. Mussorgsky had completed only the piano score to the opera before he died. Nikolai Rimsky Korsakov did the orchestration as he had with other Mussorgsky like *Pictures at an Exhibition*, The second piece will be the third movement (*Allegro moderato*) from the F Sharp Minor piano concerto by Alexander Scriabin. The lively overture to Otto Nicolai's opera *The Merry Wives of Windsor* is third on the program. The concert concludes with the first movement from Johannes Brahms' violin concerto. Though he wrote many chamber works for the violin, it was his only violin concerto. It is considered one of the greatest German violin concerti. **Free admission. Register on Cedars Connect for transportation, Cost: \$7.**

SAVE THE DATE

DAY TRIP: WINSTON- SALEM

Tuesday, May 9, 9:00am,
Lobby

Join us for a day at the Reynolda House Museum and explore the special exhibit: Andrew Wyeth at Kuerner Farm: *The Eye of the Earth*



Discover the captivating connection between Andrew Wyeth and the Kuerner Farm, featured in this comprehensive exhibition celebrating one of America's most iconic artists. Experience the beauty of the Reynolda House Museum and Gardens, with time for lunch and shopping on your own. **Register on Cedars Connect beginning May 1 at 9 AM. Deadline: May 7, cost: \$30 (Includes museum exhibition ticket and transportation). Lunch and shopping on your own.**

MAKE IT TO THE BUS ON TIME



Please call Tara Pierce at 919-537-0128 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.

DUKE SYMPHONY ORCHESTRA
at Baldwin Auditorium
Wednesday, April 9, 6:30pm Lobby

THE CENTER WILL NOT HOLD, DORRANCE DANCE PRODUCTION
at UNC Memorial Hall
Thursday, April 10, 6:45pm Lobby

DURHAM SYMPHONY,
CARNIVAL OF THE ANIMALS
at Carolina Theatre
Saturday, April 12, 10am Lobby

NC SYMPHONY
at UNC Memorial Hall
Sunday, April 13, 2:15pm Lobby

UNC SYMPHONY
at Memorial Hall
Wednesday, April 16, 6:30pm Lobby

PLAYMAKERS
Sunday, April 20, 1:30pm Lobby

PRIMETIME PLAYERS PRESENTS: ON BROADWAY
at Seymour Center
Friday, April 25, 1pm Lobby

CAROLINA BALLET
Saturday, April 26, 1pm Lobby

BAROQUE & BEYOND PRESENTS: *PLECTRA & HAMMERS & PIPES, OH MY!*
Holy Trinity Lutheran Church
Saturday, April 26, 7pm Lobby

THE CEDARS EVENTS

4/1 TUESDAY

- 8:30am Total Body Strength & Stretch TCR ■
- 9:30am Sit & Be Fit TCR ■
- 1pm Golf Croquet GL ■
- 1pm Mah Jongg CV4 ■
- 1pm Supervised Open Gym Time ■
- 1:30pm Mah Jongg CV2 ■

4/2 WEDNESDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 10am Open Door Bible Group D-AR/Zoom ■
- 10am Mat Yoga TCR ■
- 11:15am Tai Chi with Joanne TCR ■
- 1pm Duplicate Bridge TCR ■
- 1pm Party Bridge CV ■
- 1pm Bocce GL ■
- 2pm Mah Jongg CV2 ■

4/3 THURSDAY

- 8:30am Cardio Combo TCR ■
- 9:30am Sit and Be Fit TCR ■
- 11am Cedars University TCR ■
- 1pm Golf Croquet GL ■
- 1pm Supervised Open Gym Time ■
- 1:30pm Modern American Canasta CV3 ■
- 2pm Joys of Learning Series: Tom Clegg TCR ■
- 3pm Scrabble CV4 ■

4/4 FRIDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9:45am Barre Class with Joan TCR ■
- 10:30am Better Balance TCR ■
- 1pm Mexican Train Dominos CV4 ■
- 1:30pm Men's Bridge Group CV3 ■

4/5 SATURDAY

- 8am Early Birds TCR ■
- 9am Ping Pong TCR ■
- 10am Cribbage CL ■
- 1:30pm Modern American Canasta CV2 ■
- 2pm Mexican Train Dominos CV4 ■
- 2pm Poetry Workshop with Erim Akpan CL ■

4/6 SUNDAY

- 11am Interdenominational Service TCR ■
- 3pm Classical Concert Series, *Servire* TCR ■

4/7 MONDAY

- 9am Ping Pong TCR ■
- 9am Aquafit P ■
- 10am Pilates with Joan Z ■
- 10:15am Better Balance TCR ■
- 10:30am Knit & Stitch CL ■
- 11am Cardio Drumming TCR ■
- 12:30pm Play Reading Group Z ■
- 1pm Poker CV3 ■
- 2pm Chess Club CV2 ■

- 2pm Mexican Train Dominos CV4 ■

4/8 TUESDAY

- Covid Clinic Day TCR ■**
- 1pm Golf Croquet GL ■
- 1pm Mah Jongg CV4 ■
- 1pm Supervised Open Gym Time ■
- 1:30pm Mah Jongg CV2 ■

4/9 WEDNESDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 10am Open Door Bible Group D-AR/Zoom ■
- 10am Mat Yoga TCR ■
- 11:15am Tai Chi with Joanne TCR ■
- 11am FUNctional Origami Workshop AS ■**
- 1pm Duplicate Bridge TCR ■
- 1pm Party Bridge CV4 ■
- 1pm Bocce GL ■
- 2pm Mah Jongg CV2 ■
- 6:30pm Duke Symphony Orchestra LB ■

4/10 THURSDAY

PUMP IT FOR PARKINSON'S DAY!

- 8:30am Cardio Combo TCR ■
- 9:30am Sit and Be Fit TCR ■
- 10:30AM 1K Walk for Parkinson's GL ■**
- 11am Cedars University TCR ■
- 1pm Golf Croquet GL ■
- 1pm-3pm Pump it for Parkinson's Celebration TCR ■**
- 1:30pm Modern American Canasta CV3 ■
- 3pm Scrabble CV4 ■
- 6:45pm Dorrance Dance at Memorial Hall LB ■



4/11 FRIDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9:45am Barre Class with Joan TCR ■
- 10am Easily Edit Your iPhone Photos Workshop CL ■**
- 10:30am Better Balance TCR ■
- 1pm Mexican Train Dominos CV4 ■
- 1:30pm Men's Bridge Group CV3 ■
- 2pm Jewelry Repair AS ■

4/12 SATURDAY

- Passover begins at Sundown*
- 8am Early Birds TCR ■
- 9am Ping Pong TCR ■
- 10am Durham Symphony at Carolina Theatre ■**
- 10am Cribbage CL ■
- 1:30pm Modern American Canasta CV2 ■
- 2pm Mexican Train Dominos CV4 ■
- 2pm Tech Support with Holden Lim CL ■



4/13 SUNDAY

- 11am Interdenominational Service TCR ■
- 2:15pm NC Symphony UNC LB ■

4/14 MONDAY

- 9am Ping Pong TCR ■
- 9am Aquafit P ■
- 10am Pilates with Joan Z ■
- 10:15am Better Balance TCR ■
- 10:30am Knit & Stitch CL ■
- 11am Cardio Drumming TCR ■
- 12:30pm Play Reading Group Z ■
- 1pm Poker CV3 ■
- 2pm Chess Club CV2 ■
- 2pm Mexican Train Dominos CV4 ■
- 4pm Taste of France, French Wine Tasting TCR ■**

4/15 TUESDAY

- 8:30am Total Body Strength & Stretch TCR ■
- 9:30am Sit & Be Fit TCR ■
- 1pm Golf Croquet GL ■
- 1pm Mah Jongg CV4 ■
- 1pm Supervised Open Gym Time ■
- 1:30pm Mah Jongg CV2 ■

4/16 WEDNESDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 10am Open Door Bible Group D-AR/Zoom ■
- 10am Mat Yoga TCR ■
- 11:15am Tai Chi with Joanne TCR ■
- 1pm Duplicate Bridge TCR ■
- 1pm Party Bridge CV ■
- 1pm Bocce GL ■
- 2pm Mah Jongg CV2 ■
- 6:30pm UNC Symphony LB ■**

4/17 THURSDAY

- 8:30am Cardio Combo TCR ■
- 9:30am Sit and Be Fit TCR ■
- 11am Cedars University TCR ■
- 1pm Golf Croquet GL ■
- 1pm Supervised Open Gym Time ■
- 1:30pm Modern American Canasta CV3 ■
- 2pm Cedars Singers Concert TCR ■**
- 3pm Scrabble CV4 ■
- 3:30pm Cedars Singers Concert TCR ■**

4/18 FRIDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9:45am Barre Class with Joan TCR ■
- 10:30am Better Balance TCR ■
- 1pm Mexican Train Dominos CV4 ■
- 1:30pm Men's Bridge Group CV3 ■

4/19 SATURDAY

- 8am Early Birds TCR ■
- 9am Ping Pong TCR ■
- 10am Cribbage CL ■
- 1:30pm Modern American Canasta CV2 ■
- 2pm Mexican Train Dominos CV4 ■
- 2pm Tech Support with Holden Lim CL ■

4/20 SUNDAY

Easter Sunday

11am Interdenominational

Service TCR ■

1:30pm PlayMakers LB 🦋 ■



10:30am Better Balance TCR ■

1pm Mexican Train Dominos CV4 ■

1pm Prime Time Players LB 🦋 ■

1:30pm Men's Bridge Group CV3 ■

7pm Loreleis Women's Acapella Group TCR

ticketed event ■

4/21 MONDAY

9am Ping Pong TCR ■

9am Aquafit P ■

10am Pilates with Joan z ■

10:15am Better Balance TCR ■

10:30am Knit & Stitch CL ■

11am Cardio Drumming TCR ■

12:30pm Play Reading Group z ■

1pm Poker CV3 ■

2pm Chess Club FV4 ■

2pm Mexican Train Dominos CV4 ■

4/22 TUESDAY

Earth Day

8:30am Total Body Strength &

Stretch TCR ■

9am Ping Pong TCR ■

9:30am Sit & Be Fit TCR ■

10am Nerys Levy Art Class AS ■

1pm Golf Croquet GL ■

1pm Mah Jongg CV4 ■

1pm Supervised Open Gym Time ■

1:30pm Mah Jongg CV2 ■

2pm Cedars Lecture Series, *El Futuro*

Luke Smith TCR ■

4pm Sustainable in Life, Sustainable in Death:

An Earth Day themed talk on Eco-friendly End-of-Life

Options with Hunter Beattie TCR ■



4/26 SATURDAY

8am Early Birds TCR ■

9am Ping Pong TCR ■

10am Cribbage CL ■

1pm Carolina Ballet LB 🦋 ■

1:30pm Modern American Canasta CV2 ■

2pm Mexican Train Dominos CV4 ■

2pm Tech Support with Holden Lim CL ■

7pm Baroque & Beyond at Holy Trinity Lutheran

LB 🦋 ■

4/27 SUNDAY

11am Interdenominational Service TCR ■

4/28 MONDAY

9am Ping Pong TCR ■

9am Aquafit P ■

10am Pilates with Joan z ■

10:15am Better Balance TCR ■

10:30am Knit & Stitch CL ■

11am Cardio Drumming TCR ■

12:30pm Play Reading Group z ■

1pm Poker CV3 ■

2pm Chess Club FV4 ■

2pm Mexican Train Dominos CV4 ■

3:30 Finishing Touches: VSED with

Dr. Meredith Gilliam TCR ■

4pm Finishing Touches Death Café TCR ■

4/29 TUESDAY

8:30am Total Body Strength & Stretch TCR ■

9am Coffee and Conversation with Marketing Team CR ■

9:30am Sit & Be Fit TCR ■

1pm Golf Croquet GL ■

1pm Mah Jongg CV4 ■

1pm Supervised Open Gym Time ■

1:30pm Mah Jongg CV2 ■

3pm Forever Unstrung Concert TCR ■

4/30 WEDNESDAY

8am Early Birds TCR ■

9am Aquafit P ■

9am Ping Pong TCR ■

10am Open Door Bible Group D-AR/Zoom ■

10am Mat Yoga TCR ■

11:15am Tai Chi with Joanne TCR ■

1pm Duplicate Bridge TCR ■

1pm Party Bridge CV ■

1pm Bocce GL ■

2pm Mah Jongg CV2 ■

4/23 WEDNESDAY

8am Early Birds TCR ■

9am Aquafit P ■

9am Ping Pong TCR ■

10am Open Door Bible Group D-AR/Zoom ■

10am Mat Yoga TCR ■

11:15am Tai Chi with Joanne TCR ■

1pm Duplicate Bridge TCR ■

1pm Party Bridge CV ■

1pm Bocce GL ■

2pm Mah Jongg CV2 ■

4/24 THURSDAY

8:30am Cardio Combo TCR ■

9:30am Sit and Be Fit TCR ■

11am Cedars University – Great Decisions TCR ■

1pm Let's Talk Cinema with Linda Luftig TCR ■

1pm Golf Croquet GL ■

1pm Supervised Open Gym Time ■

1:30pm Modern American Canasta CV3 ■

3pm Scrabble CV4 ■

4/25 FRIDAY

8am Early Birds TCR ■

9am Aquafit P ■

9:45am Barre Class with Joan TCR ■

ANNOUNCEMENTS

FIRST FRIDAY- CONCERTS ON THE LAWN

Friday, April 4, 5:30-7:30pm, Great Lawn

The Cedars will be partnering with the Meadowmont Association to host five concerts on the lawn. The concerts will be held from 5:30-7:30pm on the first Friday of the month. Don't miss the first concert of the season with Roses & Rust.

April 4 - Roses & Rust, May 2 - Triangle Jazz Orchestra, June 6 - Taxicab Preacher, September 5 - Far From Done, October 3 - Lucky Struck Band

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, April 11, 2-3pm Art Studio

(Please note the change in date for this month only)

CEDARS PORCH COLLECTION

There will be no Food Collection in April due to the extra Cedars Community Food Drive done in March. We appreciate your support! If you have a donation or check, please leave with the Clubhouse Concierge. The next food collection will be on Monday, May 5. Questions, contact Joy Metelits at 919-933-0724.

GET INVOLVED

SHABBAT SERVICES LED BY CONNIE MARGOLIN

Friday, April 11, 4pm DuBose Conference Room (2nd Fridays)

TECH SUPPORT WITH HOLDEN LIM

2-4pm Classroom Saturdays - April 12, 19 and 26

COFFEE AND CONVERSATION

with *The Cedars Marketing Team*
Tuesday, April 29, 9am-10am, Card Room

GREAT SHORT STORIES

Monday, April 14, 10-11am

Camden Villa 2nd Floor

The Use of Force by William Carlos Williams and *In the Garden of the North American Martyrs* by Tobias Wolff.

Monday, April 28, 10-11am Camden Villa 2nd Floor

Readings are still to be determined.



GREAT DECISIONS 2025

Masterclass lectures, followed by a question & answer session led by Michael Morgan, Associate Professor, UNC Department of History,

at the University of North Carolina.

April 3 - May 22

The 2025 Great Decisions program is presented by The Foreign Policy Association and explores the contours of the U.S. foreign policy debate as it plays out in a world of multiple and escalating crisis and domestic polarization. The following subjects will be the topics of discussion in April. Each week will feature a 30 minute film followed by a discussion with historian Michael Morgan from UNC.

- 1) America at a Global Crossroads by G. John Ikenberry - **April 3**
- 2) The Evolution of U.S. Leadership in the Global Economy: Dilemmas and Choices by Daniel W. Drezner - **April 10**
- 3) U.S.-China Relations by Thomas J. Christensen - **April 17**
- 4) India: Between China, the West, and the Global South by Leslie Vinjamuri - **April 24**

LEARNING OPPORTUNITIES



HOW WE HEAR: PHYSICS HELPS US UNDERSTAND THE CREATION AND PERCEPTION OF MUSICAL SOUNDS

Thursday, April 3, 2pm, The Cedars Room

On Thursday, April 3, the Joys of Learning presents the second lecture in its new series at 2:00 in the Cedars Room. Tom Clegg, the V. Lee Bounds Distinguished Professor of Physics Emeritus at UNC, will speak on

“HOW WE HEAR: Physics Helps Us Understand the Creation and Perception of Musical Sounds.” He will use video and physics classroom demonstrations to explain how sounds are created, travel to us, and are detected by our auditory system. Other demos will aid discussion of how different instruments, and especially human voices, can together create musical sounds we most enjoy. Tom Clegg is a celebrated teacher and researcher and has lived at the Cedars since 2017.

WRITE, CREATE, INSPIRE: A HANDS-ON POETRY WORKSHOP

Saturday, April 5, 2pm, Classroom

Erim Akpan, a seasoned ghostwriter and editor, specializes in helping aspiring writers share their stories with the world. She has published over 50 pieces of writing—starting at age 19—and currently serves as a staff writer for Chatham Life and Style Magazine. She has taught dozens of workshops in community and university settings for the past five years.

Dip your toes into writing poetry! In this fun hands-on workshop, you'll explore (and write!) a host of different types of poetry, draw inspiration from the works of poets past, and use prompts to help unleash your creative spirit onto the page. Participants will try out crafting forms such as cinquain, diamante, origin, or concrete poems, in a judgement-free, supportive environment. **The class is limited to 12 participants. Register on Cedars Connect beginning April 1.**

THE JOY OF ORIGAMI--YOU ARE NEVER TOO OLD TO FOLD.

FUNctional Origami: From Bookmarks to Picture Frames

Wednesday, April 9, 11am, Art Studio

Discover useful origami to share, display, or give as a gift. All are Welcome. No Experience Required. Materials Provided. Learn to transform an ordinary piece of paper into the extraordinary--all you need is a "peace" of paper. Instructor: Artist Barbara Pearl is an award winning educator, author, and storyteller. There is no cost to attend this class. **Register on Cedars Connect beginning April 1.**



LEARNING OPPORTUNITIES

IPHONE PHOTOGRAPHY WORKSHOP: EDITING "MAGIC"!

Friday, April 11, 10-12am, Classroom

Want to improve your iPhone photos? Diane Cashion, award-winning photographer and experienced teacher, will show you how to elevate your photos by using simple iPhone camera editing tools. During the hands-on workshop, you'll learn how to crop, make exposure adjustments, apply filters, adjust background blur and more. Using these in-camera tools, you will instantly see great improvements in your iPhone images.

Bring your fully-charged iPhones and some images you'd like to improve. At the end of the workshop we'll share "Before and after" photos that will amaze you! **Register on Cedars Connect beginning April 1, deadline April 9, Cost \$30.**

**EL FUTURO, LUKE SMITH,
MD, EXECUTIVE DIRECTOR &
PSYCHIATRIST**



The Cedars Lecture Series Hosted by Dick Isabel

Monday, April 22, 2pm The Cedars Room

El Futuro was founded by Luke Smith and Leslie Montana (daughter of Cedars residents Joan and Gus Montana). Luke's work has focused on fostering support and healing within immigrant communities, helping individuals navigate mental wellness both inside and outside traditional clinical settings. Under his leadership, El Futuro has grown significantly, with a team of over 70 professionals from across Latin America, and serves around 3,000 patients annually, while impacting many more through outreach and community programs. The organization's focus on building relationships, restoring cultural connections, and supporting immigrants in their new environment is at the heart of its success.

LET'S TALK CINEMA

Picnic at Hanging Rock, 1975, 1 hour 55 minutes

Thursday, April 24, 1pm, The Cedars Room

Streaming on Amazon Prime, Hulu and Apple+TV. Discussion led by Linda Luftig

On a drowsy St. Valentine's Day in 1900, a party of girls from a strict boarding school in Australia goes on a day's outing to Hanging Rock, a geological outcropping not far from their school. Three of the girls and one of their teachers disappear into thin air. One of them is found a week or so later but can remember almost nothing. The others are never found.



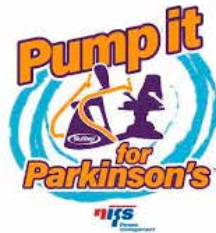
On this foundation, Peter Weir constructs a film, "Picnic at Hanging Rock" (1975), of haunting mystery and buried sexual hysteria. It also employs two of the hallmarks of Australian New Wave cinema: beautiful cinematography and stories about the chasm between settlers from Europe and the mysteries of their ancient new home.

Let's Talk Cinema previously showed this film in 2019. Now, the movie, which has been long out of release and unavailable even on video, has recently been re-released. If you have seen it before, it's well worth seeing again.

REGULAR GROUP ACTIVITIES CONTACT INFORMATION

Bocce	Barbara Putney 919-942-9581
Chess Club	Carol Downs 703-282-6191
Cribbage	Malcolm Jackson 919-951-7626
Duplicate Bridge	Betty White 919-967-4064
Early Birds	Joan Bingham 919-968-3213
Golf Croquet	Bill Kerwin 828-506-3990
Interdenominational Service	Nancy Cobey 919-619-4534
Knit & Stitch	Margaret Rook 919-292-1497
Mah Jongg	Norma Kupersmidt 919-724-9070
Memoir Writing Group.....	Nancy Lebo 919-259-7330
Mexican Train Dominoes	Mary Ann Van Kampen 919-943-8670
Modern American..... Canasta	Bonnie Farb 561-613-7509
Open Door Bible Study ...	Nancy Cobey 919-619-4534
Ping Pong	Pat Kelley 919-489-0053
Play Reading Group	Bill Gibson 336-414-2287
Poker.....	Richard Orcutt 919-259-7533
Pole Walking.....	Joan Ontjes 919-219-5128

FITNESS ARTICLE



April is Parkinson's Awareness Month, and The Cedars is proud to be partnering with the National Institute for Fitness and Sport (NIFS) for *Pump it for Parkinson's* on Thursday, April 10, 2025!

This nationwide event connects senior living providers across the country to raise awareness of Parkinson's disease and highlight how exercise can ease the symptoms many experience daily. We are excited to host a *NuStep-A-Thon* in The Cedars Room, challenging our Members and staff to contribute to the nationwide goal of 25 million steps! Members can sign up for 15-minute time slots between 8am-4pm to log their steps on the NuStep or join other step-counting activities like the cardio combo class at 8:30am, tracking your steps on any machine you enjoy in the cardio room, or joining us for the 1k walk around the great lawn at 10:30 (1,250 steps!) to pump up our step total! **Our community goal is 160,000 steps. How many steps can YOU add to our total on April 10th? WE CAN DO IT!**

1 MILE ON A TREADMILL = 2,000 STEPS

1 MILE ON A BIKE = 500 STEPS

1 MILE ON AN ELLIPTICAL = 2,000 STEPS

1 MILE PEDOMETER WALK = 1K WALK = 1,250 STEPS

1, 30-MINUTE FITNESS CLASS = 2,000 STEPS

1, 45-MINUTE POOL CLASS = 1,000 STEPS

Don't miss out on the fun...In addition to our step challenge, we'll have an info booth where you can learn about the experiences of those living with Parkinson's and the critical role exercise plays in managing their symptoms. As well, come learn about our newest group Ping Pong for Parkinson's with Dennis Caren. Enjoy prizes, refreshments and more. Let's make a difference together as we represent The Cedars in this nationwide effort to raise awareness, promote movement, and support the fight against Parkinson's disease.



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

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



GROUP FITNESS CLASSES - UPDATES FOR APRIL

Based on your feedback and instructor availability, we will be changing some class times for the month of April. Cardio drumming will be at 11am on Mondays and will be open to an option of standing or sitting, depending on your personal preference. You will not be required to register for this class; however, the class is limited to 12 people (due to equipment) and the class will be filled on a first come, first served basis. Yoga will be offered on Wednesday from 10-11am followed by Tai Chi from 11:15am-12pm. Barre Class with Joan will remain on Friday at the new time 9:45-10:15am. Please look at the April group fitness calendar enclosed with your Cedars Post for a complete listing of classes.

For questions, or comments please contact

Michele Baker - NIFS Fitness Manager. 919-259-7922 or at mbaker@cedarsofchapelhill.com

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