

# SPOTLIGHT ON FRED COUNCILL

*Written by Stephen G. Schaeffer for the Communications Committee*



In a *Chicago Tribune* interview dated December 6, 1987, entitled "Tiny Furniture Firm Fights to Go It Alone," Fred Councill spoke to his fighting spirit to keep his thriving Councill Craftsmen manufacturing business on track. Founded 14 years earlier when Councill resigned as Vice President of Drexel-Heritage to follow his dream, the company was a high-end niche industry creating 18th Century English and American reproductions to exacting standards.

Fred's rugged individualism came from his western North Carolina roots - born in Sylva and raised in Boone - growing up noting that the North Carolina economy depended on three industries - tobacco, textiles and furniture. With a UNC business degree, Air Force ROTC service of 2 years in Germany and an additional MBA from what eventually became the UNC Kenan-Flagler Business School, Fred was hired at Morganton Furniture Company, convinced that such a career would be prosperous.

When Morganton Furniture was acquired by Drexel-Heritage, Fred moved to Atlanta as a sales rep covering three states. It was during those long days of driving to dealers that Fred contemplated that initial meeting with Hope Brown when she popped in the front door of the Beta House during a dance weekend at UNC. Encountering one of her Duke girlfriends, they met in a burst of squealing laughter and hugs just in front of two idling frat boys - Fred and friend Hugh Boyer - seated in the corner of the living room. Fred mused to Hugh, "Who would ever date those girls!"

Fast forward when Hope, now working in New York City after graduation from Randolph-Macon and a first job in Greensboro, received a forwarded letter from Fred, noting he would be in the city with some male friends for a weekend of plays. Remembering those Betas, Hope's interest led to their first date at the Met Opera during that weekend. It wasn't long after - but 8 years from that frat house encounter - that "the knot was tied".

Seven months after their marriage the couple moved to High Point, the seat of the furniture market and a promotion for Fred. As Fred rose to the top of Drexel-Heritage's leadership, his long-held desire to start his own business got stronger. When his father-in-law offered assistance to each of his three sons-in-law, Fred was the only one who raised his hand.

Fred had the business plan but wisely hired an independent designer who created the furniture drawings. Yes, there were competitors already in his desired niche, but Fred had the vision and energy for success. He decided to locate in Denton, N.C. because many trained furniture men there had to drive to surrounding towns for employment. With the factory built, and employees in the ready, Fred combed the country, visiting dealers cultivated from previous experience. One thing was certain: he had to have successful sales at their first High Point Furniture Market in Fall 1973. And they succeeded! Hope, having raised their sons Moore and Brown, was an active participant, educating herself and assisting with the details of design, fabric selection and showroom presentation.

In the ensuing years, Councill Craftsmen employed 500 people in its three Denton plants, branching out in 1984 with Councill Contract, selling to non-residential clients. But by 1987 when that *Chicago Tribune* article appeared, North Carolina furniture companies were being acquired by corporate giants, many of whom had very little knowledge of the industry. With business still thriving, Fred made the decision to stay the course despite lucrative offers to sell.

By the late 90s, domestic furniture production would be eclipsed by cheaper imports resulting in an almost immediate downturn in what had been a successful business. Councill Craftsmen was sold several times, with Kindel Furniture eventually buying the design rights in 2015. The Denton plants ceased business.

After selling the company, Fred and Hope lived part-time on the North and South Carolina shores, and started a new career in spec house development before moving to The Cedars in 2005. Along with the memories of a successful venture, the Councill's also have the satisfaction that their dream lives on with their designs still being sold in consignment shops.



JUNE  
2025

THE CEDARS POST

## JUNE BIRTHDAYS



Joy Kasson .....	1
Richard Moss.....	1
Jean Hodder .....	2
Margaret Rook .....	4
Mary Beck .....	5
Wendell Rosse.....	5
Gwen Clare.....	6
Malcolm Jackson .....	6
Blair Keagy.....	12
MJ Weeks .....	12
Florence Peacock.....	13
Carol Stamm.....	13
Mary Bryan Adair .....	14
Sarah Fulp .....	14
Philip Gura .....	14
Jessie Ogburn .....	16
June Russell .....	16
Betty Yount.....	17
Ken Woodard .....	19
Jim Beck .....	23
Sally Orcutt.....	23
Tom Henkel .....	28
Christine Kehrner .....	30

## LET'S CELEBRATE

### CEDARS COMMUNITY PRIDE PARADE

Friday, June 6th, 11am Great Lawn

Join us for a vibrant and empowering Pride Walking Parade—a celebration of love, identity, and unity! March with us around the Great Lawn as we honor the LGBTQ+ community, promote equality, and spread messages of acceptance and pride. Whether you're walking in solidarity, showing your colors, or simply cheering from the sidelines, everyone is welcome. Let's stand together, celebrate diversity, and make this Pride unforgettable!

### REPTILES AND REFRESHMENTS WITH ADVENTURE JONES

Sunday, June, 15th, 1pm Cedars Room

Looking for a fun Father's Day activity for the whole family? Bring the kids and grandkids to learn about reptiles. Grab a snack and pet a python. Adventure Jones will be on hand to talk about habitats, food chains, safe handling practices, and more. All animals are regulated, rescued, and cannot be released into the wild.



### HEAL, GROW, GO WELLNESS PRESENTS: SOMEONE I LOVE IS LGBTQIA+. HELP ME UNDERSTAND.

Monday, June 16, 2pm The Cedars Room

Join mental health counselor Helen Svoboda-Barber in this interactive presentation as she explains LGBTQIA+ terms, shares information about gender and sexuality, and answers basic questions that can help you better understand your grandchildren or other loved ones. This session is great for those looking to support and connect with loved ones in their lives.

### LEARNING ACROSS GENERATIONS: AN ORAL HISTORY WITH THE MARIAN CHEEK JACKSON CENTER

Wednesday, June 18, 10am The Cedars Room

Expand your horizons and amplify black voices in the community with the Marian Cheek Jackson Center. Join educators for an oral history discussion of black history in the Chapel Hill and Carrboro communities. Learn about the sometimes hidden contributions of our friends and neighbors in the community and find out about current projects for social justice.



# BEYOND THE CEDARS



## EDIBLE CAMPUS UNC TOUR

Friday, June 13, 9:30am Lobby, Registration \$4

Explore UNC's Edible Campus. Learn how the University is fighting food insecurity and reducing emissions by converting flower beds into food-producing plots for public consumption. Program Coordinator Kyle Parker will lead us on a tour of the main gardens behind Davis Library as well as several satellite gardens near the Pit and Student Union,

while talking about the challenges and successes of the program's growth so far.

## AMERICAN DANCE FESTIVAL PILOBOLUS

Saturday, June 21, 2pm Lobby

Immerse yourself in the dynamic universe of Pilobolus, where the human experience unfolds through breathtaking grace, acrobatic power, and unparalleled artistry. Experience visionary collaborations, the return of one of the most physically astounding works in the company's canon, plus Pilobolus's interpretation of Martha Graham's Lamentation, created in celebration of Graham100 and the Lamentation Variations project. Since 1971, Pilobolus has captivated audiences worldwide with its innovative blend of athleticism, artistry, and imagination, pushing the limits of human physicality while leaving a lasting imprint on popular culture. Tickets are purchased through Duke University's Box Office.

## CARRBORO FARMERS MARKET TOUR

Wednesday, June 25, 2:30pm Lobby, Registration \$4

Learn about North Carolina Agriculture, market history, and day-to-day operations at the Carrboro Farmer's Market. Join Market Manager Maggie Funkhouser to learn about the intricacies of the market and its vendors and the role it has played in the community. Afterwards, shop at the stalls and enjoy the sights of the Wednesday market. Participants are encouraged to bring cash for shopping. ATMs are available on site.



## AMERICAN DANCE FESTIVAL BALLET HISPÁNICO

Sunday, June 29, 2pm Lobby

In the ADF-commissioned Papagayos, Omar Roman De Jesús allows us to enter the upsidedown forest, where paradise comes ready laden with wings, and psychedelic stories write themselves out of order. A three-second love ritual between two birds transforms into a movement poem celebrating the pleasure of human physicality. We can be both as we want and as we are here where the colors cry out at their maximum volume. Sometimes all we want to be is part of someone else. Club Havana is Latin dancing at its best. The intoxicating rhythms of the conga, rumba, mambo, and cha cha are brought to life by choreographer Pedro Ruiz, himself a native of Cuba, as he imagined his very own "Club Havana." The show will also include William Forsythe's New Sleep which first premiered in 1987 by the San Francisco Ballet. Tickets are purchased through Duke University's Box Office.

MAKE IT TO  
THE BUS  
ON TIME



Please call Chandler Musson 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.

## EDIBLE CAMPUS UNC TOUR

Friday June 13, 9:30am Lobby

## AMERICAN DANCE FESTIVAL: PILOBOLUS

Saturday June 21, 2pm Lobby

## CARRBORO FARMERS MARKET TOUR

Wednesday June 25, 2:30pm Lobby

## AMERICAN DANCE FESTIVAL:

BALLET HISPÁNICO  
Sunday June 29th, 2pm Lobby



# THE CEDARS EVENTS

## 6/1 SUNDAY

11am Sunday Chapel Church tcr ■

## 6/2 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 ■

**2pm Cedars Lecture Series: Art Chansky tcr ■**

## 6/3 TUESDAY

8:30am Total Body Strength & Stretch tcr ■

9am Golf Croquet GL ■

9:30am Sit & Be Fit tcr ■

1pm Mah Jongg cv4 ■

1pm Supervised Open Gym Time ■

**2pm RDU Funeral and Cremation Services AR ■**

**2pm Caregivers support group cl ■**

## 6/4 WEDNESDAY

8:15am Circuit Work tcr ■

9am Aquafit P ■

9am Bocce GL ■

9am Ping Pong tcr ■

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

10am Mat Yoga tcr ■

11:15am Chair Yoga with Joanne tcr ■

1pm Duplicate Bridge tcr ■

1pm Party Bridge cv4 ■

2pm Mah Jongg cv2 ■

**4pm French Wine Tasting 🍷 ■**

## 6/5 THURSDAY

8:30am Cardio Combo tcr ■

9am Golf Croquet GL ■

9:30am Sit and Be Fit tcr ■

11am Cedars University tcr ■

1pm Supervised Open Gym Time ■

1:30pm Modern American Canasta cv3 ■

**2pm Joys of Learning: Native Nations tcr ■**

3pm Scrabble cv4 ■

## 6/6 FRIDAY

8am Early Birds tcr ■

9am Aquafit P ■

9:45am Barre Class with Joan tcr ■

10:45am Better Balance tcr ■

**11am Pride Parade GL ■**

1pm Mexican Train Dominos cv4 ■

1:30pm Men's Bridge Group cv3 ■

2pm Jewelry Repair with Eva Mogenson s ■

**5:30pm First Friday Concert:**

**Taxicab Preacher GL ■**

## 6/7 SATURDAY

8am Early Birds tcr ■

9am Ping Pong tcr ■

10am Cribbage cl ■

11am Ping Pong for Parkinson Group tcr ■

1:30pm Modern American Canasta cv2 ■

2pm Mexican Train Dominos cv4 ■

## 6/8 SUNDAY

11am Sunday Chapel Church tcr ■

## 6/9 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 ■

## 6/10 TUESDAY

8:30am Total Body Strength & Stretch tcr ■

9am Golf Croquet GL ■

9:30am Sit & Be Fit tcr ■

10am Nerys Levy Art Class AS ■

1pm Mah Jongg cv4 ■

1pm Supervised Open Gym Time ■

**2pm Meditation for Pain Relief with Tom Spector tcr ■**

## 6/11 WEDNESDAY

8:15am Circuit Work tcr ■

9am Aquafit P ■

9am Bocce GL ■

9am Ping Pong tcr ■

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

10am Mat Yoga tcr ■

11:15am Chair Yoga with Joanne tcr ■

1pm Duplicate Bridge tcr ■

1pm Party Bridge cv4 ■

2pm Mah Jongg cv2 ■

**7pm Instant Theater: A Playful**

**Improv Hour tcr ■**

## 6/12 THURSDAY

8:30am Cardio Combo tcr ■

9am Golf Croquet GL ■

9:30am Sit and Be Fit tcr ■

11am Cedars University tcr ■

1pm Supervised Open Gym Time ■

1:30pm Modern American Canasta cv3 ■

3pm Scrabble cv4 ■

## 6/13 FRIDAY

8am Early Birds tcr ■

9am Aquafit P ■

**9:30am Edible Campus UNC Tour Lobby 🍷 ■**

9:45am Barre Class with Joan tcr ■

**10am Photography Workshop - Getting more from your iPhone camera cl ■**

10:45am Better Balance tcr ■

1pm Mexican Train Dominos cv4 ■

1:30pm Men's Bridge Group cv3 ■

## 6/14 SATURDAY

8am Early Birds tcr ■

9am Ping Pong tcr ■

10am Cribbage cl ■

11am Ping Pong for Parkinson Group tcr ■

1:30pm Modern American Canasta cv2 ■

2pm Mexican Train Dominos cv4 ■

## 6/15 SUNDAY

11am Sunday Chapel Church tcr ■

**12:30pm Coffee and Critters tcr ■**

## 6/16 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 ■

**2pm Someone I love is LGBTQ+ tcr ■**

## 6/17 TUESDAY

8:30am Total Body Strength & Stretch tcr ■

9am Golf Croquet GL ■

9:30am Sit & Be Fit tcr ■

1pm Mah Jongg cv4 ■

1pm Supervised Open Gym Time ■

## 6/18 WEDNESDAY

8:15am Circuit Work tcr ■

9am Aquafit P ■

9am Bocce GL ■

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

**10am Marian Cheek Jackson Oral History tcr ■**

1pm Duplicate Bridge **TCR** ■

1pm Party Bridge **CV4** ■

2pm Mah Jongg **CV2** ■

## 6/19 THURSDAY

8:30am Cardio Combo **TCR** ■

9am Golf Croquet **GL** ■

9:30am Sit and Be Fit **TCR** ■

11am Cedars University **TCR** ■

1pm Lets Talk Cinema **TCR** ■

1pm Golf Croquet **GL** ■

1pm Supervised Open Gym Time ■

1:30pm Modern American Canasta **CV3** ■

3pm Scrabble **CV4** ■

## 6/20 FRIDAY

8am Early Birds **TCR** ■

9am Aquafit **P** ■

9:45am Barre Class with Joan **TCR** ■

10:45am Better Balance **TCR** ■

1pm Mexican Train Dominos **CV4** ■

1:30pm Men's Bridge Group **CV3** ■

2pm Positive intelligence with Jim Richmond ■

## 6/21 SATURDAY

8am Early Birds **TCR** ■

9am Ping Pong **TCR** ■

10am Cribbage **CL** ■

11am Ping Pong for Parkinson Group **TCR** ■

1:30pm Modern American Canasta **CV2** ■

2pm Mexican Train Dominos **CV4** ■

2pm ADF Pilobolus ■

## 6/22 SUNDAY

11am Sunday Chapel Church **TCR** ■

## 6/23 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** ■

## 6/24 TUESDAY

8:30am Total Body Strength & Stretch **TCR** ■

9am Golf Croquet **GL** ■

9:30am Sit & Be Fit **TCR** ■

10am Nerys Levy Art Class **AS** ■

1pm Mah Jongg **CV4** ■

1pm Supervised Open Gym Time ■

## 6/25 WEDNESDAY

8:15am Circuit Work **TCR** ■

9am Aquafit **P** ■

9am Bocce **GL** ■

9am Ping Pong **TCR** ■

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

10am Mat Yoga **TCR** ■

11:15am Chair Yoga with Joanne **TCR** ■

1pm Duplicate Bridge **TCR** ■

1pm Party Bridge **CV4** ■

2pm Mah Jongg **CV2** ■

2:30pm Carrboro Farmers Market Tour and Shopping ■

## 6/26 THURSDAY

9am Golf Croquet **GL** ■

1pm Supervised Open Gym Time ■

1:30pm Modern American Canasta **CV3** ■

3pm Scrabble **CV4** ■

## 6/27 FRIDAY

9am Aquafit **P** ■

1pm Mexican Train Dominos **CV4** ■

1:30pm Men's Bridge Group **CV3** ■

## 6/28 SATURDAY

8am Early Birds **TCR** ■

9am Ping Pong **TCR** ■

10am Cribbage **CL** ■

11am Ping Pong for Parkinson Group **TCR** ■

1:30pm Modern American Canasta **CV2** ■

2pm Tech Support with Holden Lim **CL** ■

2pm Mexican Train Dominos **CV4** ■

## 6/29 SUNDAY

11am Sunday Chapel Church **TCR** ■

2pm Ballet Hispanica ■

## 6/30 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** ■

## ANNOUNCEMENTS

### JEWELRY REPAIR WITH EVA MOGENSEN

Friday, June 6, 2pm Art Studio

### FIRST FRIDAY CONCERTS

*On The Lawn*

Friday, June 6th, 5:30-7:30pm,  
Great Lawn

### TAXICAB PREACHER

Food Truck: Merritts BLT

### CEDARS PORCH COLLECTION

Monday, June 9th,  
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.

### TECH SUPPORT WITH HOLDEN LIM

Saturday, June 28th, 2-4pm Classroom

### COFFEE AND CONVERSATIONS WITH THE MARKETING TEAM

Tuesday, June 24, 9:00am, Card Room

The Cedars Marketing team will be available to Members on the last Tuesday of each month at 9:00am to talk about sales, market rates, Cedars Overlook, and more. Have a question for the team, come join the conversation.

### SHABBAT SERVICE LED BY CONNIE MARGOLIN

Friday, May 9, 4pm DuBose  
Conference Room (2nd Fridays)

### SUNDAY CHAPEL CHURCH

Cedars Members gather in fellowship every Sunday at 11am in The Cedars Room. All faiths and friends welcome.



## GREAT COURSES CONTINUED...

*Greece and Rome: An Integrated History of the Ancient Mediterranean* taught by: Professor Robert Garland, Colgate University  
Thursdays, May 29 – Sept 25, 11am, The Cedars Room

Professor Robert Garland is Roy D. and Margaret B. Wooster Professor of the Classics at Colgate University, where he also serves as Director of the Division of the Humanities. He received his B.A. from the University of Manchester, his M.A. from McMaster University in Ontario, and his Ph.D. in Ancient History from University College London. Professor Garland was a Fullbright Scholar and the recipient of the George Grote Prize in Ancient History.

## GREAT SHORT STORIES SERIES:

Explore short texts and make connections with fellow members. Practice analyzing texts and interacting with some of the greatest short stories literature has to offer. This is a member lead group. Questions? Contact Bill Buxton at bill.buxton@vistagechair.com

**Monday, June 9, 10:00am Camden 2**

*The Lady with the Dog* by Anton Chekhov.

**Monday, June 23rd, 10:00am Camden 2**  
(TBD)

# LEARNING OPPORTUNITIES

## THE CEDARS LECTURE SERIES HOSTED BY DICK ISABEL *ART CHANSKY - THE FUTURE OF UNC FOOTBALL*

**Monday, June 2nd, 2pm The Cedars Room**

On June 2, at 2:00, Art Chansky will speak about the sports situation at UNC. Art has been covering UNC sports for many years and is very knowledgeable about all the programs there. Art will focus on the development of the UNC football team under the direction of new head coach Bill Belichick and the repercussions of college players being paid under the NIL program.



## JOYS OF LEARNING: *NATIVE NATIONS A MILLENIUM IN NORTH AMERICA*

**Thursday, June 5, 2pm The Cedars Room**

Pulitzer Prize-winning historian Kathleen DuVal is a professor of history at the University of North Carolina at Chapel Hill, where she teaches early American and American Indian history. She comes to the Cedars to discuss her new work: *Native Nations A Millenium in North America*. Her previous work includes *Independence Lost*, which was a finalist for the George Washington Prize, and *The Native Ground: Indians and Colonists in the Heart of the Continent*. She is a coauthor of *Give Me Liberty!* and coeditor of *Interpreting a Continent: Voices from Colonial America*.



## LET'S TALK CINEMA *DRIVING MADELEINE* FILM AND DISCUSSION WITH LINDA LUFTIG

**Thursday, June 19, 1pm The Cedars Room**

Madeleine, 92 years old, calls a taxi to take her to the retirement home where she will be living. Charles, a disillusioned taxi driver with a tender heart, agrees to drive by the places that affected Madeleine's life. Through the streets of Paris, her extraordinary past is revealed. They don't know it yet, but they will forge a friendship during that drive that will change their lives forever. Line Renaud and Dany Boon make a delightful couple; lovers of Paris will be thrilled with the passing scenery; and the ending will bring a tear to your eye.

## CHANGE YOUR LIFE WITH POSITIVE INTELLIGENCE BY JIM RICHARDSON

**Friday, June 20, 2pm The Cedars Room**

Build up your positive emotional intelligence with Jim Richardson. As coach, Jim partners with professionals through focused listening, powerful questions, and guided reflection, to help them set a vision and effectively make progress in areas important to their career, business and life. He uses integrity, experience, humor and professionalism to empower individuals, build teams, and create highly productive partnerships.







## JUNETEENTH

Juneteenth, observed on June 19th, commemorates the day in 1865 when Union troops arrived in Galveston, Texas and announced the end of slavery—more than two years after President Abraham Lincoln signed the Emancipation Proclamation. This moment marked

a delayed but powerful realization of freedom for the last remaining enslaved African Americans in the Confederacy. Also known as Freedom Day or Emancipation Day, Juneteenth is a celebration of African American resilience, culture, and progress. It serves as both a reminder of the nation's painful history and a call to continue the pursuit of justice and equality for all. In 2021, Juneteenth was officially recognized as a federal holiday in the United States.

## THE STONEWALL RIOTS

The Stonewall Riots were a series of spontaneous protests by members of the LGBTQ+ community that began on June 28, 1969, at the Stonewall Inn in New York City. Sparked by a police raid, the uprising became a turning point in the fight for LGBTQ+ rights in the United States. The riots galvanized a nationwide movement, leading to the formation of advocacy organizations and the first Pride marches. Today, Stonewall is remembered as a powerful symbol of resistance and the ongoing struggle for equality and dignity for all LGBTQ+ people.



## MEDITATION FOR PAIN RELIEF WITH TOM SPECTOR

June 10, 2pm The Cedars Room

Through guided meditation, participants learn techniques to manage pain, reduce stress, and improve overall well-being. This gentle practice is open to all levels and offers a supportive space to reconnect with the body and mind.

## INSTANT THEATER: A PLAYFUL IMPROV HOUR

June 11, 7pm The Cedars Room

Join us for a lighthearted, one-hour improv workshop with storyteller and jester Erim Akpan. Whether you're brand new to improv or have some experience, this beginner-friendly session is all about laughter, creativity, and connection in a relaxed, supportive setting. No pressure, no memorizing—just simple, engaging games that spark joy and keep minds and spirits active.

## 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.....Jo Hazzard  
910-352-2250

Early Birds.....Margaret Rook  
919-929-1497

Golf Croquet.....Bill Kirwan  
828-506-3990

Sunday Chapel Nancy Cobey  
Church.....919-619-4534

Knit & Stitch.....Margaret Rook  
919-292-1497

Mah Jongg.....Joan Mendelsohn  
919-593-4686

Memoir Writing Group.....Nancy Lebo  
919-259-7330

Mexican Mary Ann Van Kampen  
Train Dominoes.....919-943-8670

Modern American Bonnie Farb  
Canasta.....561-613-7509

Open Door Nancy Cobey  
Bible Study.....919-619-4534

Ping Pong.....Pat Kelley  
919-489-0053

Play Reading Group.....Bill Gibson  
336-414-2287

Poker.....Richard Orcutt  
919-259-7533

# FITNESS ARTICLE

## NEW THIS MONTH AT THE CEDARS: CIRCUIT WORK CLASS LAUNCHES!

We're always looking for new ways to keep fitness exciting, accessible, and effective for our community. That's why we're thrilled to introduce our newest group fitness offering: Circuit Work—a dynamic, full-body workout designed to challenge your fitness and help you reach your goals faster. What is Circuit Work? Circuit training is a workout style that moves you through a series of exercise stations—targeting strength, cardio, and endurance with minimal rest between sets. Each class is expertly programmed to keep your heart rate elevated, build lean muscle, and torch calories in a short amount of time.

### WHY TRY CIRCUIT WORK?

- **Efficiency:** Get a total-body workout in 30 minutes
- **Variety:** No two classes are the same—expect to use dumbbells, resistance bands, bodyweight moves, Versa Balls, and more
- **Community Motivation:** Move alongside others in a supportive, high-energy environment

### Find Your Fit: Choosing the Right Fitness Class with Our Intensity Level Guide

We offer a wide variety of group fitness classes—each designed to challenge your body and boost your health. But with so many options on the schedule, how do you know which class is right for you? The answer: Follow the Intensity Level Guide.

What Is the Intensity Level Guide? Located next to each class on our fitness schedule, the Intensity Level Guide is a simple system that helps you choose classes that match your current fitness level, energy, and goals. Whether you're just starting out or looking for a serious sweat session, this guide makes it easier to find the right fit. Here's how it works:

**Level 1 – Low Intensity** Perfect for beginners, or anyone easing back into fitness. These classes focus on mobility, balance, and light strength work. Examples: Sit and be Fit, Chair Yoga, Cardio Drumming.

**Level 2 – Moderate Intensity** A step up in pace and challenge. Great for improving stamina, building strength, and getting your heart rate up—without feeling overwhelmed. Examples: Aquafit, Better Balance, Pilates, Barre.

**Level 3 – High Intensity** Designed for experienced exercisers who want a high-energy, fast-paced workout that pushes limits and builds endurance. Examples: Circuit Work, Total body Strength and Stretch, Cardio Combo.



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

