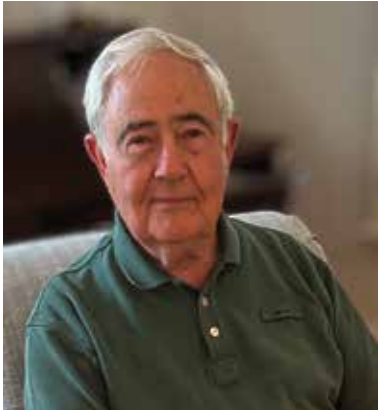


SPOTLIGHT ON JOHN MEBANE

Written by Stephen G. Schaeffer for the Communications Committee



Cedars Members have been fortunate to enjoy John Mebane's incredible photographs in numerous issues of Connections since he moved here with wife Lee in 2023. In addition to being a seasoned photographer, John started the Cedars Camera Club which includes members who have also contributed to our publications. His interest in encapsulating the beauty of nature in photos probably stems not only from his father, a cardiologist who also enjoyed photography, but also from growing up "in the country" outside of Rutherfordton, a small town in the foothills of North Carolina sixty miles west of Charlotte, with the distant Appalachian Mountains in full view.

John finished his early education at Christ School in Arden NC, and left for UNC where he received a BA in English. Just after graduation he entered the Naval Aviation Officer candidate program in Pensacola, FL, beginning his five-year tour of duty. But just before starting flight training and due to the uncertainty of Vietnam and also flight training, he and Lee, whom he dated seriously his senior year, were married two weeks after his proposal! Eventually Lee followed John to the Mediterranean with other Navy wives, enjoying the culture as well as camaraderie. With two young children in tow, Lee carried her suitcase with "one child in a harness, one in a backpack.....and John stored the diapers on the aircraft carrier!"

After the Navy, John returned to Chapel Hill for a two-year MBA program at his alma mater before his first career move to Pittsburgh working for the Mellon Bank in personal investments, what was to become his chosen field. But those Pittsburgh winters were not to John's liking and after two years he settled in Winston-Salem, where he progressed to Vice-President – Manager of Personal Trust investments at Wachovia Bank and Trust.

After 8 years in bucolic Winston-Salem, John became Assistant Investment Officer at The Duke Endowment in Charlotte and later its Chief Investment Officer. John explained to me that this private foundation, started in 1924 by James B. Duke with the fortunes he had made in tobacco and electricity, was shaped by its original indenture which had to be read annually to the Board of Trustees. Since its inception, it has awarded almost \$5 billion in grants in the Carolinas to the rural Methodist church, non-profit hospitals, childcare and to Duke University, Davidson, Johnson C. Smith, and Furman.

John's last career move in 2001 was to Greycourt and Co., a firm specializing in the management of family wealth. After retirement in 2010, the family remained in Charlotte where Lee continued her nursing career in administration and teaching at Atrium Health.

In 2022 when their name came to the top at a Charlotte retirement community where they had been on the waiting list, John and Lee began more serious investigation into other CCRCs in the state. With their three sons all in successful careers, they decided on Chapel Hill, which was in driving distance to two of their three sons and their grandchildren.

In addition to the Camera Club, John participates in the Men's Book Group and the Just for Fun Committee, and in his other free time enjoys discovering interesting North Carolina history with short investigative road trips. As with many others, the Mebanes knew "not a soul" at The Cedars but have found new friends easy to make with the outgoing nature of Cedars members and their own affable personalities.



JULY
2025

THE CEDARS POST

JULY BIRTHDAYS



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LET'S CELEBRATE

DORATHEA DIX SUNFLOWER FIELDS Monday, July 7, 9am Lobby. Registration \$14.

Travel to the majestic sunflower fields at Dix Park, where thousands of blooms create a breathtaking display for just a few weeks each year. Enjoy the vibrant views while strolling along ADA-accessible paths—please note that access may be limited in some areas due to terrain. Participants are encouraged to bring a hat or sunscreen.



(RESCHEDULED)-FRENCH WINE TASTING WITH DICK ISABEL

Tuesday, July 8, 4pm The Cedars Room. Registration \$10.



Join us for a delightful afternoon wine tasting featuring selections from France's Loire Valley. Themed Wines for Summer, the event will include a Sancerre, a Rosé, a light red, and a surprise fourth wine. Enjoy four tastings paired with light hors d'oeuvres. Wines will be available for purchase with post-event delivery to the clubhouse

STORIES OF THE SOUTH WITH DON BASNIGHT

Monday, July 14, 2pm The Cedars Room

Hear tales of the South with acclaimed story telling expert Don Basnight. Passed down through generations, these stories blend humor, heartache, history, and tall tales—often delivered on porches, around kitchen tables, or under the stars. With a deep sense of place and character, Southern storytellers bring to life the voices of the past while capturing the soul of the present.



BEYOND THE CEDARS



**RADICAL CLAY
EXHIBIT AT
ACKLAND**
Friday, July 11, 9:30am Lobby.
Registration \$10.

Radical Clay showcases thirty-six contemporary women ceramicists who push the boundaries of clay with bold, expressive works. Spanning generations, these

artists—many working in a once male-dominated Japanese tradition—combine technical mastery with innovative forms, reshaping the future of ceramics with creativity and conviction. Registration includes transportation and docent tour.

**JOLO WINERY TOUR AND
TASTING**
Friday, July 18, 9am Lobby. Registration \$55.

Join us for a visit to JOLO Vineyards in Pilot Mountain, where you'll explore award-winning wines from the Yadkin Valley. The day begins with a guided tasting and discussion of seven in-house selections. Afterward, enjoy lunch on your own at the scenic on-site restaurant, End Posts, and take time to stroll the vineyard or relax on the grounds with stunning views of Pilot Mountain. Space is limited. Registration includes transportation and the tasting: please bring money for lunch.



ENO RIVER FARM STAND

Tuesday, July 22, 1pm Lobby. Registration \$7.

Shop fresh, in-season produce and enjoy house-made ice cream at the Eno River Farm Stand. As we move into the height of summer, look for ripe peaches, blueberries, blackberries, and other local favorites. These sweet, sun-ripened berries are also used to craft the farm's delicious homemade ice cream—a perfect taste of the season.

**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.

**DORATHEA DIX
SUNFLOWER FIELDS**
Monday, July 7, 9am Lobby

**RADICAL CLAY EXHIBIT
VAT ACKLAND**
Friday, July 11, 9:30am Lobby

**JOLO WINERY TOUR
AND TASTING**
Friday, July 18, 9am Lobby

ENO RIVER FARM STAND
Tuesday, July 22, 1pm Lobby

**AMERICAN DANCE
FESTIVAL: PAUL TAYLOR**
Saturday, July 26, 4pm Lobby



Adventure Jones with Popeye the bearded dragon

THE CEDARS EVENTS

7/1 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 ■

7/2 WEDNESDAY

8:15am Circuit Work **TCR** ■
 9am Aquafit **P** ■
 9:45am Aqua Walking **P** ■
 9am Bocce **GL** ■
 9am Ping Pong **TCR** ■
 10am Open Door Bible Group **Zoom** ■
 10am Mat Yoga **TCR** ■
 11:15am Chair Yoga with Joanne **TCR** ■
 1pm Duplicate Bridge **TCR** ■
 1pm Party Bridge **cv4** ■
 2pm Mah Jongg **cv2** ■

7/3 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** ■

7/4 FRIDAY

4th of July!

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** ■



7/5 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** ■

7/6 SUNDAY

11am Sunday Chapel Church **TCR** ■

7/7 MONDAY

9am Dix Sunflower Fields **L** 🦋 ■
 9am Ping Pong **TCR** ■
 9am Aquafit **P** ■
 9:45am Aqua Walking **P** ■
 10am Pilates with Joan **z** ■
 10:15am Better Balance **TCR** ■

10:30am Knit & Stitch **CL** ■
 11am Dance Fitness **TCR** ■
 12:30pm Play Reading Group **z** ■
 1pm Poker **cv3** ■
 2pm Chess Club **cv2** ■
 2pm Mexican Train Dominos **cv4** ■

7/8 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 ■
4pm Wine Tasting with Dick Isabel **TCR** 🦋 ■

7/9 WEDNESDAY

8:15am Circuit Work **TCR** ■
 9am Aquafit **P** ■
 9am Bocce **GL** ■
 9am Ping Pong **TCR** ■
 9:45am Aqua Walking **P** ■
 10am Open Door Bible Group **Zoom** ■
 10am Mat Yoga **TCR** ■
 11:15am Chair Yoga with Joanne **TCR** ■
 1pm Duplicate Bridge **TCR** ■
 1pm Party Bridge **cv4** ■
 2pm Mah Jongg **cv2** ■

7/10 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: Gwen C. Clare **TCR** ■
 3pm Scrabble **cv4** ■

7/11 FRIDAY

8am Early Birds **TCR** ■
 9am Aquafit **P** ■
9:30am Radical Clay at Ackland **L** 🦋 ■
 9:45am Barre Class with Joan **TCR** ■
 10:45am Better Balance **TCR** ■
 1pm Mexican Train Dominos **cv4** ■
 1:30pm Men's Bridge Group **cv3** ■

7/12 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** ■

7/13 SUNDAY

11am Sunday Chapel Church **TCR** ■

7/14 MONDAY

9am Ping Pong **TCR** ■
 9am Aquafit **P** ■
 9:45am Aqua Walking **P** ■
 10am Pilates with Joan **z** ■
 10:15am Better Balance **TCR** ■
 10:30am Knit & Stitch **CL** ■
 11am Dance Fitness **TCR** ■
 12:30pm Play Reading Group **z** ■
 1pm Poker **cv3** ■
 2pm Chess Club **cv2** ■
 2pm Mexican Train Dominos **cv4** ■
2pm Stories of the South with Don Basnight **TCR** ■

7/15 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: Cedars Lecture Series: AI tech update with Jack Pendray **TCR** ■

7/16 WEDNESDAY

8:15am Circuit Work **TCR** ■
 9am Aquafit **P** ■
 9am Bocce **GL** ■
 9:45am Aqua Walking **P** ■
 9am Ping Pong **TCR** ■
 10am Open Door Bible Group **Zoom** ■
 10am Mat Yoga **TCR** ■
 11:15am Chair Yoga with Joanne **TCR** ■
 1pm Duplicate Bridge **TCR** ■
 1pm Party Bridge **cv4** ■
 2pm Mah Jongg **cv2** ■

7/17 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 ■
1pm Documentary Film Club **TCR** ■
 1:30pm Modern American Canasta **cv3** ■
 3pm Scrabble **cv4** ■

7/18 FRIDAY

8am Early Birds **TCR** ■
 9am Aquafit **P** ■
9am Jolo Winery Tasting **L** 🦋 ■
 9:45am Barre Class with Joan **TCR** ■
 10:45am Better Balance **TCR** ■

1pm Mexican Train Dominos cv4 ■
1:30pm Men's Bridge Group cv3 ■

7/19 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 ■

7/20 SUNDAY

11am Sunday Chapel Church tcr ■

7/21 MONDAY

9am Ping Pong tcr ■
9am Aquafit P ■
9:45am Aqua Walking P ■
10am Pilates with Joan z ■
10:15am Better Balance tcr ■
10:30am Knit & Stitch cl ■
11am Dance Fitness tcr ■
12:30pm Play Reading Group z ■
1pm Poker cv3 ■
2pm Chess Club cv2 ■
2pm Mexican Train Dominos cv4 ■

7/22 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 ■
1pm Eno River Farm Stand 🚶 ■

7/23 WEDNESDAY

8:15am Circuit Work tcr ■
9am Aquafit P ■
9am Bocce GL ■
9am Ping Pong tcr ■
9:45am Aqua Walking P ■
10am Open Door Bible Group Zoom ■
10am Mat Yoga tcr ■
11:15am Chair Yoga with Joanne tcr ■
1pm Duplicate Bridge tcr ■
1pm Party Bridge cv4 ■
2pm Mah Jongg cv2 ■

7/24 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 Understanding Incontinence with
Brandy Watson ■
3pm Scrabble cv4 ■

7/25 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 ■

7/26 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 ■

7/27 SUNDAY

11am Sunday Chapel Church tcr ■

7/28 MONDAY

9am Ping Pong tcr ■
9am Aquafit P ■
9:45am Aqua Walking P ■
10am Pilates with Joan z ■
10:15am Better Balance tcr ■
10:30am Knit & Stitch cl ■
11am Dance Fitness tcr ■
12:30pm Play Reading Group z ■
1pm Poker cv3 ■
2pm Chess Club cv2 ■
2pm Mexican Train Dominos cv4 ■

7/29 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 ■

7/30 WEDNESDAY

8:15am Circuit Work tcr ■
9am Aquafit P ■
9am Bocce GL ■
9am Ping Pong tcr ■
9:45am Aqua Walking P ■
10am Open Door Bible Group Zoom ■
10am Mat Yoga tcr ■
11:15am Chair Yoga with Joanne tcr ■
1pm Duplicate Bridge tcr ■
1pm Party Bridge cv4 ■
2pm Mah Jongg cv2 ■

7/31 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 Members Meeting tcr ■
3pm Scrabble cv4 ■

ANNOUNCEMENTS

CEDARS PORCH COLLECTION

Monday, July 7, 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.

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, July 11, 2pm Art Studio

TECH SUPPORT WITH HOLDEN LIM

Saturdays TBD 2-4pm Classroom

COFFEE AND CONVERSATIONS WITH THE MARKETING TEAM

Tuesday, July 29, 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, July 11, 4pm DuBose
Conference Room (2nd Fridays)

SUNDAY CHAPEL CHURCH

Cedars members gather to worship
every Sunday at 11 AM in the Cedars
Room. All are 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, July 14th, 10am Camden 2

A New Man by Edward P. Jones.

Monday, July 28th, 10am Camden 2

Readings are still to be determined.

LEARNING OPPORTUNITIES



JOYS OF LEARNING PRESENTS A LIFE IN THE FOREIGN SERVICE WITH AMBASSADOR GWEN C. CLARE

Thursday, July 10, 2pm The Cedars Room

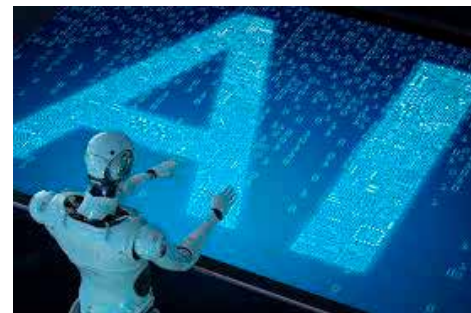
Gwen C. Clare, born in Washington, DC, began her Foreign Service career in 1967. After early service in Lisbon and a brief break, she returned in 1974 and held key diplomatic posts in Chile, Peru, Ecuador, El Salvador, and Brazil. In Washington, she served as a congressional foreign policy advisor, Deputy Director of the Secretariat staff, and Director of Orientation at the Foreign Service Institute. Clare also studied at the National War College and was a Senior Seminar fellow, contributing to U.S. diplomacy through both fieldwork and policy leadership.

THE CEDARS LECTURE SERIES HOSTED BY DICK ISABEL: *AI AT THE SPEED OF LIGHT: A TECH UPDATE WITH JACK PENDRAY*

Tuesday, July 15, 2pm, The Cedars Room

Join fellow resident Jack Pendry for an engaging follow-up lecture on the latest breakthroughs in artificial intelligence.

Explore how rapid advancements over the past few months are shaping the future—and impacting our everyday lives. Stay informed as AI continues to evolve at lightning speed.



UNDERSTANDING INCONTINENCE: TYPES, CAUSES, TREATMENTS, AND MANAGEMENT WITH BRANDY WATSON

Thursday, July 24, 2pm, The Cedars Room

Brandy is hosting an informative discussion on the various types of incontinence that affect all genders, as well as the available treatment and management options. Samples of incontinence supplies will be available for you or your loved ones to take home and try. This event is open to everyone, whether you are currently experiencing incontinence issues or not, so please feel free to attend.

DOCUMENTARY FILM CLUB: PRISON STORIES OF HOPE AND HEALING

Thursday, July 17, 1pm, The Cedars Room

These two powerful short documentaries shine a light on the humanity and creativity behind prison walls. The *Quilters* (35 min) follows men in a Missouri maximum-security prison as they create personalized quilts for foster children, blending artistry with empathy. *5 Incredible Prison Rehabilitation Programs* (16 min) explores innovative initiatives—from taming wild mustangs to performing Shakespeare—that challenge stereotypes and offer inmates paths to growth and redemption.

LEARNING OPPORTUNITIES

READY TO PLAY BRIDGE AGAIN – OR LEARN FOR THE FIRST TIME?

Whether you're dusting off your old skills or diving into the game for the first time, this is your chance to jump in and have fun! Join us for a relaxed, 4-week Bridge series – perfect for refreshing your memory or starting from scratch. No pressure, just playing! Register on Cedars Connect beginning July 1st.

4 weeks of fun and learning

Fridays - July 11, 18, 25 and Aug 1

The Card Room

\$5 per session – only \$20 total

Pay directly to Karen Lazarus at the lesson

Register on Cedars Connect beginning July 1st

TRAVELING IN JULY? STAY SAFE WITH TRAVEL ADVICE FOR OLDER ADULTS

(Source: National Council on Aging)

• FOLLOW PUBLIC HEALTH GUIDANCE

Visit the CDC's travel site for current health notices, food and water safety tips, and motion sickness advice at [cdc.gov/travel](https://www.cdc.gov/travel).

• CHOOSE AN ACCESSIBLE HOTEL

Some older or remote hotels may have accessibility issues. Call ahead to confirm elevators and wheelchair access, or request a first-floor room if needed. Even with tour companies, it's good to check directly.

• BE CAREFUL WHAT YOU SHARE ON SOCIAL MEDIA

Avoid posting your trip details before or during travel to reduce the risk of theft. Facebook's default privacy isn't very strict, so only share with trusted contacts.

• KNOW TSA RULES FOR MEDICATIONS

Always carry prescriptions in your carry-on, especially if you need syringes, pumps, or freezer packs. Check TSA rules beforehand, and have a list of your meds, doctors, and local pharmacies at your destination. If you're 75 or older, you may qualify for TSA PreCheck benefits.

• STAY HEALTHY DURING TRAVEL

Airports and planes can pose fall risks—ask about priority boarding. If you have dietary restrictions, check with the airline or pack your own food. Drink plenty of water to prevent dehydration and walk during long flights to reduce blood clot risks. Bring antibacterial wipes and ensure vaccines are up to date.

• PROTECT YOURSELF FROM THEFT

Use hotel safes for valuables and double-check the codes. Consider pick-pocket-proof clothing with secure pockets. Use cash abroad when possible to avoid credit card fraud and notify your bank of your travel plans. Carry a backup card in case of issues.

• KEEP IMPORTANT DOCUMENTS HANDY

Make copies of your passport, ID, Medicare card, and itinerary. Carry emergency contacts and leave copies with trusted people at home to help if you lose documents.

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.....Barbara Kemper
302-893-1301

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

Pole Walking.....Joan Ontjes
919-942-5128

FITNESS ARTICLE

MEET YOUR FITNESS MANAGER – MICHELE BAKER

Here to Support Your Health & Wellness Journey!

Hello everyone! My name is Michele Baker, and I'm your Fitness Manager here in the community. I started in January 2025 and am part of NIFS (National Institute for Fitness and Sport). We're proud to offer fitness and wellness services completely free of charge to all residents!

While many of you have seen me leading group fitness classes or community wellness events, did you know I also offer personalized one-on-one fitness services?

- Free fitness assessments
- Individualized exercise programs
- Ongoing support and goal tracking

Once your paperwork is complete, we'll schedule your assessment to talk about your goals and fitness needs. After that, I'll create a customized plan just for you—and we'll go over it together to get you started on the right foot!

NEW POP-UP DANCE FITNESS CLASS!

I'm excited to introduce a new dance-inspired fitness class starting this month! This upbeat, low-impact class blends Latin rhythms and easy-to-follow moves for a fun, heart-healthy workout. No dance background needed—just bring a smile!

LIMITED POP-UP: RUNNING

for 2 Months Only!

Mondays at 11:00am, Fitness Room

Come join the fun and try something new—you might just find your new favorite way to move!

Questions or Ready to Get Started? Stop by the fitness center or reach out to me directly. I look forward to connecting with you!

Michele Baker Fitness Manager, NIFS



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



Staff getting ready for the June Pride Parade

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