

SPOTLIGHT ON PETE WARSHAW

FROM 156TH STREET BOXBALL LEGEND TO PHOTOGRAPHIC SORCERER (WITH A FEW DETOURS)

Written by Rich Hendel for the Communications Committee



While many at The Cedars know Pete Warshaw for his stunning photography, supplying numerous splendid covers for Connections, few are aware of his youthful prowess as the boxball champion of 156th Street in Flushing, NY. Boxball, for the uninitiated, is one of many New York street-games that kids played, along with stickball, Johnny on the Pony, and Steal the Bacon. This little-known achievement of Pete's has never received the honors it deserves, no doubt overshadowed by his skill as a photographer.

Pete's journey took him from the boxball courts to the world of management consulting, the path he took after a somewhat unconventional college career that included flunking out a couple of time for cutting too many classes. His interest in consulting stemmed from 16 years spent managing innovative career centers (unique at the time) at four

different universities. Though he loved working with students, the lack of financial support for these programs led him to transition into a boutique consulting firm that advised senior business executives. He particularly enjoyed this phase, relishing the opportunity to connect with extremely bright and accomplished people.

Pete's career took him to New Jersey, Utah, Michigan, Ontario Canada, and back to New York City where he grew up. Nearing retirement in 2010, friends invited him and his wife, Julie, to Chapel Hill where they found a home near the Cedars.

Life took a turn for Pete on the very day he retired in 2015, when his wife experienced a relapse in her long illness. They had shared 48 years together, though as Pete humorously notes, his extensive work travels meant they were likely together for only half that time. In her memory, he collaborated with a designer to create an oversized photo book celebrating her life. He attributes the success of their marriage to three simple rules: "always say to your spouse you're right, always say you're sorry, and never ask how much."

Pete decided to move to The Cedars a year ago carrying his passion for photography with him. It was a hobby he pursued since his favorite uncle, an award-winning photographer, gave him his first camera. Pete's artistic philosophy is to "make something interesting from what can be seen every day." He emphasizes that a good photograph is not always luck; it can be a constant process of envisioning potential images. He recounts one evening leaving the Clubhouse after dinner, regretting not having his camera to capture a possible photograph. For many subsequent nights, he brought his camera, patiently waiting for the decisive moment he had imagined.

Pete has become interested in how the computer has replaced the darkroom to alter and enhance his images. With an archive of some 15,000 photographs plus his current work, he creates and releases a new photo series every two months on his website, PeteWarshaw.com. He also collaborates with a gallery/photo studio in Carrboro, Peel, to produce and sell prints and notecards featuring his work.

While Pete initially moved to The Cedars as a practical plan for the future, he discovered something far more profound: a genuine community created by the people who live and work here. He is a charter member of the Camden "Porch Pals," along with Stan Eskridge and Fred Hobson. Together, they host an informal gathering of neighbors every Sunday and are frequently on the building's front rockers when the weather is good, inviting others to have a seat and raise a glass.

Pete also is out and about several times a day with his 15-year-old Havanese dog, Chico, no doubt on the lookout for something that will become another of his brilliant photographs.



SEPTEMBER
2025

THE CEDARS POST

AUGUST BIRTHDAYS



Carol Price	2
Rob Logel	4
Victoria Neunert	4
Eldon Senner	4
Bobby Judd	5
Betty White.....	5
Penny Jensen	7
Nancy Sprinkle.....	9
Linda Lee	10
Judy Boggs	11
Bruce Birch	13
Anne Hoskins	13
Linda Pendray	13
Dwight Morris	15
Simon Rosse	15
Lillian Bremer	18
Leesie Guthridge	18
Wharton Winstead.....	18
Michael Lazarus	19
Herbert Rochen	19
Ann Oliver.....	21
Valma Cornell	22
Nancy Cobey	23
Betty Swift	23
James "Jim" Bethune.....	24
Vicky Hendel	24
Karla Moellering.....	24
Wyndham Robertson	25
William Loeser	26
Johanne Miller	26
Mark Reed.....	26
Judy Bond Bradley	27
LuAnn Engelman.....	27
Gail Stepp.....	27
Suzan Cheek	30
Marjorie Coward.....	30
Richard Orcutt	30
Ken Updegrave	30

WHAT'S COMING

GRANDPARENTS WEEKEND FLUID ART WORKSHOP

Saturday, September 6, 1-3pm,
The Art Studio

Organized by Paula Sloan For
Grandchildren ages 7-12 (and they
can bring a grandparent) 1:00-
3:00pm in the Art Studio Please
register yourself, then call or
email Tara Pierce 919-537-0128 to

give the name and age of your grandchild. Grandchildren will create beautiful art! All
materials provided!



BELLS AND WHISTLES: GETTING MORE FROM YOUR IPHONE CAMERA

Friday, September 12, 10am-12pm, The Classroom. Registration \$30

Turn your simple snapshots into stunning photos! In this hands-on workshop, award-
winning photographer Diane Cashion will guide you through your iPhone camera's
many features — from lens selection and focus controls to Portrait, Live, and Panorama
modes. Bring your fully charged iPhone and learn tips, tricks, and creative techniques
to make the most of the camera that's always with you.

MARGARET ROOK'S WATERMELON PARTY

Sunday September 14, 4:30pm, The Patio

Cool off and celebrate the end of summer with one of The Cedars' favorite traditions —
our Watermelon Party! Grab a slice, relax with friends, and close out the season with a
sweet, refreshing treat and good company.

THEMED DINNER: OKTOBERFEST!

Wednesday, September 17 and Thursday, September 18,
Prior Registration required - Meal Credit plus \$10

Celebrate the season with an Oktoberfest-themed dinner featuring classic German
dishes like bratwurst, schnitzel, pretzels, and of course beer. Enjoy a festive evening
filled with delicious food, cheerful music, and great company — the perfect way to
toast to fall!

EMPOWERMENT WORKSHOP WITH MICHELE BAKER

Tuesday, September 23

Boost your strength, stability, and confidence in our Empowerment Workshop. This
fitness-focused session will guide you through balance exercises, strength training, and
movement techniques to help prevent falls and keep you active and independent.

BEYOND THE CEDARS

BACK TO SCHOOL: AUDITING AT UNC WITH PROFESSOR MICHEAL MORGAN

Monday, September 22, 2pm Lobby
Registration \$4

Join us for a special field trip to UNC to sit in on a Cold War history class with Professor Michael Morgan, whom you may remember from the Great Decisions lectures. Experience a college classroom firsthand and engage in a fascinating discussion on one of the most pivotal periods of modern history. Transportation fee \$4

CARRBORO FARMERS MARKET TOUR

Wednesday, September 24, 2:30pm Lobby,
Registration \$4

Learn about North Carolina Agriculture, market history, and day-to-day operations at during Senior Day 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.

ANDY GRIFFITH PLAYHOUSE AND HISTORIC MOUNT AIRY DAY TRIP

Tuesday, September 30, 9am Lobby
Registration \$30

Step back in time with a trip to Historic Mayberry! Start your day exploring the Andy Griffith Museum and Playhouse, then enjoy free time in downtown Mount Airy for shopping and lunch on your own. Stroll past iconic spots like Floyd's Barber Shop and Snappy Lunch, or check out modern favorites like Angry Troll Brewing and Fancy Gap Outfitters. Don't forget a sweet treat from Opie's Candy Store or Whit's Frozen Custard before heading home. Registration includes museum admission and transportation.

WHAT'S COMING_(CONT.)

IMPROVE YOUR WAY TO SIGN LANGUAGE WITH TOVAH WAX

Mondays October 6-27, 1-2pm (11am-12pm on Oct 27), Classroom
Preregistration required

Join us for a short series of classes covering the basics of ASL, including the history of sign language, fingerspelling the alphabet, essential vocabulary, and simple communication phrases. Perfect for beginners looking to start their ASL journey. Additional classes might be added based on interest.

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.

DUKE CHAMBER ARTS
RACHEL BARTON PINE
WITH GILLES VONSATTEL,
PIANO

Saturday, September 6, 6:30pm, lobby

NORTH CAROLINA
SYMPHONY RHAPSODY
IN BLUE

Sunday, September 7, 2pm lobby

PLAYMAKERS THE ROYALE
Sunday, September 21, 1:30pm

RASA MALAYSIA
Friday, September 26, 11:30am lobby

NORTH CAROLINA
SYMPHONY DVORÁK: NEW
WORLD SYMPHONY
Sunday September 28, 2pm lobby



Eno River Farm stand trip

THE CEDARS EVENTS

9/1 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 Beginner Balance in the Water **P** ■
 12:30pm Play Reading Group **z** ■
 1pm Poker **CR** ■
 2pm Chess Club **CR** ■
 2pm Mexican Train Dominos **CR** ■

9/2 TUESDAY

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

9/3 WEDNESDAY

8:15 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 **CR** ■
 2pm Mah Jongg **CR** ■

9/4 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 **CR** ■
 2pm Joys of Learning: Phillip Carl ■
 3pm Scrabble **CR** ■

9/5 FRIDAY

8am Early Birds **TCR** ■
 9am Aquafit **P** ■
 9:45am Barre Class with Joan **TCR** ■
 10:45am Better Balance **TCR** ■
 1pm Mexican Train Dominos **CR** ■
 1:30pm Men's Bridge Group **CR** ■
5:30pm First Fridays GL ■

9/6 SATURDAY

8am Early Birds **TCR** ■
 9am Ping Pong **TCR** ■

10am Cribbage **CL** ■
 11am Ping Pong for Parkinson Group **TCR** ■
1pm Fluid Art Workshop AS ■
 1:30pm Samba **CR** ■

9/7 SUNDAY

11am Sunday Chapel Church **TCR** ■
4pm Margeret Rook Watermelon Party - Pub and Patio ■

9/8 MONDAY

9am Ping Pong **TCR** ■
 9am Aquafit **P** ■
 9:45am Aqua Walking **P** ■
 10am Pilates with Joan **z** ■
 10am Great Short Stories **AS** ■
 10:15am Better Balance **TCR** ■
 10:30am Knit & Stitch **CL** ■
 11am Beginner Balance in the Water **P** ■
 12:30pm Play Reading Group **z** ■
 1pm Poker **CR** ■
 2pm Chess Club **CR** ■
 2pm Mexican Train Dominos **CR** ■
2pm UNC Class Audit Micheal Morgan ■
 2pm A Window into Judaism **TCR** ■

9/9 TUESDAY

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

9/10 WEDNESDAY

8:15 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 **CR** ■
 2pm Mah Jongg **CR** ■

9/11 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 **CR** ■
 3pm Scrabble **CR** ■

9/12 FRIDAY

8am Early Birds **TCR** ■
 9am Aquafit **P** ■
 9:45am Barre Class with Joan **TCR** ■
10am iPhone Photography Workshop CL ■
 10:45am Better Balance **TCR** ■
 1pm Mexican Train Dominos **CR** ■
 1:30pm Men's Bridge Group **CR** ■

9/13 SATURDAY

8am Early Birds **TCR** ■
 9am Ping Pong **TCR** ■
 10am Cribbage **CL** ■
 11am Ping Pong for Parkinson Group **TCR** ■
 1:30pm Samba **CR** ■

9/14 SUNDAY

11am Sunday Chapel Church **TCR** ■
3pm Classical Concert Series TCR ■

9/15 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 Beginner Balance in the Water **P** ■
 12:30pm Play Reading Group **z** ■
 1pm Poker **CR** ■
 2pm Chess Club **CR** ■
 2pm Mexican Train Dominos **CR** ■
2pm NC Architecture with Preserve NC TCR ■

9/16 TUESDAY

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

9/17 WEDNESDAY

8:15 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 Party Bridge **CR** ■
 2pm Mah Jongg **CR** ■
2pm Cedars Lecture Series: George Luz Jr TCR ■

9/18 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 Duplicate Bridge TCR ■
1pm: Rosh Hashanah observance TCR ■
1:30pm Modern American Canasta CR ■
3pm Scrabble CR ■
7pm Comedy Night with Susan McAllister TCR ■

9/19 FRIDAY

8am Early Birds TCR ■
9am Aquafit P ■
9:45am Barre Class with Joan TCR ■
10:45am Better Balance TCR ■
1pm Mexican Train Dominos CR ■
1:30pm Men's Bridge Group CR ■
2pm Joys of Learning: Harry Davidson ■

9/20 SATURDAY

8am Early Birds TCR ■
9am Ping Pong TCR ■
10am Cribbage CL ■
11:00 Ping Pong for Parkinson Group TCR ■
1:30pm Samba CR ■

9/21 SUNDAY

11am Sunday Chapel Church TCR ■
1:30pm Playmakers 🎭 ■

9/22 MONDAY

9am Ping Pong TCR ■
9am Aquafit P ■
9:45am Aqua Walking P ■
10am Pilates with Joan z ■
10am Great Short Stories AS ■
10:15am Better Balance TCR ■
10:30am Knit & Stitch CL ■
11am Beginner Balance in the Water P ■
12:30pm Play Reading Group z ■
1pm Poker CR ■
2pm Chess Club CR ■
2pm Mexican Train Dominos CR ■

9/23 TUESDAY

8:30am Total Body Strength & Stretch TCR ■
9am Golf Croquet GL ■
9:30am Sit & Be Fit TCR ■
1pm Mah Jongg CR ■
1pm Supervised Open Gym Time ■
1pm Samba CR ■
1:30 Empowerment Workshop TCR ■

9/24 WEDNESDAY

8:15 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 CR ■
2pm Mah Jongg CR ■

9/25 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 CR ■
2pm Members Meeting TCR ■
3pm Scrabble CR ■

9/26 FRIDAY

8am Early Birds TCR ■
9am Aquafit P ■
9:45am Barre Class with Joan TCR ■
10:45am Better Balance TCR ■
11:30 am Rasa Malaysia LB 🍴 ■
1pm Mexican Train Dominos CR ■
1:30pm Men's Bridge Group CR ■

9/27 SATURDAY

8am Early Birds TCR ■
9am Ping Pong TCR ■
10am Cribbage CL ■
11am Ping Pong for Parkinson Group TCR ■
1:30pm Samba CR ■

9/28 SUNDAY

11am Sunday Chapel Church TCR ■

9/29 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 Beginner Balance in the Water P ■
12:30pm Play Reading Group z ■
1pm Poker CR ■
2pm Chess Club CR ■
2pm Mexican Train Dominos CR ■
3:30pm Finishing Touches TCR ■

9/30 TUESDAY

8:30am Total Body Strength & Stretch TCR ■
9am Mt. Airy Day Trip L 🚗 ■
9am Golf Croquet GL ■
9:30am Sit & Be Fit TCR ■
1pm Mah Jongg CR ■
1pm Supervised Open Gym Time ■
1pm Samba CR ■

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday September 5, 2pm Art Studio

CEDARS PORCH COLLECTION



Monday, September 9, 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.

COFFEE AND CONVERSATIONS WITH THE MARKETING TEAM

Tuesday, September 30, 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, September 12, 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 – Oct 2, 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

9/8: *The Moths* by Helena Maria

Viramontes and *A&P* by John Updike

9/22: TBD

LEARNING OPPORTUNITIES

JOYS OF LEARNING: PHILLIP CARL

Thursday, September 4, 2 pm, The Cedars Room

The Joys of Learning Lecture Series presents “Why the Overnight Discovery of DNA Took a Hundred Years” with Philip Carl. Learn how Watson and Crick’s 1953 discovery of DNA’s structure built on nearly a century of earlier work, from Mendel’s experiments to the breakthrough that revealed how DNA works. Philip Carl, retired UNC professor, is a respected teacher and lecturer.

A WINDOW INTO JUDAISM: ROSH HASHANAH, YOM KIPPUR, AND MORE

Monday, September 8th, 2pm, The Cedars Room

Want to support your Jewish friends and neighbors but not sure where to start? Join volunteers from Jewish for Good of Durham for an engaging introduction to the Jewish High Holidays. Learn about the celebrations, traditions, and meanings behind holidays like Rosh Hashanah and Yom Kippur, and discover thoughtful ways to show support and build understanding in your community.

ARCHITECTURE OF NORTH CAROLINA WITH BENJAMIN BRIGGS, PRESERVE NC

Monday, September 15, 2pm The Cedars Room

Discover the rich history and diverse styles of North Carolina architecture in this engaging lecture. From colonial homes and plantation estates to modernist landmarks, explore how geography, culture, and history have shaped the architectural environment across the state. Perfect for anyone interested in design, history, or the unique character of North Carolina’s communities.



THE CEDARS LECTURE SERIES WITH DICK ISABEL, GEORGE LUZ JR

Wednesday, September 17, 2pm, The Cedars Room

Join George Luz, Jr. for *Through My Father’s Eyes*, a powerful presentation honoring his father George Luz, Sr. and the men of Easy Company—made famous by *Band of Brothers*. Featuring rare photos, personal letters, and audio recordings, George shares firsthand stories from over 50 years of connection with these WWII heroes and their families.

THE JOYS OF LEARNING LECTURE SERIES: THE SILENT MUSICIAN

Friday, September 19th, 2pm The Cedars Room

Ever wondered what an orchestral conductor is really doing? How can the same music sound so different, and how do musicians follow both the score and the conductor? Join Harry Davidson, conductor of the Duke Symphony Orchestra and opera at the Cleveland Institute of Music, as he shares insights from over 25 years leading major orchestras in the U.S. and Europe.



LEARNING OPPORTUNITIES



CLASSICAL CONCERT SERIES – OPENING CONCERT

Vega Quartet

Sunday, September 14, 2025 • 3:00 PM • The Cedars Room



The Vega String Quartet, Quartet-in-Residence at Emory University, is cultivating a new generation of chamber music lovers through dynamic performances and innovative community engagement. Praised by The New York Times for “a kind of clean intoxication... the musicians took real risks in their music making” and by the L.A. Times for their “triumphant L.A. debut,” the Vega Quartet performs both nationally and internationally. Recent appearances include Baltimore, Chicago, Nashville, Sacramento, Berlin, San Miguel,

Vienna’s Musikverein, and Amsterdam’s Concertgebouw.

Major projects at Emory have included performing the complete cycle of Beethoven quartets, as well as pairing Bach’s complete works for solo violin, viola, and cello with the six Bartók quartets.

The Vega Quartet — Emily Daggett Smith (violin), Jessica Shuang Wu (violin), Joseph Skerik (viola), and Guang Wang (violoncello) — last delighted Cedars audiences in September 2022. We are honored to welcome them back to open the 2025–2026 Classical Concert Series.

This concert is dedicated to the memory of Rhonda Innes, whose many years of support and service to our concert program helped make the Classical Concert Series the success it is today.

Please note: This performance is open to subscribers only. Auditorium doors will open at 2:30 PM; please remember to bring your season pass.

For questions, contact Nancy Buell at 617-699-6193 or nhbuell@gmail.com.

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

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

Mah Jongg.....Barbara Kemper
302-893-1301

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
919-942-5128

Samba.....Jesse Ogburn
336-337-0474

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

FITNESS ARTICLE

MINDFULNESS FOR BEGINNERS: A STEP-BY-STEP GUIDE TO GETTING STARTED

Many beginners assume mindfulness means clearing the mind completely, but that's a common misconception. Mindfulness isn't about stopping your thoughts; it's about becoming aware of them without getting caught up in them. You're learning to observe what arises—whether it's a feeling, a thought, or a bodily sensation—without judgment or the need to change it. Over time, this awareness can help you respond to life's challenges with more clarity and calm instead of reacting impulsively.

As your practice deepens, you might explore other forms of mindfulness such as mindful walking, mindful eating, or even mindful listening during conversations. The key is to bring your full attention to the present activity, no matter how ordinary it may seem. With consistency, these moments of mindfulness can ripple through your day, helping you feel more grounded, present, and connected not just to yourself, but also to those around you.

According to Thich Nhat Hanh, "Mindfulness" is keeping one's consciousness alive to the present reality". Research shows that mindfulness can boost our overall well-being with a variety of benefits. If you have never tried it or are curious to what do I have to do? Here are a few easy techniques to get you started.

1. Find a quiet spot that you may sit or lie in comfortably.
2. Focus on your breath. Gently bring your attention to your breath. Observe the sensation of each breath in and out. If your mind wanders (it is okay this is normal, let them pass like the clouds), guide your mind back to your breath.
3. Engage your senses. Notice what is going on around you. What do you see? Feel on your skin? What do you hear? Smell? Remember, just observe with no judgment. You may take note of how these make you feel emotionally.
4. End with Gratitude

Finish by thinking of something you're thankful for, big or small. Sit with this gratitude for a moment.

By practicing these steps each day, they can help you feel calmer and more connected to yourself. Be patient and give yourself grace as you learn. As you become more comfortable, increase the time a little each time. Mindfulness is a journey, not a destination.



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



Rick Keena performs at the inaugural New England Clam bake