

THE CEDARS POST

THE CEDARS OF CHAPEL HILL / OCTOBER 2025

Going to the Dogs for advice



I see it's that time again.
Do you think the humans
new to The Cedars know
what **EAF** means?



It stands for the **Employee Appreciation Fund**. The humans who work here are amazing — cooks, cleaners, servers, nurses, drivers, laundry heroes, security guys, maintenance geniuses, tech-fixers—the whole pack. They don't get tips, not a single treat. This is the **ONLY** time we can give **all** of them something really **BIG**.

Every penny contributed goes to them—no bones about it. They hardly ever get a chance to sit, but we hope they will stay. Let's keep it like that!

*My person lives here and said she hoped **EVERYONE** would donate to the EAF so the people who work here will be sure to get some **GREAT TREATS**.*



Not hounding.... just asking



OCTOBER BIRTHDAYS



Richard Kent	2
Norma Kupersmidt	2
Phil Purcell	2
Linda Luftig	5
Camilla Rushbrooke	5
Susan Newhart	6
Richard Lee.....	7
Constance Eby.....	8
Will Newton.....	8
Florence Fradin	10
Charlotte Frech	11
Prue Meehan	12
Jane Rosenberg.....	12
Emily Furr	15
Vlodek Gabara	18
Robert Lontz	19
Marsha Vick.....	19
Duncan Yaggy	19
Donna Byrd.....	20
John Kasson	20
Danielle Strickman.....	22
Raymond Yang.....	22
Kathy Burk.....	23
Paige Barnett.....	25
Rom Colindres	25
Lee Mebane.....	26
Hugh Boyer.....	27
Art Lebo.....	27
Bob Borden	29
Nancy Sewall	29
James Peacock	31

WHAT'S COMING

PET BISCUIT DAY

Friday, October 3, 10am, Bladen Porch

Join the year's largest gathering of the Cedar's furry friends. Grab a treat and socialize with the pets of the Cedars.



HOLIDAY ORNAMENT FLUID ART WORKSHOP

Tuesday-Wednesday, October 7-8, 10-12pm, The Art Studio

Make your holiday ornaments early! Start with a clear acrylic shape, apply the special fluid art paint on one side--and magically--the other side is covered with a different design! You will learn 4 special techniques. We have a variety of holiday acrylic shapes: angels, doves, stars, trees, snowflakes, snowmen, menorahs and 6-pointed stars, 3-D balls, etc. **Cost is \$15 to Paula Sloan** (for at least 5 shapes). All other materials provided.

LET'S TALK CINEMA WITH LINDA LUFTIG: THE SECRET IN THEIR EYES (EL SECRETO DE SUS OJOS (ARGENTINA))

Thursday October 16, 1pm, The Cedars Room

Rated R (rape scene, violent images, graphic nudity)

Join us for a screening and discussion of *The Secret in Their Eyes* (2009, Argentina), a gripping, noir-style thriller set during Argentina's 1970s military dictatorship. Court investigator Benjamin Esposito revisits a haunting rape and murder case while confronting themes of justice, memory, and lost love. Please note: we will be discussing the original 2009 version, not the 2015 American remake.



PUMPKIN CARVING ON THE GREAT LAWN

Thursday October 23, 1pm, Great Lawn. Registration

Celebrate the season with an afternoon of creative fall fun! Join us on the Great Lawn for pumpkin carving—no experience necessary, just bring your imagination. Get down and dirty as you scoop, carve, and decorate your own pumpkin masterpiece. All supplies (including pumpkins, tools, and cleanup materials) will be provided.

HALLOWEEN PARADE AND TRUNK OR TREAT

Saturday October 25, 3pm Debose, 3:30pm, The Cedars Room

Join us for a festive Halloween celebration as local youth parade in costume from DeBose to the Cedars Room, followed by a fun-filled Trunk-or-Treat for all ages! Want to get involved? Sign up on the portal to help host a booth. Prefer a less hands-on option? Candy donations are greatly appreciated and can be given to Nic Orrison, Chandler Musson, or Tara Pierce. Come out, dress up, and enjoy the spooky spirit of the season!

DOCUMENTARY FILM CLUB: THE SUN CAME UP TREMENDOUS

Friday, October 31, 1pm, The Cedars Room

Join us for *The Sun Came Up Tremendous*, the first episode of Netflix's *Turning Point* series, exploring the Cold War's origins. The film traces how the U.S.'s development of the atomic bomb ended World War II but began a new era of nuclear tension between global powers. It also raises a timely question: Are we now living through a new Cold War?

BEYOND THE CEDARS

ACKLAND ART MUSEUM

ACKLAND FIELD TRIP, COLOR TRIUMPHANT: MODERN ART FROM THE COLLECTION OF JULIAN AND JOSIE ROBERTSON Friday, October 17, 10am, Lobby. Registration \$10

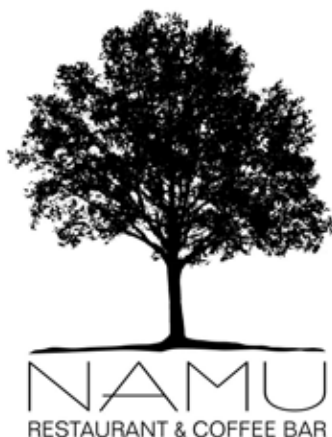
Explore the liberation of color in modern art through 54 works by 33 artists from the renowned Julian and Josie Robertson collection. *Color Triumphant* spans from the vivid Impressionism of Monet and Pissarro to the bold abstraction of Richter and Stella, featuring paintings, sculpture, and works on paper. Registration includes transportation and a docent-led tour.

INTERNATIONAL CIVIL RIGHTS MUSEUM AND LUNCH IN DOWNTOWN GREENSBORO, Monday October 20, 8:30am, Lobby. Registration \$30

Tour the Museum's entire permanent collection, including "The Battlegrounds." Please note that the Hall of Shame exhibit contains graphic imagery and language depicting violence, lynchings, and burnings, which may not be suitable for children or sensitive viewers. Viewer discretion is advised. **Face coverings are mandatory for all guests while inside the Museum exhibits.** Registration includes transportation and docent led tour. Please bring money for lunch

INTERNATIONAL FOOD EXPERIENCE: NAMU Tuesday October 21, 11am. Registration \$7

Namu is a Korean-Mexican fusion restaurant with one of the best outdoor dining spots in the Triangle. The restaurant features a full-service coffee bar, beer hall, and a beautiful patio surrounded by bamboo and koi ponds. Enjoy dishes like kimchi quesadillas and bulgogi nachos, alongside Korean classics like kimbap and japchae. Registration covers transportation. Please bring a card for payment.



TRIANGLE UNIVERSITIES NUCLEAR LAB LABORATORY Monday, November 3, 9:30am, Lobby. Registration \$7

The Triangle Universities Nuclear Laboratory (TUNL) at Duke is a leading DOE Center for nuclear physics research and education, serving over 100 scientists from local universities. With three particle accelerators and state-of-the-art facilities recently renovated, TUNL has trained over 7% of the nation's nuclear physics Ph.Ds. for 50+ years.

Cedars Members are invited for a guided tour led by former TUNL faculty Tom Clegg. The tour includes three large labs with heavy equipment and uneven surfaces—please wear comfortable, closed-toe shoes. Access to the largest accelerator requires climbing multiple flights of stairs similar in size to those between floors in the clubhouse. Registration includes transportation and tour.

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 SYMPHONY ORCHESTRA Wednesday, October 8, 6:30pm, Lobby

PLAYMAKERS THE WOLVES Sunday October 19, 1:30pm, Lobby

CAROLINA BALLET Saturday October 25, 1pm, Lobby

THE CEDARS EVENTS

10/1 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 **TCR** ■
 1pm Duplicate Bridge **TCR** ■
 1pm Party Bridge **CR** ■
 2pm Mah Jongg **CR** ■

10/2 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** ■

10/3 FRIDAY

8am Early Birds **TCR** ■
 9am Aquafit **P** ■
10am Pet Biscuit Day **Bladen Porch** ■
 10am Better Balance **TCR** ■
 10:45am Barre Class **TCR** ■
 1pm Mexican Train Dominos **CR** ■
 1:30pm Men's Bridge Group **CR** ■
 2pm Jewelry Repair **AS** ■
 2pm Joys of Learning ■
 5:30pm First Fridays **GL** ■

10/4 SATURDAY

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

10/5 SUNDAY

11am Sunday Chapel Church **TCR** ■

10/6 MONDAY

9am Vaccine Clinic ■
 9:45am Aqua Walking **P** ■
 10:30am Knit & Stitch **CL** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CR** ■
 1pm Improve Sign Language **CL** ■
 2pm Chess Club **CR** ■
 2pm Mexican Train Dominos **CR** ■

10/7 TUESDAY

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

9am Golf Croquet **GL** ■
 9:30am Sit & Be Fit **TCR** ■
 10am Fluid Art **AS** ■
 10:45am Pilates **TCR** ■
 1pm Mah Jongg **CR** ■
 1pm Supervised Open Gym Time ■
 1pm Samba **CR** ■

10/8 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** ■
 10am Fluid Art **AS** ■
 11:15am Chair Yoga **TCR** ■
 1pm Duplicate Bridge **TCR** ■
 1pm Party Bridge **CR** ■
 2pm Mah Jongg **CR** ■

10/9 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 ■
 3pm Scrabble **CR** ■

10/10 FRIDAY

8am Early Birds **TCR** ■
 9am Aquafit **P** ■
9am AARP Safe Drive **CL** ■
 10am Better Balance **TCR** ■
 10:45am Barre Class **TCR** ■
 1pm Mexican Train Dominos **CR** ■
 1:30pm Men's Bridge Group **CR** ■

10/11 SATURDAY

8am Early Birds **TCR** ■
 9am Ping Pong **TCR** ■
 10am Cribbage **CL** ■
 11am Ping Pong for Parkinson Group **TCR** ■
 1:30pm Samba **CR** ■
3pm Classical Concert Series **TCR** ■

10/12 SUNDAY

11am Sunday Chapel Church **TCR** ■

10/13 MONDAY

9am Ping Pong **TCR** ■
 9am Aquafit **P** ■
 9:45am Aqua Walking **P** ■
 10:15am Better Balance **TCR** ■

10:30am Knit & Stitch **CL** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CR** ■
 2pm Chess Club **CR** ■
 2pm Mexican Train Dominos **CR** ■
2pm Budget Presentation **TCR** ■

10/14 TUESDAY

8:30am Total Body Strength & Stretch **TCR** ■
 9am Golf Croquet **GL** ■
 9:30am Sit & Be Fit **TCR** ■
 10:45am Pilates **TCR** ■
 1pm Mah Jongg **CR** ■
 1pm Supervised Open Gym Time ■
 1pm Samba **CR** ■
2pm Cedars Lecture Series: Changing Oceans **TCR** ■

10/15 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 **TCR** ■
 1pm Duplicate Bridge **TCR** ■
 1pm Party Bridge **CR** ■
 2pm Mah Jongg **CR** ■

10/16 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 Lets Talk Cinema **TCR** ■
 1:30pm Modern American Canasta **CR** ■
 3pm Scrabble **CR** ■

10/17 FRIDAY

8am Early Birds **TCR** ■
 9am Aquafit **P** ■
10am Ackland Museum Trip **L** ■
 10am Better Balance **TCR** ■
 10:45am Barre Class **TCR** ■
 1pm Mexican Train Dominos **CR** ■
 1:30pm Men's Bridge Group **CR** ■

10/18 SATURDAY

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

10/19 SUNDAY

11am Sunday Chapel Church TCR ■

10/20 MONDAY

8:30 Civil Rights Museum L 📖 ■

9am Ping Pong TCR ■

9am Aquafit P ■

9:45am Aqua Walking P ■

10am Holiday Ribbon Workshop AS 📖 ■

10:15am Better Balance TCR ■

10:30am Knit & Stitch CL ■

12:30pm Play Reading Group Z ■

1pm Poker CR ■

2pm Chess Club CR ■

2pm Mexican Train Dominos CR ■

10/21 TUESDAY

8:30am Total Body Strength & Stretch TCR ■

9am Golf Croquet GL ■

9:30am Sit & Be Fit TCR ■

10am Holiday Ribbon Workshop AS 📖 ■

10:45am Pilates TCR ■

11am Namu L 📖 ■

1pm Mah Jongg CR ■

1pm Supervised Open Gym Time ■

1pm Samba CR ■

10/22 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 TCR ■

1pm Duplicate Bridge TCR ■

1pm Party Bridge CR ■

2pm Mah Jongg CR ■

10/23 THURSDAY

8:30am Cardio Combo TCR ■

9am Golf Croquet GL ■

9:30am Sit and Be Fit TCR ■

11am Cedars University TCR ■

1pm Pumpkin Carving GL 📖 ■

1pm Supervised Open Gym Time ■

1:30pm Modern American Canasta CR ■

3pm Scrabble CR ■

4pm Healing Justice Lecture TCR ■

10/24 FRIDAY

8am Early Birds TCR ■

9am Aquafit P ■

10am Better Balance TCR ■

10:45am Barre Class TCR ■

1pm Mexican Train Dominos CR ■

1:30pm Men's Bridge Group CR ■

10/25 SATURDAY

8am Early Birds TCR ■

9am Ping Pong TCR ■

10am Cribbage CL ■

11am Ping Pong for Parkinson Group TCR ■

1:30pm Samba CR ■

3pm Trunk or Treat Debose ■

3:30pm Trunk or Treat TCR ■

10/26 SUNDAY

11am Sunday Chapel Church TCR ■

10/27 MONDAY

9am Ping Pong TCR ■

9am Aquafit P ■

9:45am Aqua Walking P ■

10:15am Better Balance TCR ■

10:30am Knit & Stitch CL ■

12:30pm Play Reading Group Z ■

1pm Poker CR ■

2pm Chess Club CR ■

2pm Mexican Train Dominos CR ■

3:30pm Finishing Touches ■

10/28 TUESDAY

8:30am Total Body Strength & Stretch TCR ■

9am Golf Croquet GL ■

9:30am Sit & Be Fit TCR ■

10:45am Pilates TCR ■

1pm Mah Jongg CR ■

1pm Supervised Open Gym Time ■

1pm Samba CR ■

10/29 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 TCR ■

1pm Duplicate Bridge TCR ■

1pm Party Bridge CR ■

2pm Mah Jongg CR ■

10/30 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 ■

10/31 FRIDAY

8am Early Birds TCR ■

9am Aquafit P ■

10am Better Balance TCR ■

10:45am Barre Class TCR ■

1pm Mexican Train Dominos CR ■

1pm Documentary Film Club ■

1:30pm Men's Bridge Group CR ■

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSON

Friday October 3, 2pm Art Studio

CEDARS PORCH COLLECTION Monday, October 6, 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, October 28, 9:00am, The Pub

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, October 10, 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 9, 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.

COMING SOON! GREAT COURSES: DARK MATTER, DARK ENERGY

Examine the key concepts of an expanding universe from Albert Einstein to Edwin Hubble, led by a theoretical physicist Sean Carroll of Johns Hopkins University Thursdays starting October 16*, 11am, The Cedars Room

*or after the conclusion of Greece and Rome

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

10/13 "I Want to Know Why"
Sherwood Anderson

10/27- TBD

LEARNING OPPORTUNITIES

JOYS OF LEARNING -ACKLAND COLOR TRIUMPHANT: MODERN ART FROM THE COLLECTION OF JULIAN AND JOSIE ROBERTSON" WITH WYNDHAM ROBERTSON
Friday, October 3rd, 2pm The Cedars Room

Join Wyndham Robertson and representatives from the Ackland Art Museum for a conversation about *Color Triumphant: Modern Art from the Collection of Julian and Josie Robertson*. This engaging discussion will explore highlights from the exhibition and the role of color in shaping the story of modern art.

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.



JOYS OF LEARNING- LINDA BIRNBAUM, FOREVER CHEMICALS: PFAS - EVERYWHERE, EVERYTHING, ALL OF US

Thursday, October 9, 2pm The Cedars Room

PFAS, or "forever chemicals," are found in products like non-stick pans and waterproof clothing. This lecture explores how they've become widespread, why they persist in the environment and our bodies, and the health risks they pose. We'll also discuss current research, policy responses, and what communities can do to reduce exposure.

AARP DRIVER SAFETY COURSE

Friday, October 10, 9am-1pm, Classroom. Registration \$30

Sharpen your driving skills and possibly save on your auto insurance with the AARP Smart Driver online course. Learn how to stay safe on the road with tips on managing medications, reducing distractions, handling roundabouts, using safety features, and adjusting for age-related changes.

THE CEDARS LECTURE SERIES WITH DICK ISABEL, THE CHANGING OCEAN

Tuesday, October 14, 2pm, The Cedars Room

Drawing on 40 years of global and local experience, Dr. Rader will share insights on the current state and future of the world's oceans. Grounded in North Carolina but viewed through a global lens, the talk will cover both the serious threats facing our seas and the surprising opportunities they offer to address major challenges like climate change and world hunger.



LEARNING OPPORTUNITIES

HOLIDAY RIBBON WORKSHOP WITH MARY SASSER

October 20-21, 10am, The Art Studio, Registration: \$10 Donation to EAF

Make your packages stand out this holiday season by learning how to make bows. Everything from a bow for your wreath to a floral bow for your package, or a tiffany bow. You will leave with 3 beautiful ribbons to add to your holiday packages. All materials provided. \$10.00 recommended donation to the Employee Appreciation Fund.

HEALING JUSTICE WITH JENNIFER THOMPSON

Thursday, October 23, 4pm, The Cedars Room

Jennifer co-authored the bestselling memoir *Picking Cotton* after pioneering restorative justice in wrongful conviction cases. A certified trauma healing provider and nationally recognized advocate, she leads circles, trains justice professionals, and supports survivors across the country.

CEDARS CLASSICAL CONCERT SERIES



We are delighted to welcome internationally acclaimed pianist Fred Moyer back to The Cedars for a special solo recital on Saturday, October 11 at 3:00 PM in The Cedars Room. Moyer, who last performed here in 2022 with the Fred Moyer Jazz Trio, is celebrated worldwide for his artistry across both classical and jazz traditions. Over his 35-year career, he has played in 44 countries and at prestigious venues including Carnegie Hall, the Sydney Opera House, and the Kennedy Center. This exclusive recital is open to subscribers only. Doors open at 2:30 PM—please plan to arrive early.

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

LET'S KEEP MOVING AT THE CEDARS!

Hello everyone! My name is Michele Baker, and I'm the Fitness Manager here at The Cedars of Chapel Hill. I joined in January 2025 through NIFS (National Institute for Fitness and Sport), and I'm so grateful to be part of this vibrant, welcoming community.

NIFS provides health and fitness services at no cost to residents. While we've hosted a few info sessions, I know some folks are still unsure about everything that's available—so I'd like to reintroduce myself and highlight some of the many ways we can support your wellness journey.

In addition to our regular group fitness classes and community wellness programs, I also offer **free one-on-one fitness coaching**. This is a personalized option for anyone who'd like extra guidance or a plan tailored to individual goals. Once your paperwork is complete, we'll start with an initial assessment—talking about your health history, activity level, and goals. From there, I'll design a customized fitness program just for you, and we'll review it together. I'll be here to support you every step of the way.

WHY DOES THIS MATTER?

Staying active is one of the most powerful tools for aging well. Regular movement improves balance, strength, flexibility, and endurance. It can also boost mood, support brain health, and reduce fall risk. Whether your goal is to build strength, manage a chronic condition, or simply feel your best each day, I'm here to help you find safe and enjoyable activities that fit your lifestyle.

And I'm not the only one here to support you!

SWIMMING INSTRUCTION WITH PAUL BOGGS

Whether you're learning to swim for the first time or looking to improve your technique, Paul Boggs offers **complimentary small-group swimming instruction**. These sessions are designed to help you gain confidence and refine your swimming for greater efficiency and enjoyment in the water. Groups are intentionally small (2–3 participants) to ensure personal attention.

To register or inquire, please contact Paul directly:

Email: paulboggs22@gmail.com

Phone: 925-784-1264

Whether you're brand new to fitness or have been active for years, there's something here for you. I'd love to connect—whether that's in a class, one-on-one, or simply answering your questions. Please don't hesitate to stop by and introduce yourself.

Let's keep moving and feeling our best—together!

Warmly,

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