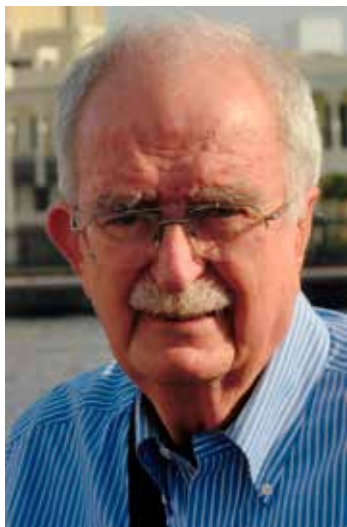


SPOTLIGHT ON WENDELL ROSSE

Written by Stephen G. Schaeffer for the Communications Committee



The pinnacle of Wendell Rosse's career was being named the Florence McAlister Distinguished Professor of Medicine at Duke, where he worked as a physician, researcher, clinician and teacher from 1966 to 1999. But these successful years in his illustrious career were supported by maturation in the preceding 33.

Born in 1933 to a western Nebraska family which came from a long line of Scottish-American and Danish immigrant farmers, Wendell grew up in small towns, moving with family for his father's career as an extension agent. Eventually Wendell's parents, both college-educated, moved the family to Omaha so their three boys could receive a proper education. Wendell left high school after his sophomore year to attend the University of Chicago where his life changed radically, away from home and into never-heard ideas

discussed casually. It was a transformative time, interrupted after his junior year when extracurricular activities won over study and he was forced to return to Omaha to complete his baccalaureate.

Becoming an orderly at Methodist Hospital while pursuing a master's degree solidified his interest in medicine, and he entered the University of Nebraska medical school. After two years he realized that Chicago and its medical school offered more, and he transferred to complete his medical degree.

His residency began at Duke, drawn by recommendations that he study with Dr. Eugene Stead, who became his prime mentor. Landing in Durham in the late fifties would have been a culture shock to any Northerner, with its segregated facilities for one, but Wendell persisted, encouraged by his mentor. Additionally, he met through a mutual friend, a young French exchange student on a Fulbright/Rotary grant to Duke and Simone Vernier became his wife.

After marriage in 1959 in Simone's home town of Chateau-Thierry, Wendell returned to Durham for his second year of residency without Simone, who was required to give two resident years in France after her Fulbright. Thankfully, but after much negotiation, she joined Wendell in Durham.

Back in his baccalaureate years at The University of Chicago, Wendell had a job washing glassware at a research library and after completing his chores was allowed to take part in research activities, sparking his earliest interest. In his last year of medical school an instructor suggested he continue what had now become more than a passing interest in research by looking into work at the National Institutes of Health. Two years later with a residency completed, he was accepted to the NIH to work with Dr. Tom Waldmann doing research in erythropoietin, the recently-discovered regulator of red blood cell production. Wendell was at NIH from 1960-66, spending the fourth year in London with Dr. John Dacie, the world's leading expert on Paroxysmal Nocturnal Hemoglobinuria, a rare blood disease which he studied the rest of his career. His research and weekly clinics for treatment of PNH eventually led to a sovereign drug. His clinical interest in sickle cell disease followed similarly, resulting in better care of these patients. At Duke, he ascended the academic ladder and became Chief of Hematology and Oncology. Widely regarded as a teacher, he held visiting professorships both domestically and overseas (China, Japan, Thailand, South Africa). He was President of the American Society of Hematology in 1989.



JANUARY
2025

THE CEDARS POST

JANUARY BIRTHDAYS



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LET'S CELEBRATE

MOVIE OF THE MONTH – *MARIA* Monday, January 6, 2pm The Cedars Room

Maria is a 2024 biographical psychological drama film about opera singer Maria Callas. It is directed by Pablo Larraín, written by Steven Knight, and is an international co-production between Italy, Germany and the United States. The film stars Angelina Jolie in the title role, along with Pierfrancesco Favino, Alba Rohrwacher, Haluk Bilginer, and Kodi Smit-McPhee in supporting roles. It is the third film in Larraín's trilogy of important 20th century women, following *Jackie* (2016) and *Spencer* (2021).



The **Summit Piano Trio** will perform on **Sunday, January 26, 2025 at 3pm in The Cedars Room**. Summit Piano Trio is regularly heard on WABE, Atlanta's NPR station, and throughout the country.

ROBERT HENRY, pianist— Since winning First Prize in four international piano competitions, Henry has presented solo recitals at New York City's Carnegie Hall, Washington, DC's John F. Kennedy Center for the Performing Arts and London's Wigmore Hall. His third heralded CD was released in 2016.

HELEN HWAYA KIM, violinist—Kim has appeared as guest soloist with the Atlanta and Milwaukee symphony orchestras and, in Boston's Symphony Hall, with The Boston Pops. For three seasons, Ms. Kim served as Assistant and Associate Concertmaster of the Atlanta Symphony Orchestra. She is the current Assistant Concertmaster of the Atlanta Opera Orchestra, simultaneously serving as Professor of Violin and Chair of the String Department at Kennesaw State University.



CHARAE KRUEGER, cellist—Krueger's solo and chamber music concerts have been featured in New York City's Carnegie Hall and Merkin Concert Hall and Amsterdam's Concertgebouw, at North Carolina's Highlands-Cashiers Chamber Music Festival, Wyoming's Grand Teton Music Festival, Delaware's Serafin Summer Music Festival, and on NPR's Performance Today, WABE and WGBH (Boston). Currently, Ms. Krueger is Principal cellist of both the Atlanta Opera and Atlanta Ballet orchestras.

Subscribers to the Classical Concert Series are invited to attend this performance. Please bring your pink season pass. Doors will open at 2:30pm. If you have any questions, please contact Nancy Buell at 617-699-6193 or nhbuell@gmail.com.

BEYOND THE CEDARS

REPLACEMENTS, LTD

Friday, January 10,
9:30am Lobby

Replacements, Ltd. is the world's largest retailer of old and new china, crystal, silver and collectibles with more than 11 million pieces of inventory from more than 450,000 patterns in a warehouse the size of eight football fields. Replacements is a one-of-a-kind shopping destination you won't find any place else in the world. **Register on Cedars Connect beginning January 2, deadline January 9. Cost: \$12 for transportation.**



SHOPPING TRIP TO FLYLEAF BOOKS

Tuesday, January 14,
2pm Lobby

Flyleaf Books is an independent bookstore located in Chapel Hill featuring new and used books as well as a large children's section. They also have a nice gift

section including jigsaw puzzles, boxed cards, journals and more. **Register on Cedars Connect beginning January 2, deadline January 13. Cost: \$4 for transportation.**

THOMANERCHOR LEIPZIG

at Duke Chapel

Tuesday, March 11, 6:30pm Lobby

The Vocal Ensemble Series closes in Duke Chapel with a concert by famed German boys' choir Thomanerchor Leipzig. Established in 1212, it's one of the oldest and most renowned choirs in the world. Associated closely with Johann Sebastian Bach, who served as its cantor (music director) from 1723 until his death in 1750, the choir has preserved and performed his works for generations. With weekly performances in Leipzig, and a touring group of fifty boy singers between ages nine and eighteen, this historic choir captivates audiences worldwide with its impeccable renditions of sacred and secular music. The New York Times calls the choir's sound "magnificent, soaring, poignant, ethereal." Their program for this visit includes works by more than ten composers, including Bach. **Call the box office at 919-684-4444 to purchase tickets. Register on Cedars Connect for transportation, cost \$7.**

MAKE IT TO THE BUS ON TIME

Please call Laura 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.



REPLACEMENTS, LTD
Friday, January 10, 9:30am Lobby

NC SYMPHONY AT UNC
MEMORIAL HALL
Sunday, January 12, 6:45pm Lobby

SHOPPING TRIP TO
FLYLEAF BOOKS
Tuesday, January 14, 2pm Lobby

THE POOL WILL BE RESERVED FOR THE FOLLOWING PROGRAMS BEGINNING IN JANUARY:

- Group water classes – Every Monday, Wednesday, and Friday morning between 9am-Noon.
- Therapy – Monday and Wednesday afternoons from 1:00-4:00pm

THE CEDARS EVENTS

Happy New Year!



1/1 WEDNESDAY

- 12:30pm Duplicate Bridge TCR ■
- 1pm Party Bridge cv4 ■
- 1pm Bocce GL ■
- 2pm Mah Jongg cv2 ■

1/2 THURSDAY

- 11am Cedars University TCR ■
- 1pm Golf Croquet GL ■
- 1:30pm Modern American Canasta cv3 ■
- 3pm Scrabble cv4 ■

1/3 FRIDAY

- 1:30pm Chess Club cv2 ■
- 1pm Mexican Train Dominos cv4 ■
- 1:30pm Men's Bridge Group cv3 ■
- 3pm Classic Canasta cv4 ■

1/4 SATURDAY

- 9am Ping Pong TCR ■
- 10am Cribbage cl ■
- 1:30pm Modern American Canasta cv2 ■
- 2pm Mexican Train Dominos cv4 ■

1/5 SUNDAY

- 11am Interdenominational Service D-AR ■

1/6 MONDAY

- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 10am Pilates Fusion with Joan z ■
- 10:15am Balance Basics TCR ■
- 10:30am Knit & Stitch cl ■
- 11am Balance Challenge TCR ■
- 12:30pm Play Reading Group z ■
- 1pm Poker cv3 ■
- 2pm Monthly Movie - *Maria* TCR ■
- 2pm Chess Club cv2 ■
- 2pm Mexican Train Dominos cv4 ■

1/7 TUESDAY

- 8:30am Total Body Strength & Stretch TCR ■
- 9:30am Sit & Be Fit TCR ■
- 1pm Golf Croquet GL ■
- 1pm Mah Jongg cv4 ■
- 1:30pm Mah Jongg cv2 ■
- 3pm Palliative Care and The GUIDE Program TCR ■

1/8 WEDNESDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 10am Open Door Bible Group D-AR/Zoom ■
- 12:30pm Duplicate Bridge TCR ■
- 1pm Party Bridge CV ■
- 1pm Bocce GL ■
- 2pm Mah Jongg cv2 ■

1/9 THURSDAY

- 8:30am Cardio Combo TCR ■
- 9:30am Sit and Be Fit TCR ■
- 11am Cedars University TCR ■
- 1pm Golf Croquet GL ■
- 2pm Documentary Film Series - *Out of the Fire* TCR ■
- 1:30pm Modern American Canasta cv3 ■
- 3pm Scrabble cv4 ■

1/10 FRIDAY

- 8am Early Birds TCR ■
- 9am Balance Basics TCR ■
- 9:30am Aqua Dance P ■
- 9:30am Replacements, LTD LB 📄 ■
- 9:45am Balance Challenge TCR ■
- 10:45am Barre Class with Joan TCR ■
- 1pm Chess Club cv2 ■
- 1pm Mexican Train Dominos cv4 ■
- 1:30pm Men's Bridge Group cv3 ■
- 3pm Classic Canasta cv4 ■

1/11 SATURDAY

- 9am Ping Pong TCR ■
- 10am Cribbage cl ■
- 1:30pm Modern American Canasta cv2 ■
- 2pm Mexican Train Dominos cv4 ■

1/12 SUNDAY

- 11am Interdenominational Service D-AR ■
- 2:15pm NC Symphony at UNC LB 📄 ■

1/13 MONDAY

- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 10am Pilates Fusion with Joan z ■
- 10:15am Balance Basics TCR ■
- 10:30am Knit & Stitch cl ■
- 11am Balance Challenge TCR ■
- 12:30pm Play Reading Group z ■

- 1pm Poker cv3 ■
- 2pm Chess Club cv2 ■
- 2pm Mexican Train Dominos cv4 ■
- 2pm Armchair Travel: A Kenya - Tanzania Safari with Phil Purcell TCR ■

1/14 TUESDAY

- 8:30am Total Body Strength & Stretch TCR ■
- 9:30am Sit & Be Fit TCR ■
- 1pm Golf Croquet GL ■
- 1pm Mah Jongg cv4 ■
- 1:30pm Mah Jongg cv2 ■
- 2pm Flyleaf Books LB 📄 ■

1/15 WEDNESDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 10am Open Door Bible Group D-AR/Zoom ■
- 12:30pm Duplicate Bridge TCR ■
- 1pm Party Bridge cv4 ■
- 1pm Bocce GL ■
- 2pm Mah Jongg cv2 ■

1/16 THURSDAY

- 8:30am Cardio Combo TCR ■
- 9:30am Sit and Be Fit TCR ■
- 11am Cedars University TCR ■
- 1pm Golf Croquet GL ■
- 1pm Let's Talk Cinema Film *Challengers* Followed by Discussion led by Linda Luftig TCR ■
- 1:30pm Modern American Canasta cv3 ■
- 3pm Scrabble cv4 ■

1/17 FRIDAY

- 8am Early Birds TCR ■
- 9am Balance Basics TCR ■
- 9:30am Aqua Dance P ■
- 9:45am Balance Challenge TCR ■
- 10:45am Barre Class with Joan TCR ■
- 1pm Chess Club cv2 ■
- 1pm Mexican Train Dominos cv4 ■
- 1:30pm Men's Bridge Group cv3 ■
- 2pm Meet and Greet with Michele Baker, New Wellness Coordinator LB ■
- 3pm Classic Canasta cv4 ■

1/18 SATURDAY

- 9am Ping Pong TCR ■

- 10am Cribbage **CL** ■
- 1:30pm Modern American Canasta **CV2** ■
- 2pm Mexican Train Dominos **CV4** ■

1/19 SUNDAY

- 11am Interdenominational Service **D-AR** ■

1/20 MONDAY

- 9am Aquafit **P** ■
- 9am Ping Pong **TCR** ■
- 10am Pilates Fusion with Joan **Z** ■
- 10:15am Balance Basics **TCR** ■
- 10:30am Knit & Stitch **CL** ■
- 11am Balance Challenge **TCR** ■
- 12:30pm Play Reading Group **Z** ■
- 1pm Poker **CV3** ■
- 2pm Chess Club **CV2** ■
- 2pm Mexican Train Dominos **CV4** ■
- 2pm **The Cedars Lecture Series** **TCR** ■

1/21 TUESDAY

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

1/22 WEDNESDAY

- 8am Early Birds **TCR** ■
- 9am Aquafit **P** ■
- 9am Ping Pong **TCR** ■
- 10am Open Door Bible Group **D-AR/Zoom** ■
- 12:30pm Duplicate Bridge **TCR** ■
- 1pm Party Bridge **CV4** ■
- 1pm Bocce **GL** ■
- 2pm Mah Jongg **CV2** ■

1/23 THURSDAY

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

1/24 FRIDAY

- 8am Early Birds **TCR** ■
- 9am Balance Basics **TCR** ■
- 9:30am Aqua Dance **P** ■
- 9:45am Balance Challenge **TCR** ■

- 10:45am Barre Class with Joan **TCR** ■
- 1pm Chess Club **CV2** ■
- 1pm Mexican Train Dominos **CV4** ■
- 1:30pm Men's Bridge Group **CV3** ■
- 3pm Classic Canasta **CV4** ■

1/25 SATURDAY

- 9am Ping Pong **TCR** ■
- 10am Cribbage **CL** ■
- 1:30pm Modern American Canasta **CV2** ■
- 2pm Mexican Train Dominos **CV4** ■

1/26 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 3pm **Classical Concert Series** **TCR** ■

1/27 MONDAY

- 9am Aquafit **P** ■
- 9am Ping Pong **TCR** ■
- 10am Pilates Fusion with Joan **Z** ■
- 10:15am Balance Basics **TCR** ■
- 10:30am Knit & Stitch **CL** ■
- 11am Balance Challenge **TCR** ■
- 12:30pm Play Reading Group **Z** ■
- 1pm Poker **CV3** ■
- 2pm Chess Club **CV2** ■
- 2pm Mexican Train Dominos **CV4** ■

1/28 TUESDAY

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

1/29 WEDNESDAY

- 9am Aquafit **P** ■
- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **CV4** ■
- 1pm Bocce **GL** ■
- 2pm Mah Jongg **CV2** ■

1/30 THURSDAY

- 8:30am Cardio Combo **TCR** ■
- 9:30am Sit and Be Fit **TCR** ■
- 11am Cedars University **TCR** ■
- 1pm Golf Croquet **GL** ■
- 1:30pm Modern American Canasta **CV3** ■
- 2pm **Members Meeting** **TCR** ■
- 3pm Scrabble **CV4** ■

1/31 FRIDAY

- 8am Early Birds **TCR** ■
- 9am Balance Basics **TCR** ■
- 9:30am Aqua Dance **P** ■
- 9:45am Balance Challenge **TCR** ■
- 10:45am Barre Class with Joan **TCR** ■
- 1pm Chess Club **CV2** ■
- 1pm Mexican Train Dominos **CV4** ■
- 1:30pm Men's Bridge Group **CV3** ■
- 3pm Classic Canasta **CV4** ■

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN
Friday, January 3, 2-3pm Art Studio

CEDARS PORCH COLLECTION
Monday, January 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.



GET INVOLVED

SHABBAT SERVICE LED BY CONNIE MARGOLIN
Friday, January 10, 4pm DuBose Conference Room (2nd Fridays)

GREAT SHORT STORIES
Monday, January 13, 10am Villa Camden 2nd Floor

A Soldier's Embrace by Nadine Gordimer

Lectures on DVD

THE CONCERTO

Taught by Robert Greenberg,
Ph.D. Professor, San Francisco
Performances
Thursdays through February 27,
11am The Cedars Room



In this series of 24, 45-minute lectures, Professor Robert Greenberg gives you a guided tour of the concerto from its conception as a child of Renaissance ideals, through its maturation in the Classical age, its metamorphosis in the Romantic era, and its radical transformation in the 20th century. The course closes with a look into the future at concerto composers who are now in mid-career and poised to carry this vibrant musical tradition well into the 21st century. These lectures are musically rich, including selections from nearly 100 concerti representing more than 60 composers—from Gabrieli to Gershwin, from Schumann to Shostakovich.

Dr. Robert Greenberg is Music Historian-in-Residence with San Francisco Performances and a Steinway Artist. A graduate of Princeton University, Professor Greenberg holds a Ph.D. in Music Composition from the University of California, Berkeley.

LEARNING OPPORTUNITIES

PALLIATIVE CARE AND THE GUIDE PROGRAM: WHAT ARE THEY AND WHO CAN BENEFIT?

Tuesday, January 7, 3pm The Cedars Room

Come learn about AuthoraCare's Palliative Care and GUIDE Programs. The GUIDE Program (Guiding An Improved Dementia Experience) is a new and innovative



Medicare program that offers assistance to those with dementia and their caregivers. Palliative Care can be of assistance to those with dementia and many other diagnoses. Palliative Care focuses on alleviation of suffering at any time in an illness and offering education and support to caregivers as well. Both programs can enhance the quality of life for many. This interactive session will have time for Q&A from participants.

DOCUMENTARY FILM SERIES

Out of the Fire

Thursday, January 9, 2pm The Cedars Room

This winter The Cedars will be initiating a bimonthly documentary series. Darryl and Mary Freedman will open the series with *Out of the Fire*, the stories of 16 survivors of the Holocaust who have lived in Durham, Chapel Hill and other nearby communities. They were your neighbors, possibly your doctor or your professor. They came from nine different countries. From 2005 until 2017 the Freedman's filmed presentations at the Durham/Chapel Hill JCC, the Kehillah Synagogue, the Chapel Hill Library and Northern High School. Esther Lederman and Ilona Fuchs, both of whom lived here at The Cedars, are part of the program. Simone Lipman, one of the survivors, went on to found the Jewish Family Sevice for Durham and Chapel Hill.

ARMCHAIR TRAVEL: A KENYA – TANZANIA SAFARI

with Phil Purcell

Monday, January 13, 2pm The Cedars Room

Find out what an African safari is really like. Experience pristine wilderness teeming with wildlife and enjoy luxurious tented safari camps and lodges. Explore with Phil Purcell

the vast plains of the Serengeti, Maasai Mara and Amboseli to see countless grazers and predators roaming in their natural habitat, including the Big Five (lion, leopard, elephant, rhino, buffalo). Enjoy up-close encounters with the animals. Descend into the Ngorongoro Crater, an enclosed, amphitheater-like grassland swarming with wildlife. Visit a Maasai village and its inhabitants. Watch the Great Migration, the biggest wildlife show on the planet, as thousands of wildebeest cross the Mara River migrating north in search of fresh grasses. Enjoy the safari!



LEARNING OPPORTUNITIES



LET'S TALK CINEMA

Challengers, 2024

Thursday, January 16, 1pm Film Followed by Discussion led by Linda Luftig in the The Cedars Room

From visionary filmmaker Luca Guadagnino, *Challengers* stars Zendaya as Tashi Duncan, a former tennis prodigy turned coach and a force of nature who makes no apologies for her game on and off the court. She has transformed her husband into a champion, but to overcome a recent losing streak and redeem himself, he'll need to face off against his former best friend and Tashi's ex-boyfriend. "A triumph of filmmaking. Three of the most magnetic actors working today, are guided by a director who understands young, raw, talent..." Streaming on Amazon Prime, AppleTV and Google Play.

THE CEDARS LECTURE SERIES HOSTED BY DICK ISABEL

AI: What Is It, and So What?

with Arnie Grossblatt and Jack Pendray

Monday, January 20, 2pm The Cedars Room

Our own Arnie Grossblatt and Jack Pendray will present their take on Artificial Intelligence (AI) as they see it from their perch at The Cedars. Arnie and Jack are both retired computer scientists, with the accent on retired, who have attempted to glean the major meanings from all the literature and scuttlebutt circulating about AI. Arnie will endeavor to define and demonstrate AI, and Jack will fumble around trying to devine and opine on some of the expected consequences of AI on society.



UNC Clef Hangers presented a wonderful holiday concert. All proceeds from this concert benefited the Cedars Education Program which offers scholarship assistance to all Cedars' employees.

SUDOKU PUZZLE

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: **Medium**

		8	9		3	1		
1		7		4			8	
	4					5	2	
	1				7			
8	7			3			1	5
			2				9	
	9	4					6	
	3			9		2		8
		6	7		5	9		

Puzzle by websudoku.com

REGULAR GROUP

ACTIVITIES CONTACT INFORMATION

Bocce	Barbara Putney 919-942-9581
Chess Club	Carol Downs 703-282-6191
Classic Canasta	Sally Sullivan 919-903-8077
Cribbage	Malcolm Jackson 919-951-7626
Duplicate Bridge	Betty White 919-967-4064
Early Birds	Joan Bingham 919-968-3213
Golf Croquet	Bill Kerwin 828-506-3990
Interdenominational Service	Nancy Cobey 919-619-4534
Knit & Stitch	Margaret Rook 919-292-1497
Mah Jongg	Norma Kupersmidt 919-724-9070
Memoir Writing Group.....	Nancy Lebo 919-259-7330
Mexican Train Dominoes	Mary Ann Van Kampen 919-943-8670
Modern American.....	Bonnie Farb 561-613-7509
Open Door Bible Study ...	Nancy Cobey 919-619-4534
Ping Pong	Pat Kelley 919-489-0053
Play Reading Group ...	Sue Bielawski 919-933-4428
Poker.....	Richard Orcutt 919-259-7533
Pole Walking.....	Joan Ontjes 919-219-5128

FITNESS ARTICLE

We are pleased to welcome Michele Baker to The Cedars Programs team as our new Wellness Coordinator. Michele will start on January 6th.



Michele comes to us through our new partnership with NIFS (The National Institute of Fitness and Sport). Michele has a bachelor's degree in biology from The University of North Carolina, Charlotte. She is a certified group fitness instructor through the American Council on Exercise and has a strong background in developing individualized exercise programs for the clientele she serves. Michele likes to emphasize the importance of movement and how this improves health on every level- mentally, physically and emotionally. Michele also has experience working in a senior living environment having previously taught Water Aerobics, Core Classes and Yoga. Michele will lead some of these classes beginning January 6th and look to further develop our wellness programs in the months ahead.

In her free time, Michele enjoys taking her children to the lake or park, and enjoying everything the outdoors has to offer. Michele also enjoys creating different types of healthy cuisines.

Please join us for a meet and greet with Michele on January 17th at 2pm in The Lower Lobby.



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

Editor..... Laura Booker, 919-259-7944
In-House TVChannel 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



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