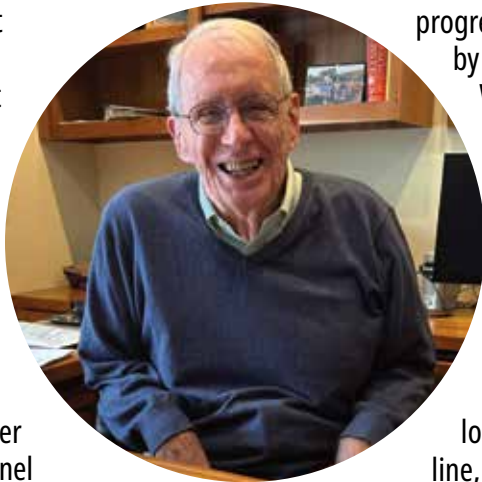


SPOTLIGHT ON BILL GEORGE: FINDING A JOB THAT FITS

Written by John Kasson for the Communications Committee

Bill George's first jobs were not good fits. Born in Chicago in 1932 in the depths of the Great Depression, he learned from childhood the value of a good job and the uses of adversity. After graduating from DePauw University, he took what he called "the worst job ever offered anyone," peddling toothpaste and home permanent for Procter and Gamble from a one-ton panel truck through a territory that ran from Indianapolis to Richmond, Virginia. Here he discovered that hard work alone is not enough. Yet it was his only option between a Korean War college deferment and the Army draft. He served in counterintelligence, tackling short assignments from his post in Brooklyn. Returning to civilian life, in 1959 he earned a master's degree from Harvard Business School. The degree immediately vaulted him to what he regarded as his first real job at General Mills in Minneapolis. There, the path to success demanded sharp elbows. "Be aggressive, be tough, welcome conflict, accept imperfection," Bill remembered. "I didn't match." Frustrated, in 1970 he moved to Brown Shoe in St. Louis as head of corporate development. He helped achieve necessary diversification. Still, the company's fortunes stumbled against imports and new competitors, led by Nike, that raced past the sturdy Buster Browns.

So when the opportunity came in 1981 to join S. C. Johnson & Sons, first as an acquisition specialist, he seized it. There, he truly found his calling. Makers of a broad range of household products such as Ziploc bags and Windex, SCJ remains one of the oldest family-owned and run businesses in the nation. SCJ combined respect for tradition with a



progressive outlook, as symbolized by the stunningly sleek Johnson Wax Administration Building and Research Tower in Racine, Wisconsin, both designed by Frank Lloyd Wright. The Johnson family's values accorded well with Bill's own. Stressing fairness, integrity, teamwork, opportunity, and enterprise, it long anticipated its current tag line, "a family company at work for a better world."

Bill helped SCJ sort out what he called the chaos that followed from their offshoot acquisition of some fifteen companies in outdoor recreation. He then extended their reach into new markets from the United States, Europe, South America, and Africa into China and the former Soviet Union. In 1984 the company dispatched Bill to England to oversee its European and African businesses. His office lay a stone's throw from the Ascot racecourse and not far from Windsor Castle, an exciting but disorienting world for all of his family. It was a key promotion, and this position fit him like a glove from Savile Row. In contrast to his General Mills appraisals his mentor observed, "Bill possesses sound leadership skills and commands a high level of respect and fellowship." After three years abroad in 1987 he returned to the U.S., and in 1992 he became President and CEO of SCJ, a post he retained until he retired in 1997.

From his remarkable career Bill George distills lessons for his own grandchildren: "Set-backs may come, they will challenge you and then be discarded. Stay true to your values and with your capabilities I know you will exceed even your own expectations." Bill certainly did.



FEBRUARY
2025

THE CEDARS POST

FEBRUARY BIRTHDAYS



Jim Ackerman	2
Leona Whichard	3
Fred Councill	4
Jack Moellering	4
Michele Fletcher	5
Nancy Lebo	5
Huddy Cohen.....	7
Ruby Coley	8
Susan McAllister	8
Linda Prillaman	8
Ellen Herron	9
Marian Meyer	9
Mattie Clarke.....	12
Sandy Kates.....	13
Ray White.....	13
Cynthia Barnes	15
Ellen Mullen	18
Dede Houston	19
Vonda Pollitt.....	20
Susan Ehringhaus.....	21
Frances Gravely	21
Sue Pendergrass.....	21
Horace Swift.....	21
Catherine Schwab	22
Sally Sullivan	23
Shirley Angus	24
Margaret Bennett.....	24
Robert Nenninger	24
Bob Loomis	25
Bob Widmeyer	26
Babette Blaug	27
Larry Askin	28
Bill Barnett	28

LET'S CELEBRATE



VALENTINE'S DAY CELEBRATION WITH THE KEVIN VAN SANT JAZZ QUARTET Friday, February 14, 3pm The Cedar Room

The Kevin Van Sant Jazz Quartet, featuring vocalist Angela Longino, will be performing in our Cedars Room on Valentine's Day. Guitarist Kevin Van Sant has been a mainstay of the Triangle NC jazz scene for 25 years. He has performed internationally for concerts and festivals and is the jazz guitar instructor at Duke University. They will bring their shared love of interpreting songs from the Great American Songbook to a varied program of compositions about love.

GRAND TIME FOR SINGING Tuesday, February 18, 7pm The Cedars Room

Grand Time for Singing is excited to return to The Cedars. They will wow you with their array of popular music from the '30's through early '70's. Think "Night and Day," "All the Things You Are," "People," "S Wonderful," "You Do Something to Me," and Unforgettable." They'll delight you with the combination of vocals, piano and saxophone. Independent Members of The Cedars will be dancing to "The Electric Slide" line dance and will invite you to join them. In the meantime, if you want a refresher course on "The Electric Slide" to get ready to dance, please let Joan Ontjes know. This program will be performed by our own Joan Ontjes together with Jim Fields on vocals and sax as well as Robert Spaziano on jazz piano. Each of them has performed extensively particularly in the Triangle area.



Subscribers to the 2024-2025 Classical Concert Series are invited to attend a piano concert on **Sunday, March 2 at 3pm** in The Cedars Room, given by **Spencer Myer**.



American pianist Spencer Myer has been praised for "superb playing" and "poised, alert musicianship" by *The Boston Globe* and called "definitely a man to watch" by London's *The Independent*. He is one of the most respected and sought-after artists on today's concert stages. Myer's orchestral, recital and chamber music performances have been heard throughout the United States, Canada, Europe, Africa and Asia. This season Myer is touring throughout the United States.

Myer has also been an active supporter in the education of young musicians. He has frequently been a guest artist at workshops for students and teachers and has served on the faculties of Baldwin-Wallace University and Oberlin College Conservatory of Music. From 2012 to 2022, he held an appointment as Artist-Teacher in Piano and Collaborative Piano at the Longy School of Music of Bard College in Cambridge, Massachusetts. Myer was the subject of a cover article in the January/February 2019 issue of *The Piano Magazine: Clavier Companion* in which he related his thoughts on practicing, performing, teaching and mentoring the next generation of pianists. In 2022, Myer was appointed Associate Professor of Music in Piano at Indiana University Bloomington's Jacobs School of Music and in 2024 he was named the recipient of the Trustees Teaching Award.

BEYOND THE CEDARS

CUPFUL - CELEBRATING THE DAILY RITUAL

at Cedar Creek Gallery in Creedmoore

Tuesday, February 11, 9:30am Lobby

Drinking from a favorite mug adds a special touch to the experience, making it even more enjoyable. Now in its eleventh year, Cedar Creek Gallery's annual CUPful show features a special selection of handcrafted mugs and cups created by artists from across the United States and Canada. In addition to pottery and glass the gallery offers exquisite handcrafted jewelry, wood, garden art, metal, children's toys, soaps, candles and more. **Register on Cedars Connect beginning February 1 at 9am, deadline February 10. Cost: \$7 for transportation.**



UNC SYMPHONY ORCHESTRA WITH CONCERTO WINNERS

at UNC Hill Hall

Thursday, February 20, 6:30pm Lobby

UNC Symphony Orchestra, conducted by Dr. Evan Harger with the annual UNC Symphony Orchestra Concerto and Aria Competition Winners. **Tickets can be**

purchased online through the Carolina Performing Arts Box Office or at the door, \$10 general admission. Register on Cedars Connect beginning February 1 at 9am, deadline February 18. Cost: \$4 for transportation.

SHOPPING AT TANGER OUTLET CENTER IN MEBANE

Thursday, February 27, 11am Lobby

Tanger Outlet Center features brand name and designer fashions and accessories including jewelry, housewares and china, home décor, luggage, toys, books, food specialties, and much more. You'll find entire stores filled with merchandise from your favorite brands. **Register on Cedars Connect beginning February 1 at 9am, deadline February 25. Cost \$12 for transportation.**



MAKE IT TO THE BUS ON TIME

Please call Tara Pierce at 919-537-0128 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.



PLAYMAKERS

Sunday, February 9, 1:30pm Lobby

CUPFUL - CELEBRATING THE DAILY RITUAL

Cedar Creek Gallery in Creedmoore

Tuesday, February 11, 9:30am Lobby

CAROLINA BALLET

Saturday, February 15, 1pm Lobby

UNC SYMPHONY ORCHESTRA WITH CONCERTO WINNERS

at UNC Hill Hall

Thursday, February 20, 6:30pm Lobby

SHOPPING AT TANGER OUTLET CENTER IN MEBANE

Thursday, February 27, 11am Lobby

THE CEDARS EVENTS

2/1 SATURDAY

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

2/2 SUNDAY

- 11am Interdenominational Service TCR ■

2/3 MONDAY

- 9am Ping Pong TCR ■
- 9am Aquafit P ■
- 10am Pilates 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 FV4 ■
- 2pm Mexican Train Dominos CV4 ■

2/4 TUESDAY

- 8:30am Total Body Strength & Stretch TCR ■
- 9:30am Sit & Be Fit TCR ■
- 1pm Golf Croquet GL ■
- 1pm Mah Jongg CV4 ■
- 1pm NIFS Open House & Member Orientations FR ■
- 1:30pm Mah Jongg CV2 ■

2/5 WEDNESDAY

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

2/6 THURSDAY

- 8:30am Cardio Combo TCR ■
- 9:30am Sit and Be Fit TCR ■
- 11am Cedars University TCR ■
- 1pm Golf Croquet GL ■
- 1pm Supervised Open Gym Time ■
- 1:30pm Modern American Canasta CV3 ■
- 2:30pm Origami Valentine Workshop s ■
- 3pm Scrabble CV4 ■

2/7 FRIDAY

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

2/8 SATURDAY

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

2/9 SUNDAY

- 11am Interdenominational Service TCR ■
- 1:30pm PlayMakers LB ■

2/10 MONDAY

- 9am Ping Pong TCR ■
- 9am Aquafit P ■
- 10am Pilates 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 FV4 ■
- 2pm Mexican Train Dominos CV4 ■

2/11 TUESDAY

- 8:30am Total Body Strength & Stretch TCR ■
- 9:30am Sit & Be Fit TCR ■
- 9:30am Cedar Creek Gallery LB ■
- 1pm Golf Croquet GL ■
- 1pm Mah Jongg CV4 ■
- 1pm NIFS Open House & Member Orientations FR ■
- 1:30pm Mah Jongg CV2 ■

2/12 WEDNESDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 10am Open Door Bible Group D-AR/Zoom ■
- 10am Mat Yoga TCR ■

- 1pm Party Bridge CV4 ■
- 1pm Bocce GL ■
- 2pm Mah Jongg CV2 ■

2/13 THURSDAY

- 8:30am Cardio Combo TCR ■
- 9:30am Sit and Be Fit TCR ■
- 11am Cedars University TCR ■
- 1pm Golf Croquet GL ■
- 1pm Supervised Open Gym Time ■
- 1pm Let's Talk Cinema Film *Her* Followed by Discussion Led by Linda Luftig TCR ■
- 1:30pm Modern American Canasta CV3 ■
- 3pm Scrabble CV4 ■

2/14 FRIDAY

- Happy Valentine's Day!*
- 8am Early Birds TCR ■
- 9am Balance Basics TCR ■
- 9:30am Aqua Dance P ■
- 9:45 am Balance Challenge TCR ■
- 10:45am Barre Class with Joan TCR ■
- 1pm Mexican Train Dominos CV4 ■
- 1:30pm Men's Bridge Group CV3 ■
- 3pm Classic Canasta CV4 ■
- 3pm The Kevin Van Sant Jazz Quartet TCR ■



2/15 SATURDAY

- 9am Ping Pong TCR ■
- 10am Cribbage CL ■
- 1pm Carolina Ballet LB ■
- 1pm Duplicate Bridge TCR ■
- 1:30pm Modern American Canasta CV2 ■
- 2pm Mexican Train Dominos CV4 ■

2/16 SUNDAY

- 11am Interdenominational Service TCR ■

2/17 MONDAY

- 9am Ping Pong TCR ■
- 9am Aquafit P ■
- 10am Pilates 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 FV4 ■
- 2pm Mexican Train Dominos CV4 ■

2/18 TUESDAY

8:30am Total Body Strength & Stretch **TCR** ■
9:30am Sit & Be Fit **TCR** ■
1pm Golf Croquet **GL** ■
1pm Mah Jongg **CV4** ■
1pm NIFS Open House &
Member Orientations **FR** ■
1:30pm Mah Jongg **CV2** ■
7pm Grand Time for Singing **TCR** ■

2/19 WEDNESDAY

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

2/20 THURSDAY

8:30am Cardio Combo **TCR** ■
9:30am Sit and Be Fit **TCR** ■
11am Cedars University **TCR** ■
1pm Golf Croquet **GL** ■
1pm Supervised Open Gym Time ■
1:30pm Modern American Canasta **CV3** ■
3pm Scrabble **CV4** ■
6:30pm **UNC Symphony Orchestra @ Hill Hall LB** 📍 ■

2/21 FRIDAY

8am Early Birds **TCR** ■
9am Balance Basics **TCR** ■
9:30am Aqua Dance **P** ■
9:45 am Balance Challenge **TCR** ■
10am iPhone Class with
Diane Cashion **CL** 📍 ■
10:45am Barre Class with Joan **TCR** ■
1pm Mexican Train Dominos **CV4** ■
1:30pm Men's Bridge Group **CV3** ■
2pm Meditation and Healing with Tom
Spector **TCR** ■
3pm Classic Canasta **CV4** ■

2/22 SATURDAY

9am Ping Pong **TCR** ■
10am Cribbage **CL** ■

1:30pm Modern American Canasta **CV2** ■
2pm Mexican Train Dominos **CV4** ■

2/23 SUNDAY

11am Interdenominational Service **TCR** ■

2/24 MONDAY

9am Ping Pong **TCR** ■
9am Aquafit **P** ■
10am Pilates 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 **FV4** ■
2pm Mexican Train Dominos **CV4** ■
2pm The Cedars Lecture Series **TCR** ■

2/25 TUESDAY

8:30am Total Body Strength & Stretch **TCR** ■
9am Ping Pong **TCR** ■
9:30am Sit & Be Fit **TCR** ■
1pm Golf Croquet **GL** ■
1pm Mah Jongg **CV4** ■
1pm NIFS Open House &
Member Orientations **FR** ■
1:30pm Mah Jongg **CV2** ■

2/26 WEDNESDAY

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

2/27 THURSDAY

8:30am Cardio Combo **TCR** ■
9:30am Sit and Be Fit **TCR** ■
11am Cedars University **TCR** ■
11am Tanger Outlet Center **LB** 📍 ■
1pm Golf Croquet **GL** ■
1pm Supervised Open Gym Time ■
1:30pm Modern American Canasta **CV3** ■
3pm Scrabble **CV4** ■

2/28 FRIDAY

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

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, February 7, 2-3pm Art Studio

CEDARS PORCH COLLECTION

Monday, February 10, 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

GREAT SHORT STORIES

Monday, February 10,
10am Camden 2nd Floor

Greville Fane by Henry James

SHABBAT SERVICE LED BY CONNIE MARGOLIN

Friday, February 14, 4pm DuBose
Conference Room (2nd Fridays)

THE POOL WILL BE RESERVED FOR THE FOLLOWING PROGRAMS:

- Group Water Classes: Every Monday, Wednesday, and Friday mornings between 9am-Noon.
- Therapy: Monday and Wednesday afternoons from 1-4pm.

Lectures on DVD

THE CONCERTO

Taught by Robert Greenberg,
Ph.D. Professor, San Francisco
Performances

Thursdays through March 20,
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**GIFTS FROM THE HEART: ORIGAMI VALENTINE WORKSHOP**

with Barbara Pearl

Thursday, February 6, 2:30pm Art Studio



Celebrate the month of Valentine's Day in this fun-filled hands-on creative origami workshop with award-winning educator and author Barbara Pearl. Discover how to make one-of-a-kind Valentines to decorate a card, surprise, entertain, and delight friends and family. Learn the amazing art of Japanese paper folding to wear, give as a gift, or display. Transform an ordinary "peace" of paper into the extraordinary! **No experience required. Materials provided. Register on Cedars Connect, deadline February 5. Maximum 10 people.**

**LET'S TALK CINEMA**

Her, 2014

Thursday, February 13, 1pm Film Followed by Discussion Led by
Linda Luftig in The Cedars Room

Her, directed by Spike Jonze, is a thought-provoking film that explores the relationship between Theodore Twombly (Joaquin Phoenix), a lonely writer, and Samantha (voiced by Scarlett Johansson), an artificial intelligence operating system. The film is set in a near-future Los Angeles, where Theodore works as a professional letter writer, crafting personal correspondence for others. Still processing his divorce from Catherine (Rooney Mara), he purchases a new AI operating system and develops an increasingly intimate relationship with it/her. Rather than taking a dystopian approach to AI, the film presents a nuanced exploration of whether authentic emotional connections can exist between humans and artificial beings. "At once provocative and fragile, Jonze's many layered film leaves us with much to consider about how we love and whom we choose to love, and it leaves us reeling with pleasure over the amazing film he's made." Deep Focus Review. 95 Rotten Tomatoes. Streaming on Amazon Prime and Apple TV.

FROM SNAPSHOT TO PHOTOGRAPH: ELEVATING YOUR IPHONE IMAGES

with Diane Cashion

Friday, February 21,
10am-12pm Classroom

Have images on your camera and want to improve them using simple in-camera editing tools? This class is for you! During this hands-on workshop, you'll learn how to edit and enhance your images creating photographs you'll love and be excited to share. Diane is an experienced photographer and teacher and is currently leading workshops for the Chapel Hill Camera Club, the ArtsCenter in Carrboro, and her community in Briar Chapel. **Register on Cedars Connect beginning February 1 at 9am, deadline February 20. Cost: \$30. Maximum 12 people.**



LEARNING OPPORTUNITIES

MEDITATION AND HEALING

with Tom Spector

Friday, February 21, 2pm The Cedars Room

Tom's presentation is for everyone, even people who believe they could never meditate. All will enjoy meditation and will become worry-free. Tom began meditating in 1968 while struggling with a graduate school program at Yale University. Meditation helped him immensely. He completed the full Ph.D. program in record time. During his career in science, Tom also studied with Ram Dass and started teaching Meditation and Healing in 1976 after a magical meeting with Elizabeth Kübler-Ross. Tom teaches at many different venues and sees individual clients. He has a special gift for helping people discover the root of their suffering and their path to heal. Tom lives at The Cedars with his wife, Joanna. Learn more about meditation and Tom's *Meditation and Healing CD* and book, *Our Two Gardens: How to Cultivate Healing* at www.hathahouse.com.

THE CEDARS LECTURE SERIES HOSTED BY DICK ISABEL

The Little Girl Who Fought the Great Depression

with John Kasson

Monday, February 24, 2pm The Cedars Room

The Great Depression was not only the greatest peacetime crisis in American history, it was also a profound emotional crisis. To counter misery and hopelessness, politicians and entertainers alike rallied the public with determined smiles and cheer. Franklin Roosevelt stood out in this regard, but so too did a variety of Hollywood stars, and the most effective of all was a little girl, Shirley Temple. From her breakout appearance in *Stand Up and Cheer* (1934) through the rest of the decade, she reigned as both a favorite among adult moviegoers and as a model child for girls. In a lecture illustrated with film clips, songs, and images, John Kasson will discuss how Shirley Temple healed men's broken hearts, and united lovers, families, and even warring armies in her films. He will also show how she served as a model consumer for countless products even as Hollywood and the temple family concealed her role as a child laborer. Her position as family breadwinner created its own secret drama.

A Cedars resident since late 2023, John Kasson is Professor Emeritus of History and American Studies at the University of North Carolina-Chapel Hill and the author, among other books, of *The Little Girl Who Fought the Great Depression: Shirley Temple and 1930s America* (W. W. Norton, 2014).

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: **Hard**

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

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
Canasta 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
919-219-5128

FITNESS ARTICLE

“ Hi my name is Michele and it has been a pleasure getting to know those of you I have met since starting as the Fitness Manager on January 6th through The Cedars partnership with The National Institute for Fitness and Sport! Over the next few months, I look forward to continuing to settle in with group fitness, introduce our 1-1 fitness services to you and begin exploring other wellness programming offerings. We will also have a focus on updating fitness center paperwork for all Members as we transition into the updated spaces. This includes an orientation of the space and fitness services, a health history questionnaire, waiver/release of liability form and physician’s release. Stop into my office in the Strength and Stretch Room or call 919-259-7922 ext. 922 if you have any questions. I am happy to help! Also in February, don’t miss the addition of Mat Yoga on Wednesdays from 10-10:30am in The Cedars Room. Yoga classes will be offered at no extra charge to the Member. ”



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

TIPS FOR GOAL SETTING IN THE NEW YEAR

It’s that time of the year when people get excited to “start fresh” and set new goals. Goals they hope they can reach this time around. If that is you, here are some tips that will help you set an appropriate goal.

TIP #1: KNOW THE GENERAL EXERCISE RECOMMENDATIONS.

Find out what the exercise recommendations are for your age group and then compare that to your current routine. You don’t need to meet recommendations right away. Progression is more important than jumping ahead, overdoing it, and then losing motivation.

TIP #2: FIND OUT WHAT IS AVAILABLE TO YOU.

Do you have onsite services that offers group fitness classes, fitness evaluations, personalized exercise programs? If you do, start there for a convenient option. You can also check for services and amenities of the gyms near you. Take that into consideration when planning your goal.

TIP #3: MAKE A SMART GOAL.

A SMART goal is specific, measurable, attainable, realistic, and time sensitive. This type of goal has more structure and leads to the development of a better routine.



Are you ready to use these tips to set a smart goal for the New Year?

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