

SPOTLIGHT ON SUSAN YAGGY

Written by Rich Hendel for the Communications Committee

"I wasn't what I was supposed to be." Susan Yaggy replied when asked what she thought she would be when she grew up. Susan Derman (as she was then) always assumed she would join the family manufacturing business in New York. She must have understood that was not in the cards when she chose to study Japanese history at Connecticut College for Women. Susan had neglected to pay much attention to the full name of the institution and wondered the day she arrived on campus why there were hardly any men to be seen.

Having no interest in business or manufacturing, a doctor who was an architect of Medicaid and a family friend, suggested she might think about public health as a career. Little did she know then how that would connect her to the nuclear disaster at Chernobyl.



Still undecided, she returned to New York, and found a job analyzing city health needs and services. It was the beginning of a career in public health. She thought it would be useful to get some formal training and was accepted in the Masters program in Public Administration at the University of New Hampshire. Her graduate paper was about a new federal law establishing community health centers.

She became involved with one of them in the small town of Newmarket, NH in 1974. The center was a place where people with low income, or who had no insurance, could come for care. It was the first in the state, serving 13 counties. The trouble was the place was going broke. Susan agreed to work as executive director without pay to help them recover and to raise funds. She appealed to town meetings and counties whose residents used the center, and applied for federal support. The center survived and now has three regional clinics and a raft of services.

In 1976, when her then husband decided to go to Law School in Concord, Susan was appointed Deputy Director of New Hampshire Medicaid, where, in addition to administration, she served on the team that inspected nursing homes, hospitals, and state institutions. When the NH Legislature wanted to modernize the state Division of Public Health, Susan staffed a blue ribbon commission that generated 178 recommendations. She was then asked to implement them, becoming Deputy Director. By law the director was supposed to be an MD, but Deputy Director Yaggy often became Acting Director as the doctors who had taken the job kept leaving. She learned public health on the job: hunting for bacteria in dairies; inspecting restaurants and day care centers; running maternal and child health clinics; investigating and controlling infectious disease outbreaks—including a new one, HIV/AIDS; and even climbing telephone poles to check ambient air for radiation coming from that nuclear accident half a world away.

In 1994 Susan and her family decided to move to North Carolina. She had planned to take a year off, but was curious about her new state. One of the contacts she was given was Duncan Yaggy. She said he knew everything she needed to know. She was appointed to the faculties at Duke, UNC, and NCCU to establish a joint center for abused and neglected children, now The Center for Child and Family Health.

Duke then hired her in 1995 to build a joint online program with Duke and ECU, training nurse practitioners and physician assistants across 34 rural counties. She saw a need for Duke to become more responsive to low-income communities and in 1998, working closely with those communities, raised the funds to found and maintain what became the Duke Division of Community Health. By then, the Division was operating or had established 41 community-based programs, rigorously evaluated.

Susan said, "It is a privilege to get to work with communities. What matters is not just that you get to do it, but that it lasts."

Whether or not she misses climbing telephone poles, she doesn't say.



MARCH
2025

THE CEDARS POST

MARCH BIRTHDAYS

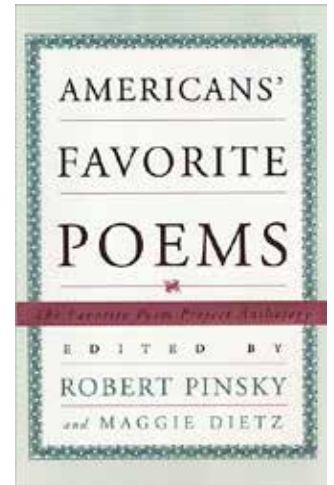


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LET'S CELEBRATE

PINSKY POETRY PROJECT READING with Jane Hauser and Friends Friday, March 14, 1pm The Cedars Room

The Pinsky Poetry Project is back at The Cedars. Carol Downs has one, Marilyn Schepper has one, ten more Cedars Members are happy they have one. And they want to share it with you on March 14th. What they have is a favorite poem to share with you and let you know why this poem is special to them. If you have one too, please bring it with you for Audience Share Time. Poetry is thoughtful and fun. Just ask Carol or Marilyn.



SAVE THE DATE:

French Wine Tasting

Tyler Morgan, Manager of Authentique Vin (French Importer) will present 5 of his favorite wines from the Rhone Valley. There is no cost for the tasting and all wines will be available for purchase at the tasting. **Register on Cedars Connect April 1st, deadline April 6. This event is limited to 35 participants.**

JOIN THE KNIT AND STITCH GROUP AT THE CEDARS!

Looking for a creative and social way to start your week? The Knit and Stitch group invites you to join us every Monday from 10:30 - 11:30a.m. in the Clubhouse Classroom. Whether you knit, crochet, do needlepoint, or simply enjoy good conversation, this is the perfect place to connect with your neighbors and share your talents (or just your company!).



No project? No problem! You're welcome to come and chat even if you don't have a work-in-progress. If you're tackling a tricky project, bring it along—there's a good chance someone in the group can offer helpful advice or a fresh perspective.

Led by Margaret Rook, this warm and welcoming group is for all residents of The Cedars. It's a delightful way to start the week, meet new friends, and explore the joy of crafting. For more information, feel free to contact Margaret at 919-929-1497 or rookies64@gmail.com. We can't wait to see you there!

BEYOND THE CEDARS

DUKE SYMPHONY ORCHESTRA

at Baldwin Auditorium

Wednesday, March 5, 6:30pm Lobby

Conductor Harry Davidson is calling the March program Final Statements. The program begins with Mozart's final symphony, No. 41 in C Major, the Jupiter written in 1788. The second piece is Paul Hindemith's *Trauermusik* for viola and strings written in 1936. On 19 January 1936, Paul Hindemith was in London,



where the BBC Orchestra was to present the premiere of his viola concerto. However, just before midnight on 20 January, King George V died. The concert was cancelled. The following day, from 11am to 5pm Hindemith composed *Trauermusik* for viola and string orchestra in homage to the late king. It was performed that evening in a live broadcast, with the composer as soloist. Writing the music and performing it the same day is something few composers other than Mozart could have done. Violist Jonathan Bagg member of the Duke faculty and the Ciompi Quarter will be the soloist. The program ends with Tchaikovsky's Symphony No 6, the Pathétique written in 1893. It was his final published opus and was first performed 9 days before his death. **Free admission. Register on Cedars Connect for transportation, cost: \$7.**

ART IN BLOOM, PRESENTED BY PNC

at the North Carolina Museum of Art in Raleigh

Thursday, March 20, 1pm Lobby

Art in Bloom, presented by PNC, features the stunning creativity of floral designers from across the state and beyond who interpret works of art in the People's Collection. Art in Bloom is a five-day floral fundraiser in support of the North Carolina Museum of Art. **Register on Cedars Connect beginning March 1 at 9am, deadline March 18. Cost: \$62 for ticket and transportation. Maximum 8 people.**



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.



DUKE SYMPHONY ORCHESTRA

at Baldwin Auditorium

Wednesday, March 5, 6:30pm Lobby

NC SYMPHONY

at UNC Memorial Hall

Thursday, March 6, 6:45pm Lobby

THOMANERCHOR LEIPZIG

at Duke Chapel

Tuesday, March 11, 6:30pm Lobby

PLAYMAKERS

Sunday, March 16, 1:30pm Lobby

ALVIN AILEY DANCE COMPANY

at UNC Memorial Hall

Wednesday, March 19, 6:45pm Lobby

ART IN BLOOM, PRESENTED BY PNC

at the NCMA

Thursday, March 20, 1pm Lobby

CAROLINA BALLET

Saturday, March 22, 1pm Lobby

NC SYMPHONY

at UNC Memorial Hall

Sunday, March 23, 2:15pm Lobby

THE CEDARS EVENTS

3/1 SATURDAY

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

3/2 SUNDAY

- 11am Interdenominational Service TCR ■
- 2pm Tech Support with Holden Lim CL ■
- 3pm Classical Concert Series TCR 🎷 ■

3/3 MONDAY

- 9am Ping Pong TCR ■
- 9am Aquafit P ■
- 10am Pilates with Joan Z ■
- 10am Great Books CV2 ■
- 10:15am Better Balance TCR ■
- 10:30am Knit & Stitch CL ■
- 11am Cardio Drumming (Seated) TCR ■
- 12:30pm Play Reading Group Z ■
- 1pm Poker CV3 ■
- 2pm Chess Club FV4 ■
- 2pm Mexican Train Dominos CV4 ■

3/4 TUESDAY

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

3/5 WEDNESDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 10am Open Door Bible Group D-AR/Zoom ■
- 10:15am Mat Yoga TCR ■
- 1pm Duplicate Bridge TCR ■
- 1pm Party Bridge CV ■
- 1pm Bocce GL ■
- 2pm Mah Jongg CV2 ■
- 6:30pm Duke Symphony Orchestra LB 🎷 ■

3/6 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 ■
- 2pm Documentary Film Series – *The Greatest Night in Pop* TCR ■
- 3pm Scrabble CV4 ■
- 6:45pm NC Symphony @ UNC LB 🎷 ■

3/7 FRIDAY

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

3/8 SATURDAY

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

3/9 SUNDAY

- 11am Interdenominational Service TCR ■
- 2pm Tech Support with Holden Lim CL ■

3/10 MONDAY

- 9am Ping Pong TCR ■
- 9am Aquafit P ■
- 10am Pilates with Joan Z ■
- 10:15am Better Balance TCR ■
- 10:30am Knit & Stitch CL ■
- 11am Cardio Drumming (Standing) TCR ■
- 12:30pm Play Reading Group Z ■
- 1pm Poker CV3 ■
- 2pm Chess Club FV4 ■
- 2pm Mexican Train Dominos CV4 ■

3/11 TUESDAY

- 8:30am Total Body Strength & Stretch TCR ■
- 9:30am Sit & Be Fit TCR ■
- 10am Nerys Levy Art Class AS ■
- 1pm Golf Croquet GL ■
- 1pm Mah Jongg CV4 ■
- 1pm Supervised Open Gym Time ■
- 1:30pm Mah Jongg CV2 ■
- 6:30pm Thomanerchor Leipzig at Duke Chapel LB 🎷 ■

3/12 WEDNESDAY

- 8am Early Birds TCR ■
- 9am Aquafit P ■
- 9am Ping Pong TCR ■
- 10am Open Door Bible Group D-AR/Zoom ■
- 10:15am Mat Yoga TCR ■
- 1pm Duplicate Bridge TCR ■
- 1pm Party Bridge CV4 ■
- 1pm Bocce GL ■
- 2pm Mah Jongg CV2 ■

3/13 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 ■
- 1:30pm Modern American Canasta CV3 ■
- 2pm Lectures and Conversations: *Lafayette's American tour of 1824-25 and the Emergence of Democratic Nationalism with Lloyd Kramer* TCR ■
- 3pm Scrabble CV4 ■

3/14 FRIDAY

- 8am Early Birds TCR ■
- 9am Better Balance TCR ■
- 9:30am Aqua Dance P ■
- 9:45am Tai Chi with Joanne TCR ■
- 10:45am Barre Class with Joan TCR ■
- 1pm Mexican Train Dominos CV4 ■
- 1pm Pinsky Poetry Project Reading with Jane Hauser TCR ■

- 1:30pm Men's Bridge Group CV3 ■
- 3pm Classic Canasta CV4 ■

3/15 SATURDAY

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

3/16 SUNDAY

- 11am Interdenominational Service TCR ■
- 1:30pm PlayMakers LB 🎷 ■
- 2:00 Tech Support with Holden Lim CL ■

3/17 MONDAY

Happy St Patty's Day!

- 9am Ping Pong TCR ■
- 9am Aquafit P ■
- 10am Pilates with Joan Z ■
- 10:15am Better Balance TCR ■
- 10:30am Knit & Stitch CL ■
- 11am Cardio Drumming (Seated) TCR ■
- 12:30pm Play Reading Group Z ■
- 1pm Poker CV3 ■
- 2pm Lecture Series: *The Ten Governors I have Known with Phil Kirk* TCR ■
- 2pm Chess Club FV4 ■
- 2pm Mexican Train Dominos CV4 ■



3/18 TUESDAY

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

3/19 WEDNESDAY

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

10:15am Mat Yoga **TCR** ■
 1pm Duplicate Bridge **TCR** ■
 1pm Party Bridge **CV4** ■
 1pm Bocce **GL** ■
 2pm Mah Jongg **CV2** ■
 6:45pm Alvin Ailey @ UNC LB 🦿 ■

3/20 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 ■
 1pm Art in Bloom at NCMA LB ■
 1:30pm Modern American Canasta **CV3** ■
 3pm Scrabble **CV4** ■

3/21 FRIDAY

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

3/22 SATURDAY

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

3/23 SUNDAY

11am Interdenominational Service **TCR** ■
 2:00pm Tech Support with Holden Lim **CL** ■
 2:15pm NC Symphony @ UNC LB 🦿 ■

3/24 MONDAY

9am Ping Pong **TCR** ■
 9am Aquafit **P** ■
 10am Pilates with Joan **Z** ■
 10:15am Better Balance **TCR** ■
 10:30am Knit & Stitch **CL** ■
 11am Cardio Drumming (Standing) **TCR** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CV3** ■
 2pm Chess Club **FV4** ■
 2pm Mexican Train Dominos **CV4** ■

3/25 TUESDAY

8:30am Total Body Strength & Stretch **TCR** ■
 9am Ping Pong **TCR** ■
 9:00am Coffee and Conversation with Marketing Team **CR** ■
 9:30am Sit & Be Fit **TCR** ■
 10am Nerys Levy Art Class **AS** ■
 1pm Golf Croquet **GL** ■

1pm Mah Jongg **CV4** ■
 1pm Supervised Open Gym Time ■
 1:30pm Mah Jongg **CV2** ■

3/26 WEDNESDAY

8am Early Birds **TCR** ■
 9am Ping Pong **TCR** ■
 9am Aquafit **P** ■
 10am Open Door Bible Group **D-AR/Zoom** ■
 10:15am Mat Yoga **TCR** ■
 1pm Duplicate Bridge **TCR** ■
 1pm Party Bridge **CV4** ■
 1pm Bocce **GL** ■
 2pm Mah Jongg **CV2** ■

3/27 THURSDAY

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

3/28 FRIDAY

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

3/29 SATURDAY

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

3/30 SUNDAY

11am Interdenominational Service **TCR** ■

3/31 MONDAY

9am Ping Pong **TCR** ■
 9am Aquafit **P** ■
 10am Pilates with Joan **Z** ■
 10:15am Better Balance **TCR** ■
 10:30am Knit & Stitch **CL** ■
 11am Cardio Drumming (Seated) **TCR** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CV3** ■
 2pm Chess Club **FV4** ■
 2pm Mexican Train Dominos **CV4** ■
 2pm *Blown Away: Travel Adventures with Brown and Eileen Councill* **TCR** ■

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, March 7, 2-3pm Art Studio

CEDARS PORCH COLLECTION

Monday, March 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.



TECH SUPPORT WITH HOLDEN LIM

Sundays, 2-4pm Classroom
 March 9, 16 and 23.

Holden Lim is a local high school student who is volunteering his time to help our Membership with any tech support needs. Holden is fluent in phones, computers, and all sorts of technology. Whether you just got a new device, are having issues with something, or just want to know how to take better advantage of your tech, Holden can help.

GET INVOLVED

GREAT SHORT STORIES

Boule de Suif by

Guy De Maupasant

Monday, March 3, 10am (first

Monday instead of second)

Camden 2nd Floor

SHABBAT SERVICE LED BY

CONNIE MARGOLIN

Friday, March 14, 4pm DuBose

Conference Room (2nd Fridays)

THE CONCERTO

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

Part III continued, Thursdays through
March 27th. 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

**DOCUMENTARY FILM SERIES –
THE GREATEST NIGHT IN POP**
Thursday, March 6, 2pm The Cedars Room

Our next program is a documentary that will put a smile on your face. *The Greatest Night in Pop* is the story of 40 of the most famous singers of the 1980s as they come together to record in one night a new original song, “We Are the World”. You’ll see black and white, country, rock, pop and folk musicians singing and working together in this behind the scenes historic event.



**LECTURES AND CONVERSATIONS
SERIES - LAFAYETTE’S AMERICAN
TOUR OF 1824-25 AND THE
EMERGENCE OF DEMOCRATIC
NATIONALISM WITH LLOYD
KRAMER**

Thursday, March 13, 2pm The Cedars Room

Learn how Lafayette became a key figure in the early development of American nationalism and in the enduring struggle for human rights. Lloyd will speak to Lafayette's ideas, his opposition to the authoritarian regime of Napoleon, and the themes of his participation in the American Revolution as well as his "reception" by Americans in 1824-25. Lloyd S. Kramer is professor of history emeritus at the University of North Carolina at Chapel Hill.

**THE CEDARS LECTURE SERIES
HOSTED BY DICK ISABEL**
*The Ten Governors I have Known with Phil
Kirk*

Monday, March 17, 2pm The Cedars Room

Phillip J. Kirk Jr. is a North Carolina political figure. He is a former chairman of the North Carolina State Board of Education (1997–2003) and a former president of the North Carolina Chamber of Commerce.

Kirk, a native of Rowan County, North Carolina and a graduate of Catawba College, worked as a newspaper reporter and taught English and journalism in public schools before entering politics. In 1970, he became the youngest person ever elected to the North Carolina Senate up to that time, representing Rowan County. He later served as chief of staff to U.S. Representative Jim Broyhill, and to North Carolina Governors Jim Holshouser and James G. Martin. Phil will share his storied past in North Carolina politics and shed light on some meaningful relationships that were formed during this time.



LEARNING OPPORTUNITIES

BLOWN AWAY: TRAVEL ADVENTURES

with Brown and Eileen Councill

Monday, March 31, 2pm The Cedars Room



On March 31st, we welcome back Brown and Eileen Councill to The Cedars. Brown and Eileen will give us a presentation about the challenges and triumphs of their past two sailing seasons, where they explored Central America, navigated the Panama Canal, and crossed the Pacific Ocean to French Polynesia.

Brown is the son of Hope and Fred Councill, residents of The Cedars. In 2015, they moved from Houston, Texas to Dubai to work in an international school. A year later, they relocated to Qingdao, China, where they worked in a British boarding school for four years. Covid changed everything and they decided to pursue, a bit earlier than planned, their dream of sailing around the world.

On November 19, 2020, they moved onto their sailboat, a 2015 Leopard 44, located in St. Lucia. They didn't know how to operate a boat, let alone sail. After two weeks of sailing lessons and an overnight trip to Antigua, the Captain signed off with their insurance company, assuring the company they could handle the boat. But could they?

Over the past four years, they have logged more than 15,000 NM, visited 14 countries, 11 states, and navigated the Panama Canal. However, their greatest achievement to date was the successful 30 days navigating the Pacific crossing from Panama to French Polynesia. They will remain in French Polynesia until April 2026.

Don't miss this virtual journey and shared experiences aboard their sailing vessel Blown Away, as they recap challenges and triumphs of the last two years.

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**

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

Puzzle by websudoku.com

REGULAR GROUP

ACTIVITIES CONTACT

INFORMATION

Bocce Barbara Putney
919-942-9581

Chess Club Carol Downs
703-282-6191

Classic Sally Sullivan
Canasta 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 Nancy Cobey
Service 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 Mary Ann Van Kampen
Train Dominoes 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

We are excited to have added two new classes to the fitness schedule this month! The first class we added is Chair Yoga. Chair yoga is every Tuesday at DuBose at 11am, led by one of our members, Joanne Marshall, who is a certified Yoga instructor. Chair Yoga has many benefits including its accessibility for all members, promotes relaxation, enhances balance and coordination, improves flexibility and strengthens the muscles.



The second class we added is Mat Yoga which will be held every Wednesday at 10am in the Clubhouse. This class is led by Michele Baker, the new NIFS Fitness Manager, who is a certified Yoga instructor. The class will require participants to be able to get up and down from the floor independently, as we will be doing this throughout the class. Mat yoga has many benefits including: strengthening the muscles, increasing flexibility, improving balance, enhancing focus and concentration, and improving bone health.

With the addition of these classes, we would like to provide a gentle reminder to do a self-evaluation of how you're feeling before attending any class to keep everyone as safe as possible. If you are not sure what to watch out for, here are some pointers you can keep in mind. Remember, our bodies change daily depending on many factors, so we hope you will consider these before attending a group class, hitting the gym, or the pool each day:

- Did you get appropriate sleep?
- How is your body feeling, are you fresh and ready to go? Are you noticing any soreness, weakness, or injury?
- Did you eat and hydrate properly before exercise?
- Many medications can impact your ability to exercise. Please discuss any possible side effects with your doctor before beginning a new exercise routine. Side effects may include dizziness, unsteady balance, fatigue, improper sleep, etc.



In addition to adding Yoga classes this month, I am also happy to share that many are taking advantage of the personalized programming NIFS staff provide! I have completed 10 fitness assessments so far and have worked with these individuals to provide a personalized fitness plan. If you are interested in a fitness plan tailored to your specific needs, make sure to get your paperwork in so we can schedule an assessment.

Michele Baker
NIFS Fitness Manager
919-259-7922
mbaker@cedarsofchapelhill.com



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

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